

LifeSource natural foods

EAT WELL BE HAPPY

Organic Girl
SALAD MIXES
Spring Mix · Spinach
Arugula · Super Greens
\$3.99/EA



5 OZ
PKG

**ORGANIC
TOMATOES
ON THE VINE**
\$2.49/LB



**ORGANIC
CARA CARA
ORANGES**
\$1.49/LB



**ORGANIC
GREEN ZUCCHINI**
\$1.49/LB



RECIPE
INSIDE

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



**ORGANIC
GREEN BEANS**
\$2.99/LB



Organic Produce • On Sale 3/19 - 3/25



STUFFED ZUCCHINI WITH GREMOLATA

Makes 4 Servings

- 2 large zucchini (about 2 lb)
 - 1 cup shredded Parmesan
 - 1 cup panko breadcrumbs
 - 2 eggs, lightly beaten
 - 4 large cloves garlic, minced
 - 2 Tbsp olive oil
 - 2 tsp Italian seasoning
 - Salt and pepper, to taste
- Gremolata**
- 1 bunch basil, finely chopped
 - 1 bunch Italian parsley, finely chopped
 - 1 lemon, zested and cut into wedges
 - 3 Tbsp toasted almonds, chopped
 - 3 Tbsp olive oil
 - 2 large cloves garlic, minced
 - Salt and pepper, to taste

1. Preheat the oven to 400°F. Oil a baking sheet or line with parchment paper.
2. Cut off the ends of zucchini, and slice in half lengthwise. Scrape out the insides into a medium bowl, creating a ¼-inch thick zucchini boat.
3. Squeeze the excess water out of the zucchini flesh with a square of cheesecloth. Mix together zucchini flesh, Parmesan, panko, eggs, garlic, 2 Tbsp olive oil, Italian seasoning, salt, and pepper. Divide the filling into the zucchini boats.
4. Place stuffed zucchini onto the prepared baking sheet and bake for 30-35 minutes, or until the zucchini is tender and top is golden brown and crispy.
5. In a small bowl mix together basil, parsley, lemon zest, almonds, 2 Tbsp olive oil, and garlic. Squeeze in juice from 2 of the lemon wedges, and season with salt and pepper to taste. Pile gremolata on top of the stuffed zucchini and serve.

ORGANIC
MURCOTT
MANDARINS

\$2.49/LB



ORGANIC
MINI PERSIAN
CUCUMBERS

\$2.29/LB



ORGANIC
ATAULFO MANGOES

2 FOR \$5



ORGANIC
RED
BELL PEPPERS

\$3.99/LB



Organic Produce • On Sale 3/19 - 3/25

**ORGANIC
STRAWBERRIES**

\$6.99/EA

**12 OZ
PKG**



Halos
**ORGANIC
MANDARINS**

\$5.49/EA



**2 LB
BAG**

CHOCOLATE FONDUE

Makes 2 Servings

- 5 oz semisweet chocolate chips, or chocolate bars, chopped.
- 1 tsp vanilla extract
- 1/4 cup full fat canned coconut milk
- 5 or 6 seedless mandarins, peeled and divided into wedges.

Over low heat in a small saucepan, combine chocolate, coconut milk and vanilla. Stir until smooth. Transfer to a small slow cooker or fondue pot to keep warm. Serve with mandarins.



LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST · LUNCH

SERVED UP FRESH EVERY DAY!



LifeSourceNaturalFoods.com



Smart Chicken
**ORGANIC BONE-IN
CHICKEN THIGHS**

\$4.99/LB

Save \$1/lb



ITALIAN CHICKEN & ORZO SKILLET

Makes 4 Servings

- 2 lb chicken legs or thighs
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 medium zucchini, chopped
- 3 cloves garlic, minced
- 1 can diced tomatoes
- 1 Tbsp tomato paste
- 2 tsp Italian seasoning
- Salt and pepper, to taste
- ½ cup dry red wine
- 1 ½ cups chicken broth
- 1 cup uncooked orzo
- 2 Tbsp fresh parsley, chopped
- ½ cup Parmesan cheese, shredded

1. Heat oil in a large cast iron skillet over medium high heat. Brown chicken for 3-5 minutes on each side. Remove the chicken from the pan and set aside.
2. Reduce heat to medium. Cook onion until translucent, about 4 minutes. Add zucchini, garlic, seasoning, and salt and pepper to taste. Cook for about 4 minutes, or until zucchini is golden brown.
3. Deglaze the pan with red wine, cooking until reduced by half, about 3 minutes.
4. Stir in the tomatoes and their juices, tomato paste, orzo and chicken broth. Place the chicken on top. Increase heat to high and bring mixture to a boil. Cover and reduce heat to a simmer. Cook until liquid is absorbed and chicken is done, about 12 minutes.
5. Remove from heat, uncover, and allow to cool for 5-10 minutes. Any excess liquid will absorb into the pasta. Serve sprinkled with parsley and Parmesan cheese.



Pacific Foods
**ORGANIC
CREAMY SOUPS**

Tomato · Carrot
Butternut

\$3.49

32 oz | Save \$2.30



Organic Valley
**ORGANIC
RAW CHEESE**

Cheddar · Jack

\$4.49

8 oz | Save \$3



Primal Kitchen
**ORGANIC
BBQ SAUCE**

Classic · Hawaiian
Golden · Steak · Korean

\$3.99

8.5 oz | Save \$2.50



Primal Kitchen
**SALAD
DRESSING**

Many to
Choose From

\$5.49

8 oz | Save \$3.50



Primal Kitchen
**AVOCADO OIL
MAYONNAISE**

Original · Pesto
Garlic · Chipotle Lime

\$7.49

12 oz | Save \$4.50

Lonely Lane Farms
**UNCURED CORNED
 BEEF BRISKET**

Pasture Raised
 in Mt. Angel

\$14.99/LB

Save \$3/lb

Close to
 Home!



Tasty Bite
COOKED RICE
 Sticky · Basmati
 Jasmine · Brown
 Coconut · Turmeric

\$2.29

8.8 oz | Save \$1.70



Tasty Bite
**INDIAN
 ENTRÉES**

Your Choice

\$2.79

10 oz | Save \$1.70



Bonafide Provisions
**ORGANIC
 BONE BROTH**

Beef · Turkey
 Chicken

\$6.49

24 oz | Save \$5



Ocean's Halo
**ORGANIC
 RAMEN
 NOODLES**

\$3.49

8.4 oz | Save \$2.50



Ocean's Halo
**ORGANIC
 RICE NOODLES**

\$3.49

6.3 oz | Save \$2.50



Bonafide Provisions
ORGANIC BROTH
 Chicken · Vegetable

\$2.99

32 fl oz | Save \$2.50

Over 1000 items on SALE! · 3/12 - 3/25

Cosmic Bliss
**COCONUT
FROZEN DESSERT**

Your Choice

\$4.49

14 fl oz | Save \$3



Vita Coco
**COCONUT
WATER**

Original · Pressed
Pineapple

2 FOR \$4

16.9 fl oz
Save \$1.99/lb



Essentia
**IONIC
STRUCTURED
WATER**

\$2.99

50.7 fl oz | Save \$1.50



Boulder Canyon
**KETTLE COOKED
POTATO CHIPS**

Your Choice

\$2.79

6 oz | Save \$1.70



Wildbrine
KRAUT

Organic Raw
Red Beet & Cabbage
Dill & Garlic

\$5.99

18 oz | Save \$3.50



Epic Provisions
MEAT BARS

Your Choice

\$1.99

1.3 oz | Save \$2



Perfect Bar
**REFRIGERATED
PROTEIN BARS**

Your Choice

\$2.29

2.2-2.5 oz | Save \$1.50



Mike's Mighty Good
CRAFT RAMEN

Your Choice

\$1.79

1.6-2.3 oz | Save \$1.20



Ithaca
HUMMUS

Lemon Dill
Lemon Garlic

\$2.99

8 oz | Save \$3



Mi-Del
**SWEDISH STYLE
COOKIES**

Ginger · Vanilla
Gluten Free Ginger

\$3.79

8-10 oz | Save \$2.20



Gimme Health
**SEAWEED
SNACKS**

Avocado Oil · Sea Salt
Teriyaki · Sesame

\$1.49

.35 oz | Save \$1.50



Blake's
POT PIES

Shepherd's Pie
Gluten Free Chicken

\$2.99

8 oz | Save \$2



White Leaf
Provisions
BABY FOOD

Your Choice

\$1.99

3.2 oz | Save \$1



Biokleen
BAC-OUT
Stain & Odor
Remover

\$7.99

32 fl oz | Save \$4



Biokleen
**LAUNDRY
LIQUID**

Sport · Citrus
Free & Clear

\$11.99

64 fl oz | Save \$5



Ecos
**DISHWASHER
GEL**

\$4.49

40 fl oz
Save \$2.50

Over 1000 items on SALE! · 3/12 - 3/25

Maple Hill Creamery

ORGANIC KEFIR

Vanilla · Plain

\$4.99

32 oz | Save \$2.50



MANGO LASSI WITH KEFIR

Makes 2 (12 oz) Servings

- 1 large, ripe mango, peeled and chopped
- 1 ½ cups plain kefir
- 5 ice cubes
- 2 Tbsp honey, or to taste
- ½ tsp cinnamon, ground
- ⅛ tsp nutmeg, ground
- ⅛ tsp cardamom (1 pod, ground)

Place all ingredients in a blender, blend until smooth. Taste, and adjust spices if desired.



Bob's Red Mill

ORGANIC ROLLED OATS

Old Fashioned Quick · Extra Thick

\$4.49

32 oz | Save \$2.50



Siggis **DRINKABLE YOGURT**

Vanilla · Strawberry Mixed Berry

2 FOR \$3

8 oz | Save \$1.49/ea



Culina **COCONUT YOGURT**

Your Choice

\$2.99

5 oz | Save \$2



Purely Elizabeth **SUPERFOOD CEREAL**

Chocolate Almond Vanilla Blueberry

\$4.99

11 oz | Save \$3.50



Catalina Snacks **KETO CEREAL**

Your Choice

\$5.99

9 oz | Save \$4.50



Rise **ORGANIC NITRO COLD BREW**

Made with Oat Milk

2 FOR \$4

7 fl oz | Save \$1.49/ea

BULK DEPARTMENT DEALS

Equal Exchange

**ORGANIC FAIR TRADE
FRENCH ROAST**

\$11.99/LB

Save \$2/lb



Now

**WHEY PROTEIN
ISOLATE POWDER**

\$19.99/LB

Save \$2/lb



ONLY \$1.25/oz

**ORGANIC
STEEL CUT OATS**

\$1.99/LB

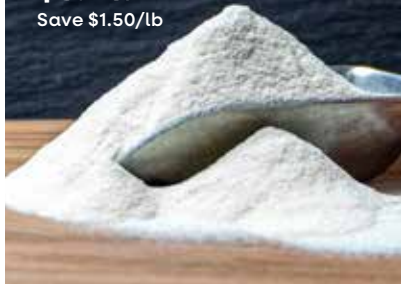
Save 50¢/lb



Authentic Foods
POTATO FLOUR

\$5.49/LB

Save \$1.50/lb



Authentic Foods
**SUPERFINE
SWEET RICE FLOUR**

\$3.99/LB

Save 50¢/lb



Butternut
Mountain Farm
**ORGANIC
MAPLE SYRUP**

\$11.49/LB

Save \$2/lb



**BRING YOUR
CONTAINER!**



Redmond
REAL SALT

\$4.49/LB

Save 50¢/lb



Edison
**QUINOA RICE
ELBOW PASTA**

\$7.49/LB

Save \$1/lb



**ORGANIC
CANNELLINI BEANS**

\$4.99/LB

Save 50¢/lb



**PECAN HALVES
OR PIECES**

\$15.99/LB

Save \$2/lb



Hummingbird

**AWAKENED SPROUTED
PUMPKIN SEEDS**

\$13.99/LB

Save \$3/lb



Frontier
**ORGANIC PICKLING
SPICE BLEND**

\$24.99/LB

Save \$5/lb

ONLY \$1.56/oz



SunRidge Farms
**HONEY ROASTED
SESAME STICKS**

\$9.99/LB

Save \$2/lb



Over 1000 items on SALE! • 3/12 - 3/25

RED WINE & ROSEMARY GOAT CHOPS

Makes 6 Chops

- 6 Sublime Organics goat loin chops
- 3 sprigs rosemary, bruised and rough chopped
- ¼ cup dry red wine
- ½ lemon, juiced
- 2 Tbsp olive oil
- 4 cloves garlic, smashed and chopped
- Kosher salt and pepper

1. Season chops all over with salt and pepper. Place in a sealable plastic or silicone bag.
2. In a small bowl, whisk together wine, lemon juice, olive oil, garlic, and rosemary. Pour marinade over the goat chops. Squeeze the air out of the bag and seal. Refrigerate for 2-4 hours, turning occasionally so meat is evenly coated.
3. Remove meat from the refrigerator 45 minutes before cooking. Just before cooking, drain the marinade and pat the chops dry.
4. Preheat the broiler to high, and adjust the rack to about 6 inches from the heat source. Broil chops for 5 minutes on the first side, flip, and broil for another 3-5 minutes, or until the internal temperature reaches 145°F. Allow to rest 5-10 minutes before serving.



BEER & WINE DEALS



Bodega San Valero
**PLANO ALTO
GARNACHA &
CARIÑENA**

\$9.99

750ml | **Save \$3**



Luis Segundo
**EL CIPRES
MALBEC**

\$9.99

750ml | **Save \$2**



Ten Towers Cider Co.
HARD CIDERS

Soulless Pear · Gravitas
Heiress · Spiced Chai
Southern Belle Peach
Voodoo Lady

\$5.99

22 oz | **Save \$2**



Rogue Brewery
OREGON BEERS

Pacific Northwest IPA
Batsquatch Hazy IPA
Hazelnut Brown Ale
Honey Kölsch

\$11.99

6 pk | **Save \$3**



Deschutes
INDIA PALE ALES

Fresh Haze
Fresh Squeezed

\$11.99

6 pk | **Save \$1.50-2**

Over 1000 items on SALE! • 3/12 - 3/25



ORGANIC INDIA was established as a holistic, sustainable business modality to inspire, promote, and support well-being and respect for all beings and Mother Nature. For over 20 years, those founding principles still stand as the company partners with thousands of family-owned farms to provide genuine, organic products for healthy, conscious living.

Organic India prides itself in supporting and honoring farmer partners by providing

- Farmer Well Being and a Life of Dignity
- Fair trade practices & Equitable wages
- Market premium paid for 100% of crop yield
- Farmers maintain ownership of their land and receive organic agricultural training
- Health care for farmers and families

At the foundation of Organic India's products, company, and sourcing is regenerative agriculture that not only sustains, but replenishes the earth. Organic India has been a supporter of the Regenerative Organic Alliance (ROA) as a corporate ally since 2021. With numerous products fully certified, along with ALL of the Tulsi Holy Basil that their teas are formulated with, they are committed to scaling their Regenerative herb supply, growing with the ROC movement.

Every herb, plant, and fruit in Organic India products is grown or harvested using organic, bio-regenerative methods and sustainable wild crafting practices.

- Zero Synthetic Inputs
- Rotational Grazing, Crop Rotation, Cover Crops & Carbon Sequestration
- Building soil's fertility, nutrients, and ability to retain water
- Operating as a self-sufficient ecosystem

This all culminates in the creation of Organic, Non-GMO herbal teas and supplements that support the health of the population, vibrancy of the planet, and livelihood of communities in India.



**Organic India
TURMERIC
FORMULA**

Joint Mobility
& Support

\$21.49

90 vcap | **Save \$8.50**



**Organic India
TULSI TEAS**

Your Choice

\$3.49

18 pk | **Save \$2.50**

ANCIENT NUTRITION



ORGANIC SUPER GREENS

Mint · Berry
Watermelon
Mango · Unflavored

\$29.99

6.7 oz | Save \$9



MULTI COLLAGEN PROTEIN

Unflavored

\$35.99

16 oz | Save \$14



GUT RECOVERY PROBIOTICS

\$39.99

60 cap | Save \$16



Four Sigmatic ORGANIC MUSHROOM COFFEE

Focus with Lion's Mane
Balance with Ashwagandha

\$16.99

12 oz | Save \$8



Kal MAGNESIUM GLYCINATE

High Absorption
ActivGels

\$16.99

90 sg | Save \$4



Solgar VITAMIN E 400 IU

Naturally Sourced

\$11.99

100 sg | Save \$3.50



Yerba Prima PSYLLIUM HUSK CAPS

\$10.99

180 caps | Save \$6



Yerba Prima PSYLLIUM WHOLE HUSKS

Soothing Fiber

\$11.99

12 oz | Save \$7

BACH

Original Flower Remedies

Stress support made with five natural flower essences.

Star of Bethlehem *Orithogalum umbellatum*

Rock Rose *Helianthemum* · Cherry Plum *Prunus cerasifera*

Impatiens *Impatiens glandulifera* · Clematis *Clematis vitalba*



New!



RESCUE REMEDY DROPPER

Alcohol Free
Orange & Mango
Chocolate & Mint

\$18.99

20 ml | **Save \$6**

HIMALAYA

For a Better Morning

Celebrating? Having fun with friends and family?
PartySmart Gummies provide you with clinically studied
"next morning" support with 2 gummies per serving*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



PARTY SMART GUMMIES

\$12.99

10 ct | **Save \$5**

HERB PHARM

Get a Jump on Spring!

Herb Pharm's Pollen Defense compound features
Eyebright extract prepared from the flowering herb
of Certified Organic *Euphrasia spp.* plants. It also
features Stinging Nettle extract prepared from the
seed of Certified Organic *Urtica dioica* plants.



POLLEN DEFENSE

Respiratory Support

\$11.99

1 oz | **Save \$4**

NATURAL FACTORS

Spring Forward March 9

Made without petrochemicals or animal
sources—Pure, trusted sleep support.



MELATONIN 3 mg

Sleep Support

\$4.49

90 tab | **Save \$2.50**

SPRING FORWARD MARCH 9



MELATONIN 1 mg

Sleep Support

\$3.79

90 tab | **Save \$2.20**



STRESS-RELAX 5-HTP

Mood Support

\$16.99

60 cap | **Save \$5.50**

Wellness • On Sale 3/12 - 3/25



Humble
**ALUMINUM FREE
DEODORANT**

Rosemary & Mint
Simply Unscented
Lemongrass & Sage
Black Spruce

\$6.99

2.5 oz | Save \$4

ALL
HUMBLE
ON SALE



ION Biome
**ION
GUT SUPPORT**

\$59.99

32 fl oz | Save \$15



Trace Minerals
**CONCENTRACE
MINERAL DROPS**

96 Servings

\$34.99

8 fl oz | Save \$10



Garden of Life
RAW MEAL

Vanilla · Chocolate

\$24.99

17.1-17.4 oz | Save \$5



Giovanni
**SHAMPOO &
CONDITIONER**

Volume · Tea Tree
Smooth as Silk
50/50 · Weightless

\$7.99

8.5 fl oz | Save \$3

+PLUS CBD BY CV SCIENCES



**CALM OR SLEEP
CBD GUMMIES**

\$24.99

30 ct | Save \$11



Pranarom
**FRANKINCENSE
HYDROSOL**

\$13.99

4 fl oz | Save \$6

Wellness · On Sale 3/12 - 3/25

SHIKAI



**CBD COOLING
CREAM WITH
MENTHOL**
\$15.99

3 oz | Save \$9



**BORAGE THERAPY
HAND CREAM**
Unscented
\$6.49

2.5 oz | Save \$4



**MOISTURIZING
SHOWER GEL**
Cucumber
Sandalwood
\$6.49

12 oz | Save \$3.50



Tea Tree Therapy
**TEA TREE
TOOTH PASTE**

Original
Whitening

\$4.49

3-5 oz | Save \$3



The Grandpa
Soap Co.

**THYLOX
ACNE SOAP**
\$4.49

3.25 oz | Save \$2.50



Mad Hippie
**HYDRATING
FACIAL CREAM**

SPF 25+

\$19.99

2 oz | Save \$5



Mad Hippie
**CORRECTIVE
PEPTIDE SERUM**

\$26.99

1.02 oz | Save \$5



Pranarom
**ORGANIC
CASTOR OIL**
Glass Bottle

\$4.29

2 fl oz | Save \$2.70

Over 1000 items on SALE! • 3/12 - 3/25



FLORA

OUR STORY

Flora has been crafting premium quality products since 1965. Our story started over 100 years ago when the Greither family began a legacy of discovery, innovation, and making a difference in people's lives. Today we remain committed to holistic health, ensuring you receive the highest quality plant-based, organic products for a healthy lifestyle. Flora has grown from its initial roots as a distributor of European herbal remedies into a multinational company adhering to high standards for raw material selection, formulation, manufacturing, quality control, and ecological awareness.

ENVIRONMENTAL RESPONSIBILITY

Flora's dedication to preserving the environment consists of three initiatives:

1. The use of the most ecologically friendly packaging for products - bottled in glass
2. Working with farmers to obtain ecologically sustainable supplies of high quality, botanical raw materials
3. Eco-friendly production policies and procedures in all aspects of the business

FORMULATIONS

- The use of vegetarian caps for dry powders and dry herbal extracts
- The use of vegetarian-sourced raw materials
- The presence of therapeutic amounts of active ingredients combined with supportive ingredients
- Prefer the use of value-added fillers
- No or minimal excipients
- The use of traditional alcohol/water extraction media where possible
- The use of organic, non-GMO raw materials



Flora
UDO'S OIL
3-6-9 BLEND
\$15.99
 8.5 oz | Save \$8