

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
PINK LADY APPLES
\$1.69/lb**



**ORGANIC
ROMA TOMATOES
\$1.99/lb**



**ORGANIC
BROCCOLI BUNCHES
\$1.99/lb**



**ORGANIC
NAVEL ORANGES
\$1.89/lb**



**ORGANIC LEEKS
\$2.99/lb**



Self Care Saturday
February 8 • 11-3

**Free Samples
Flash Sales**
Wine, Chocolate,
Coffee, Skin Care,
and More!

Giveaways

Organic Produce · On Sale 1/15 - 1/21

POTATO LEEK SOUP

Makes 6 Servings

- 2 Tbsp butter or vegan butter
- 2 large leeks, thinly sliced (about 2 lbs)
- 2 stalks celery, chopped
- 1 small yellow onion, chopped
- 4 cloves garlic, finely chopped
- 8 Yukon gold potatoes, peeled and chopped (about 2 lbs)
- 4 sprigs fresh thyme leaves, chopped
- 1 sprig fresh sage leaves, chopped
- 4 cups chicken or vegetable broth
- 1 cup heavy cream or vegan cashew cream
- Salt and pepper, to taste

1. Melt butter in a large heavy bottomed pot over medium heat. Cook and stir leeks, celery, and onion until softened, about 10 minutes. Add the chopped garlic, and cook for an additional minute.
2. Stir in potatoes, fresh herbs, and broth. Bring to a boil, reduce heat, cover, and simmer for 20 minutes, or until potatoes are tender. Remove from heat and allow to cool 20 minutes before blending either with an immersion blender or in a blender in batches.
3. Return to the soup pot. Stir in heavy cream and bring to a simmer. Taste, and season with salt and pepper.

To freeze: Prepare the recipe through step 2. Freeze.

To prepare: Defrost soup and complete step 3.



ORGANIC PAGE MANDARINS

\$2.99/lb



ORGANIC ENGLISH CUCUMBERS

\$1.99/ea



ORGANIC MINI SWEET PEPPERS

\$5.99/ea



1 LB BAG

ORGANIC GOLD KIWIS

\$4.99/lb



**ORGANIC
BLUEBERRIES**

\$4.99/ea



**1 PT
PKG**



**HALOS
ORGANIC
MANDARINS**

\$5.49/ea



**2 LB
BAG**



**ORGANIC SHIITAKE
MUSHROOMS**

\$9.99/lb



BLUEBERRY SHORTCAKE

Makes 12 Shortcakes

Shortcakes

- 2 cups unbleached white flour, plus more for kneading
- ¼ cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp salt
- ¾ tsp cream of tartar
- ¾ cup cold butter, cut into cubes
- ¾ cup whole milk
- ¼ cup buttermilk

Blueberries

- 2 pints fresh blueberries
- 2 Tbsp granulated cane sugar
- 1 Tbsp lemon juice

Whipped cream

- 1 cup heavy whipping cream
- 2 tsp granulated cane sugar
- 1 tsp vanilla extract

Shortcakes

1. Preheat the oven to 425°F. Line a large baking sheet with parchment or a silicone mat.
2. In a mixing bowl, whisk together flour, cane sugar, baking powder, salt, and cream of tartar. Cut in butter with a pastry cutter or fork until mixture forms coarse crumbs. It will look similar in texture to wet sand.
3. Make a small well in the center, and pour in milk and buttermilk. Toss with a fork until milk is incorporated. Gently knead 5 or 6 times until a soft dough forms. Add a little more flour if the dough is too hydrated.
4. Scoop out ½ cupfuls of dough onto the prepared baking sheet. Gently pat them to ½ inch thick. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.

Blueberries

5. Wash and sort berries. Set aside 2 cups.
6. In a small saucepan, bring remaining berries, sugar, and lemon juice to a simmer. Cook over medium heat for about 5 minutes, mashing some of the fruit with the back of the spoon. Remove from heat and allow to cool slightly. Stir in reserved fruit.

Whipped Cream

7. In a chilled bowl, beat together whipping cream, sugar, and vanilla extract until peaks form, about 3 to 5 minutes. Chill until ready to serve.

**SMART CHICKEN
BONELESS SKINLESS
CHICKEN THIGHS**

\$7.49/lb

Save \$1/lb



CHICKEN TACO SOUP

Makes 6 Servings

- 1 Tbsp olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, diced
- 2 jalapenos, minced (optional)
- 4 cloves garlic, grated
- 1 (14.5 oz) can fire roasted tomatoes
- 1 (15 oz) can black beans, drained and rinsed
- 1 (4 oz) can green chiles
- 2 Tbsp taco seasoning
- Smoked salt and black pepper, to taste
- 4 cups beef broth
- ½ lb grilled chicken breast (about 2 filets), shredded
- 1 cup grilled corn, cut from the cob
- Juice of 1 large lime
- Corn chips, cotija cheese, sour cream, diced avocado, and chopped cilantro, for serving

1. In a large, heavy bottomed pot, heat olive oil over medium heat. Saute onion until it starts to soften and become translucent. Add bell pepper, jalapenos, and garlic. Cook and stir for an additional minute.
2. Add a splash of broth or water to deglaze the pan, scraping up any browned bits. Stir in tomatoes, beans, green chiles, taco seasoning, salt and pepper, and broth. Bring to a boil, reduce heat, and simmer for 20 minutes.
3. Add chicken, corn, and lime juice. Cook for another 10 minutes, or until the veggies are tender. Taste and adjust seasonings if desired.



**EXPLORE CUISINE
PLANT PROTEIN
PASTA**

Penne · Spaghetti
Fettuccine

\$3.99

8 oz | Save \$2



**MAYA KAIMAL
INDIAN
SIMMER SAUCES**

Your Choice

\$3.99

12.5 oz | Save \$3



**SIETE
GRAIN FREE
TORTILLAS**

Almond · Chickpea
Cassava

\$6.49

7 oz | Save \$3.50



**PACIFIC FOODS
ORGANIC
CREAMY SOUPS**

Tomato · Butternut
Carrot · Tomato Pepper

\$3.49

32 fl oz | Save \$2.30



**EARTH BALANCE
BUTTERY STICKS**

Original · Soy Free

\$4.49

16 oz | Save \$3.30

LONELY LANE FARMS
GROUND SPICY
ITALIAN SAUSAGE

\$9.49

16 oz | Save \$1

Close to
Home!



MAKE EASY
PUFF PASTRY

SAUSAGE ROLLS

Makes 6 Servings

- 1 lb spicy Italian ground sausage (remove from casings if using links)
 - 1 small onion, minced
 - 1 stalk celery, minced
 - 1 carrot, peeled and grated, water squeezed out
 - 3 cloves garlic, minced
 - ¼ cup Parmesan cheese, grated
 - ¼ cup panko bread crumbs
 - ½ tsp smoked paprika
 - ½ tsp black pepper
 - ½ tsp onion powder
 - ½ tsp garlic powder
 - Salt, to taste
 - 1 large egg
 - 2 tsp water or milk
 - 1 recipe quick puff pastry, or sheets pre-made puff pastry
 - Flour for rolling out
1. Place sausage, onion, carrot, celery, garlic, Parmesan cheese, panko, paprika, pepper, onion powder, garlic powder, and salt in a medium bowl.
 2. In a small bowl, beat the egg. Add about ⅔ of the egg to the meat mixture, and water or milk to the remaining egg for an egg wash.
 3. Mix sausage, vegetables, and spices until well combined. Divide in half.
 4. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone mat.
 5. Divide puff pastry dough into 2 portions. Roll each portion into a 4x12 inch rectangle.
 6. Form ½ of the sausage into a 12-inch log down the center of the pastry. Fold pastry over the sausage and pinch to form a seam. Place pastry on the prepared baking sheet seam side down, and slice with a sharp knife to desired portion size. Cut slits in the dough and brush with egg wash. Repeat this step with the remaining dough and sausage.
 7. Bake at 425°F for 5 minutes, then reduce heat to 350°F and bake for another 35-40, or until rolls are golden and sausage is cooked through.

LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST · LUNCH
SERVED UP
FRESH
EVERY DAY!



Over 1000 items on Sale! · 1/15 - 1/28



ROSE LEMONADE

Makes 2 Servings

Simple Syrup

- 1 cup organic cane sugar
- 1 cup water
- ½ cup dried rose petals
- 2 Tbsp rose simple syrup, or to taste
- Spring water, Prosecco, sparkling water, or club soda

Lemonade

- ½ cup fresh squeezed lemon juice, divided

1. Heat sugar and water in a small saucepan over medium high heat until it reaches a low boil. Reduce heat to medium low, and simmer for 10-12 minutes, or until syrup becomes slightly thickened. Stir in rose petals, cover and simmer for 10 minutes. Remove from heat and allow it to steep an additional 30 minutes. Drain through a fine mesh strainer or cheesecloth to remove petals. Allow to cool, and chill in a covered container until ready to use.
2. Pour ¼ cup fresh Meyer lemon juice into each glass. Stir in rose simple syrup to taste.
3. Top with spring water, Prosecco, sparkling water, or club soda.

ANDES GIFTS

These knitted hats, gloves, and scarves are handmade in Peru and Bolivia by Aymara and Quechua artisans using traditional knitting techniques. Andes gifts is a member of the Fair Trade Federation. Find out more at AndesGifts.com



**10% OFF
MARKED PRICES**

WHILE SUPPLIES LAST!



BEER & WINE DEALS



CONO SUR RED BLEND

\$11.99

750ml | Save \$2



ARGYLE WILLAMETTE VALLEY PINOT NOIR

\$22.99

750ml | Save \$5



GUINIGI PROSECCO

\$9.99

750ml | Save \$5



GIESEN NON ALCOHOLIC SAUVIGNON BLANC

\$12.99

750ml | Save \$2



FREE SPIRITS NON ALCOHOLIC TEQUILA, MILANO, OR BOURBON

\$32.99

750ml | Save \$5

CANNED TUNA FISH CAKES

Makes 4 Servings

- 2 (3 oz) packets tuna, or 2 (5 oz) can tuna, drained
- 1 cup yellow onion, minced
- 4 cloves garlic, minced
- 3/4 cup panko bread crumbs
- 2 Tbsp grated Parmesan
- 2 mini sweet peppers, 1/4 inch dice
- 2 green onions, minced
- 1 tbsp butter
- 1 egg
- 1 Tbsp lemon juice
- Zest of 1 lemon
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Oil for frying

1. In a small skillet, heat butter over medium heat. Cook yellow onion and garlic until translucent and fragrant.
2. Add all ingredients to a large bowl, including cooked yellow onions and garlic. Mix well.
3. Using a 1/4 cup measuring cup, scoop up fish mixture and form into patties about 1/2-inch thick. (Or make larger patties for fish burgers.)
4. Heat oil in a cast iron skillet over medium heat. Cook fish cakes 1-2 minutes each side, or until golden. Sprinkle with salt and serve hot with your favorite dipping sauce.



**ANNIE'S
NATURAL
MAC & CHEESE**
Select Varieties

4 for \$5

4.25-6 oz
Save \$2.24/ea



**WILD PLANET
ROASTED
CHICKEN BREAST**

Salt · No Salt

\$3.49

5 oz | Save \$2.50



**WILD PLANET
WILD ALBACORE
TUNA**

Salt · No Salt

\$3.49

5 oz | Save \$2.50



**ROAR
ELECTROLYTE
DRINKS**

Your Choice

\$1.79

18 fl oz | Save 70¢



**PRIMAL KITCHEN
MAYO WITH
AVOCADO OIL**

Classic · Pesto
Garlic · Chipotle

\$7.49

12 oz | Save \$4.50

Over 1000 items on Sale! · 1/15 - 1/28



LOOK FOR THE SIGNS!

CADIA ORGANIC FROZEN BERRIES
Strawberries · Blueberries

\$3.29
10 oz



CADIA ORGANIC GRANOLAS

Honey Oat · Chocolate Hazelnut
Blueberry Flax · Honey Almond

\$3.99
11-13 oz



CADIA ORGANIC CHIA SEEDS

\$5.49
12 oz



Our Everyday Value program is designed to help you save money every time you shop with us. From frozen favorites to pantry staples, we're committed to offering you the lowest possible prices on all of your favorite natural foods without sacrificing quality.

We know that eating healthy foods can sometimes feel like a luxury—especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing that you're getting the best value for your money. We believe that healthy eating should be accessible to everyone, and we're committed to making that a reality.

At LifeSource Natural Foods, we're passionate about natural and organic food, and we're excited to help you make healthy eating a part of your everyday routine.



COMPOSTIC COMPOSTABLE BAGS

Gallon Size

\$4.29
10 ct | Save \$2.50



BIOBAG DOG WASTE BAGS

Regular · Large

\$3.29
35-50 ct | Save \$2.70

BULK DEPARTMENT DEALS

EQUAL EXCHANGE
ORGANIC FAIR TRADE
BULK COFFEE

\$11.99/lb
Save \$2/lb



EQUAL EXCHANGE
ORGANIC FAIR TRADE
BULK DECAF COFFEE

\$12.49/lb
Save \$2.50/lb



ORGANIC
SWISS MUESLI

\$7.99/lb
Save \$2/lb



ORGANIC RAW
PUMPKIN SEEDS

\$6.99/lb
Save \$1/lb



ORGANIC
GOJI BERRIES

\$10.99/lb
Save \$3/lb



ORGANIC DRIED
BANANA CHIPS

Sweetened
\$3.49/lb
Save 50¢/lb



NO GLUTEN ADDED
RICE ELBOW PASTA

\$7.99/lb
Save \$1/lb

BRING YOUR
CONTAINER!



ORGANIC
CACAO POWDER

\$13.99/lb
Save \$2/lb



ORGANIC
GROUND GINGER

\$44.99/lb
Save \$5/lb



ONLY
\$2.81/oz

ORGANIC GROUND
TURMERIC ROOT

\$19.99/lb
Save \$2/lb



ONLY
\$1.25/oz

ORGANIC CATNIP

Cut & Sifted
\$42.99/lb
Save \$5/lb



ONLY
\$2.69/oz

AUTO
DISHWASHER
POWDER

\$4.49/lb
Save 50¢/lb

BRING YOUR
CONTAINER!



ORGANIC ALFALFA
SPROUTING SEEDS

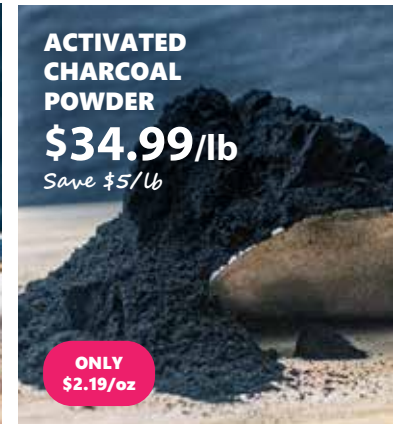
\$11.99/lb
Save \$2/lb



ACTIVATED
CHARCOAL
POWDER

\$34.99/lb
Save \$5/lb

ONLY
\$2.19/oz



Over 1000 items on Sale! · 1/15 - 1/28

EVIVE
SMOOTHIE CUBES

Samurai · Asana
Yogi · Sapphire

\$4.99

11 oz | Save \$2.50



CALIFIA FARMS
OATMILK
BARISTA BLEND

Original · Vanilla

\$3.99

32 fl oz | Save \$2



MIX & MATCH

PAINTERLAND
SISTERS
SKYR YOGURT

Your Choice

2 for \$5

5.3 oz | Save 99¢/ea



MIX & MATCH

VAN'S
FROZEN WAFFLES

Original · Blueberry

\$2.99

8-9 oz | Save \$2



ALOHA
ORGANIC
PROTEIN BARS

Mix & Match!

2 for \$4

1.9 oz
Save \$1.29/ea



CASCADIAN FARM
ORGANIC CEREAL

Your Choice

\$2.99

9.2-14.6 oz
Save \$4.50



NUTPODS
PLANT BASED
CREAMER

French Vanilla
Hazelnut · Original

\$2.49

11.2 fl oz | Save \$1.30



SPOTLIGHT ON PRIMAL KITCHEN

Founder, Mark Sisson started Primal Kitchen with a simple mission: to change the way the world eats. Our life and our overall wellness are defined by the thousands of choices we make for ourselves and for our families every day, and choosing real food and investing in your health can lead to a more empowered you.

Primal Kitchen products are made with high-quality ingredients that make mealtime easy and delicious, so you can get the most out of life. Primal Kitchen does thorough testing on all of our products for purity, quality and flavor. We are committed to sourcing and selecting high-quality ingredients, reducing single use plastics and supporting local and national organizations that fight food insecurity to create a better future for people and the planet.

We source our Collagen from ranches in South America. The cows are grass fed for most of their lives and traditionally raised on pasture. Each serving of Primal Kitchen Collagen gives you 10 grams of 1 & 3 Collagen, 0 grams of sugar, and is sweetened with Monk Fruit. All are Certified Keto and also Paleo Friendly.



COLLAGEN PEPTIDES

Unflavored

\$24.99

19.2 oz | Save \$13

MANGO LASSI SMOOTHIE BOWL

Makes 1 Serving

- 1 cup frozen mango
- ½ cup frozen banana
- ½ cup vanilla yogurt
- ¼-½ cup milk, or more if desired
- 1 Tbsp raw honey (optional)
- 1 scoop Primal Kitchen Unflavored Collagen Peptides
- ½ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- ⅛ tsp ground cardamom
- Toppings: fresh blueberries, dragon fruit, shredded coconut, hemp seeds, and chia seeds

1. Place frozen mango and banana in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
2. Add yogurt, ¼ cup milk, honey, cinnamon, nutmeg, and cardamom. Blend until smooth, adding a little more milk if needed to get the blender going.
3. Serve immediately with your favorite toppings.



Wellness · On Sale 1/15 - 1/28

NORDIC NATURALS



OMEGA FOCUS JUNIOR
Attention & Learning Support

\$29.99

120 sg | Save \$9



ULTIMATE OMEGA 2X
Heart, Brain, Immune Support

\$38.99

60 sg | Save \$10



ULTIMATE OMEGA
Healthy Heart Support

\$55.99

180 sg | Save \$14



JARROW FORMULAS
MAGMIND FORMULAS
Stress Resistance
Productivity

\$34.99

60 vcap | Save \$7



SMARTY PANTS
WOMEN'S MULTI & OMEGAS
Gummy Vitamins

\$23.99

180 ct | Save \$12



SOLGAR
ONCE DAILY MULTI
Women's · Men's
Women's 50+ · Men's 50+

\$17.99

60 tabs | Save \$6



VITANICA
ADRENAL ASSIST

\$25.99

90 caps | Save \$7

ALL VITANICA ON SALE



MICKELBERRY GARDENS
FIRE CIDER HONEY TONIC

Spicy, invigorating,
and delicious!

\$13.99

8 fl oz | Save \$4

ALL MICKELBERRY GARDENS ON SALE

NATURAL FACTORS



VITAMIN D3
2000IU

\$5.99

120 sg | Save \$2.50



VITAMIN D3 & K2
1000IU D3 & 120mcg K2

\$16.49

60 sg | Save \$3.50



LIPOMICEL BERBERINE

\$34.99

60 sg | Save \$11

BOIRON OSCILLOCOCCINUM

6 Dose

\$11.49

6 ct | Save \$3.50



FLORA SUPER 8 PROBIOTIC

\$19.99

30 caps | Save \$5.50

GARDEN OF LIFE



DR. FORMULATED MULTI+ Fermented Liposomal Multivitamins

Beauty Complex · Brain Support
Energy Support · Heart Health
Metabolism · Stress & Mood

\$29.99

30 vcap | Save \$7



PROBIOTICS 30 BILLION

Digestive & Immune Support

\$20.99

30 vcaps | Save \$7



PROBIOTICS WOMEN'S PH

50 Billion

\$29.99

30 vcaps | Save \$10

Wellness · On Sale 1/15 - 1/28



GAIA HERBS TURMERIC SUPREME

Adult Daily Gummies

\$13.99

40 ct | Save \$7



BIOSIL BIOSIL COLLAGEN GENERATOR

\$19.99

30 vcaps | Save \$5



LIQUID IV ELECTROLYTE DRINK MIX

Açaí Berry · Lemon Lime
Tropical · Watermelon
Passion Fruit

\$14.99

10 ct | Save \$5



COUNTRY LIFE CALCIUM MAGNESIUM ZINC

with Vitamin D

\$15.99

180 tabs | Save \$5



BARLEAN'S

PLANT-BASED OMEGA-3

From Algae Oil
Ginger Peach
Pink Lemonade

\$32.99

16 oz | Save \$8

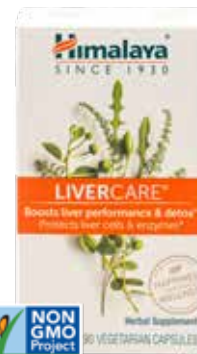


ORGANIC INDIA ORGANIC ASHWAGANDHA

Stress Support

\$16.99

90 vcap | Save \$9



HIMALAYA LIVER CARE

\$24.99

90 vcap | Save \$10





EVERYONE HAND SOAP

Ruby Grapefruit
Meyer Lemon Mandarin
Spearmint Lemongrass

\$3.79

12.75 fl oz
Save \$2.20



DESERT ESSENCE TOOTHPASTE

Mint · Activated Charcoal
Wintergreen · Fennel

\$5.99

6.25 oz | Save \$2



EVERYONE BODY LOTION

Coconut Lemon
Unscented · Citrus Mint
Lavender Aloe

\$9.49

32 fl oz | Save \$4.50



DR. BRONNER'S LIQUID CASTILE SOAP REFILL

Almond · Citrus
Peppermint · Unscented
Eucalyptus

\$14.99

32 fl oz | Save \$4



EARTH SCIENCE DEODORANT

Lavender Tea Tree
Liken Unscented
Rosemary Mint

\$6.29

2.45-2.5 oz | Save \$3.70



SUKIN ORGANICS SHAMPOO OR CONDITIONER

Hydrating · Volumising

\$6.29

16.9 fl oz | Save \$7.70



ANDALOU FACIAL CLEANSERS

Age Defy Cleansing Milk
Brightening Facial Cleanser
1000 Roses Cleansing Foam

\$9.99

5.5-6 fl oz | Save \$5.50

Over 1000 items on Sale! · 1/15 - 1/28



BRAND SUPPLEMENTS BY VITAMER

When selecting a partner for our private label supplements, we knew we needed a manufacturer who met our high standards. That's why we chose Vitamer, a fourth-generation, family-owned company with 100 years of experience in the natural products industry. Their long-standing commitment to quality, safety, and innovation has earned our trust and confidence.

Vitamer operates a state-of-the-art facility that is certified organic by Quality Assurance International (QAI) and adheres to rigorous third-party standards, including non-GMO verification. They've followed cGMPs (current Good Manufacturing Practices) even before they were mandated, ensuring every product meets strict testing for potency, purity, and disintegration.

With a focus on sustainability, Vitamer uses eco-friendly packaging, recyclable materials, and energy-efficient practices. Their team of scientific experts ensures that every formulation is backed by research, delivering high-quality products we are proud to offer our customers.

Partnering with Vitamer means you get premium dietary supplements made with integrity and care—a reflection of our commitment to providing the best at LifeSource.



**LIFESOURCE
MAGNESIUM
GLYCINATE**
\$16.99
90 vcap | Save \$3

