

LifeSource
natural foods

**EAT WELL
BE HAPPY**

ORGANIC
BROCCOLI

\$1.69/LB



ORGANIC GREEN
BARTLETT PEARS

\$1.79/LB



ORGANIC
NAVEL ORANGES

\$1.49/LB



ORGANIC LEMONS

89¢/EA

RECIPE
INSIDE



ORGANIC
OPAL APPLES

\$1.99/LB



ORGANIC
ASPARAGUS

\$3.99/LB



Organic Produce • On Sale 3/26 - 4/1



HOMEMADE ROSE LEMONADE

Makes 4 Servings

Simple Syrup

- 1 cup organic cane sugar
- 1 cup water
- ½ cup dried rose petals
- Rose simple syrup, to taste
- Filtered water, Champagne, sparkling water, or club soda

Lemonade

- 1 cup fresh lemon juice (4-8 lemons, depending on size) 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 lemon juice into each glass.
 3. Stir in rose simple syrup to taste.
 4. Top with spring water, champagne, sparkling water, or club soda.

ORGANIC TANGO
MANDARINS

\$2.49/LB



ORGANIC
SUGAR SNAP PEAS

\$4.99/LB



ORGANIC MINI
SWEET PEPPERS

\$3.99/EA



16 OZ
PKG

ORGANIC GINGER

\$4.99/LB



Organic Produce • On Sale 3/26 - 4/1

Wholesum
**ORGANIC CHERRY
TOMATOES**

Brites · Kaleidos · Poppies

\$5.49/EA

12 OZ
PKG



**ORGANIC
TRUMPET ROYALE
MUSHROOMS**

\$11.99/LB



**ORGANIC
COSMIC CRISP
APPLES**

\$1.49/LB



LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST · LUNCH

**SERVED UP
FRESH
EVERY DAY!**





**Mulay's
GROUND SAUSAGE**

Italian · Chorizo
Breakfast · Meatballs

\$9.49

15-16 oz | Save \$1



PINTO BEAN & SAUSAGE SOUP

Makes 4 Servings

- 1 lb ground Italian sausage
- 2 Tbsp butter
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 2 Tbsp tomato paste
- 2 tsp Italian seasoning
- 1 tsp smoked paprika
- ½ tsp red chili flakes (optional)
- 4 cups pinto beans, cooked and drained
- 4 cups chicken broth
- 2 Tbsp Worcestershire sauce
- 1 bunch kale, stemmed and chopped
- Salt and pepper, to taste

1. Saute sausage until browned over medium heat in a 6 quart Dutch oven. Remove from the pan, set aside.
2. Melt butter over medium heat. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, tomato paste, Italian seasoning, paprika, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans and broth. Bring to a boil, reduce heat to low and simmer for about 20 minutes, to let all the flavors get to know each other. Add cooked sausage and kale, simmer for an additional 3-5 minutes or until kale is tender. Taste and add salt and pepper or adjust other seasonings if desired. Serve hot with cornbread.



**Seeds of Change
RICE & GRAINS**

Your Choice

\$2.49

8.5 oz | Save \$2



**Kerrygold
CHEDDAR
CHEESE**

Irish · Reserve
Dubliner

\$4.49

7 oz | Save \$3



**Sartori
CLASSIC
PARMESAN
CHEESE**

\$1.99

7 oz | Save \$4



**Stahlbush
FROZEN
VEGETABLES**

Spinach · Broccoli
Green Beans
Classic Mixed Veggies

\$2.29

10 oz | Save \$1.50



**Earth Balance
BUTTERY
SPREAD**

Original · Soy Free

\$4.49

15 oz | Save \$3

Smart Chicken
**ORGANIC
WHOLE CHICKEN**

Air Chilled

\$2.99/LB

Save \$1.80/lb



Michael's of
Brooklyn
PASTA SAUCES

Your Choice

\$7.99

32 oz | Save \$3-4



Kevin's
**CHICKEN
ENTRÉES**

Thai Coconut
Korean · Teriyaki
Lemongrass
Cilantro Lime

\$7.99

16 oz | Save \$4



Wildwood
**ORGANIC
SPROUTED TOFU**

Firm · Extra Firm

\$2.49

14 oz | Save \$1.50



Kevin's
**SIMMER
SAUCES**

\$2.79

7 oz | Save \$1.70



Bragg
**APPLE CIDER
VINEGAR**

With the Mother

\$3.29

16 fl oz | Save \$1.70

Over 1000 items on SALE! • 3/26 - 4/8

Alexia
OVEN FRIES

Yukon Select
Sea Salt Crinkles
Sweet Potato

\$4.99

15-16 oz | Save \$2



Santa Cruz
**ORGANIC NO STIR
PEANUT BUTTER**

Creamy · Crunchy

\$5.99

16 oz | Save \$3



Dr. McDougall's
RAMEN CUPS

Your Choice

\$1.79

1.3-1.9 oz | Save \$1.20



Poppi
**PREBIOTIC
SODA**

Many to
Choose From

\$1.79

12 fl oz | Save \$1.20



Lakewood
**ORGANIC
PURE JUICES**

Pink Grapefruit
Carrot · Beet · Cranberry
Beet Ginger Turmeric

\$4.99

32 fl oz | Save \$3.50



Luna
**WHOLE
NUTRITION
BARS**

2 FOR \$3

1.69 oz | Save 79¢/ea



Aloha
PROTEIN BARS

Your Choice

2 FOR \$4

1.9 oz | Save 99¢/ea

Miss Jones
ORGANIC FROSTING

Chocolate · Vanilla
Cream Cheese

\$5.99

11.29 oz | Save \$2.50



Miss Jones
ORGANIC BAKING MIXES

Vanilla Cake
Fudgy Brownie

\$6.49

15.87-14.67 oz
Save \$3



Once Again
GRAHAM CRACKERS

Honey · Cinnamon
Dark Chocolate

\$4.49

7.93 oz | Save \$3.50



Simple Mills
SWEET THINS

Brownie · Honey
Chocolate Mint

\$3.29

4.25 oz | Save \$2.70

Oatly
NON-DAIRY FROZEN DESSERT

Your Choice

\$3.99

16 oz | Save \$2



Bitchin'
BITCHIN' SAUCE

Pesto · Original
Caramelized Onion
Cilantro Chili
Bombay · Chipotle

\$3.49

8 oz | Save \$4



Safe Catch
WILD CAUGHT TUNA POUCHES

Garlic Herb · Original
Lemon Pepper

2 FOR \$4

2.6-3 oz
Save \$1.49/ea

Over 1000 items on SALE! · 3/26 - 4/8

**Kerrygold
IRISH BUTTER**

Salted · Unsalted

\$4.49

8 oz | Save \$2



MAPLE PEAR GALETTE

Makes 6 Servings

- 1 Recipe puff pastry
- 3 pears, peeled, cored, and sliced 1/8-inch thin
- 1/4 cup butter
- 3 Tbsp maple syrup
- 1 Tbsp cornstarch
- 1 tsp cinnamon
- 1 tsp vanilla paste or extract
- 1 egg white mixed with 2 Tbsp water

Preheat the oven to 400°F. Line a baking sheet with parchment or a silicon baking mat.

In a 2 quart saucepan, heat butter over medium heat. Stir constantly, allowing butter to foam, then brown, about 5-8 minutes. Remove from heat when butter has a nutty, amazingly delicious scent, golden color and little brown bits. Allow to cool slightly.

In a bowl, toss together sliced pears, browned butter, maple syrup, cornstarch, cinnamon, and vanilla paste.

Roll out the puff pastry into a 12-inch diameter circle. Place it on the prepared baking sheet. Arrange pears in the center of the pastry in a mostly even layer, leaving a two inch border between the fruit and edge of the pastry.

Fold edges of the pastry over the fruit. There will be a large hole in the center for steam to escape. Freeze the galette for 15 minutes. Brush crust with egg wash. Bake in the preheated oven for 30-40 minutes, or until the crust is golden and puffed and filling is bubbly.



**Bellwether Farms
SHEEP MILK
YOGURT**

Vanilla · Strawberry
Blackberry · Plain

\$2.29

6 oz | Save \$1.20



**Milkadamia
MACADAMIA
MILK**

Plain · Vanilla · Latte

\$5.49

32 oz | Save \$2



**Purely Elizabeth
SUPERFOOD
OATMEAL**

Chocolate Chunk
Banana · Blueberry
Classic Cinnamon

\$3.79

9.12 oz | Save \$2



**Koia
PROTEIN DRINK**

Cacao · Vanilla
Chocolate Banana
Coconut Almond

2 FOR \$6

12 fl oz | Save \$1.29/ea



**Coombs
GRADE A DARK
MAPLE SYRUP**

\$11.99

12 fl oz | Save \$4

BULK DEPARTMENT DEALS

Café Mam

**ORGANIC FAIR TRADE
FRENCH ROAST**

\$11.99/LB

Save \$2/lb

**ORGANIC FAIR TRADE
DECAF FRENCH ROAST**

\$12.99/LB

Save \$2/lb

FAIRLY
TRADED



**ORGANIC THICK
ROLLED OATS**

\$1.99/LB

Save 50¢/lb



**ORGANIC
RAW ALMONDS**

\$11.99/LB

Save \$3/lb



Bob's Red Mill
**BLANCHED FINE
ALMOND MEAL**

\$9.99/LB

Save \$2/lb



Azure
**ORGANIC WHITE
RICE FLOUR**

\$1.99/LB

Save 50¢/lb



Camas Country
**ORGANIC
WHOLE WHEAT
PASTRY FLOUR**

\$1.79/LB

Save 50¢/lb



Close to Home!



Hummingbird
**ORGANIC
EVAPORATED
CANE SUGAR**

\$1.99/LB

Save 50¢/lb



Azure
**ORGANIC
CRANBERRY
BEANS**

\$3.79/LB

Save 50¢/lb



Azure
**ORGANIC
ORZO PASTA**

\$3.49/LB

Save \$1/lb



Close to Home!



**GRIND YOUR OWN
HAZELNUT BUTTER**

\$9.99/LB

Save \$4/lb

Close to Home!



**BRING YOUR
CONTAINER!**

Azure
**ORGANIC KHORASAN
WHEAT BERRIES**

\$2.49/LB

Save 50¢/lb



**ORGANIC
ROASTED SALTED
PISTACHIOS**

\$11.99/LB

Save \$2/lb



SunRidge Farms
JOLLY BEANS

\$14.99/LB

Save \$3/lb



Over 1000 items on SALE! • 3/26 - 4/8



everyday
CADIA
 Organic Strawberries
 10 OZ
\$3.29
 everyday low price 81536

everyday
CADIA
 Chocolate Hazelnut
 Granola
 11 OZ
\$3.99
 everyday low price 815369012638

LOOK FOR THE SIGNS!

Cadia GRANOLA
 Honey Oat
 Chocolate Hazelnut
 Honey Almond
\$3.99
 11 oz | **Save \$1**



Cadia FROZEN FRUIT
 Blueberries or
 Strawberries
\$3.29
 10 oz | **Save 70¢**



Cadia SANDWICH COOKIES
 Vanilla · Chocolate
\$3.99
 10.5 oz | **Save \$1**



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.



Birdie & Louie WET CAT FOOD
 Tuna Tuesday
 Tuna Olive
 Tuna Papaya
 Tuna Pineapple
\$1.29
 3 oz | **Save 70¢**



Ecos LAUNDRY LIQUID
\$11.99
 100 fl oz | **Save \$5**



Caboo BATHROOM TISSUE
 Tree Free
\$9.99
 12 pk | **Save \$5**

Over 1000 items on SALE! · 3/26 - 4/8



BRAND SUPPLEMENTS

WE VALUE YOUR TRUST

We take a close look at every product we carry and especially at the companies we choose to partner with for our 'house brand'. After extensive vetting of these products, we are confident to proudly feature our own name on the labels. They are superior in quality, tested for purity and potency and most come in sustainable and fully recyclable glass bottles.



**N-ACETL
CYSTEINE
600MG**
\$12.99
60 cap | Save \$4



**L-THEANINE
200MG**
\$23.99
60 vcap | Save \$5



**L-CARNITINE
500MG**
\$14.49
30 cap | Save \$4



**Bach
RESCUE
MOOD & STRESS**
Chews
\$17.99
60 ct | Save \$3



**RESCUE PLUS
SLEEP & STRESS**
Chews
\$17.99
60 ct | Save \$3

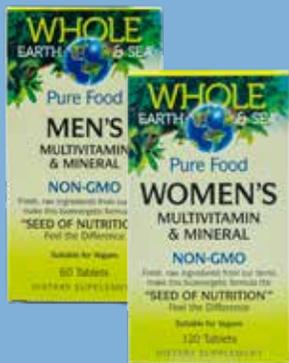


**Mickelberry
Gardens
NORTHWEST
POLLEN TONIC**
Seasonal Support
\$19.99
8 fl oz | Save \$4



**Wishgarden
SEASONAL SUPPORT
FORMULAS**
Deep Lung · Kick-Ass Sinus
Kick-Ass Allergy
\$21.99
2 fl oz | Save \$4

NATURAL FACTORS



WHOLE EARTH & SEA MULTIVITAMIN

Women's · Women's 50+
Men's 50+ · Men's

\$23.99

60 tabs | **Save \$11**



WHOLE EARTH & SEA ONCE A DAY MULTIVITAMIN

Women's · Women's 50+
Men's 50+ · Men's

\$25.99

60 vcap | **Save \$19**

New!



WHOLE EARTH & SEA PROTEIN & GREENS

Unflavored · Tropical
Vanilla Chai · Chocolate

\$44.99

22.6-25 oz | **Save \$15**



Smarty Pants ADULT COMPLETE MULTIVITAMIN

Gummies

\$21.99

180 ct | **Save \$11**



Rainbow Light ONE DAILY MULTIVITAMIN

Men's · Women's

\$14.99

60 tab | **Save \$6**



NOW D-MANNOSE Urinary Tract Support

\$17.99

120 vcap | **Save \$5**



Liquid IV HYDRATION MULTIPLIER

Açaí · Watermelon
Lemon Lime · Tropical
Passion Fruit

\$14.99

10 ct | **Save \$5**



Bluebonnet WHEY PROTEIN ISOLATE

Vanilla

\$29.99

16 oz | **Save \$8**

BOIRON

Seasonal Support



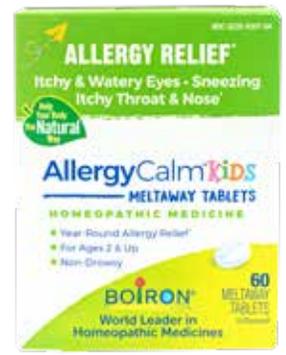
SinusCalm
\$9.99

60 ct | **Save \$3**



AllergyCalm
\$9.99

60 ct | **Save \$3**



AllergyCalm Kids
\$10.99

240 ct | **Save \$4**

GARDEN OF LIFE



**MYKIND
 B12 SPRAY**
\$13.99

60 ml | **Save \$3**



**MYKIND
 VEGAN D3**
\$13.99

30 ct | **Save \$3**

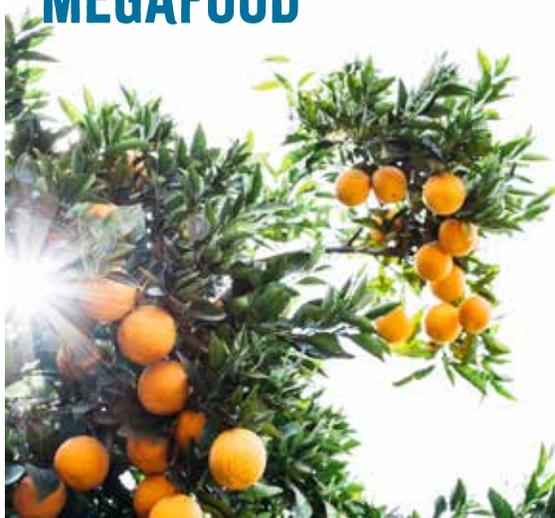
NORDIC NATURALS



**ULTIMATE
 OMEGA**
\$55.99

180 sg | **Save \$14**

MEGAFOOD



**MAGNESIUM
 CHEWS**
 Strawberry · Grape
\$10.99

30 ct | **Save \$7.50**



**BLOOD BUILDER
 MINIS**
 Iron Level Support
\$12.99

60 tab | **Save \$7**



**ASHWAGANDHA
 COMPLEX**
 Stress Support
\$20.99

60 tab | **Save \$12**

Wellness · On Sale 3/26 - 4/8

ENZYMEDICA



DIGEST

Complete Enzyme Formula

\$8.99

30 ct | **Save \$4**



BERBERINE

Blood Sugar Support

\$18.99

60 vcap | **Save \$6.50**



DIGEST GOLD MAXIMUM STRENGTH

Advanced Enzymes

\$19.99

45 ct | **Save \$8.50**



**ALL
ENZYMEDICA
ON SALE**



American Health SUPER PAPAYA ENZYME PLUS

Chewable

\$13.99

360 tabs | **Save \$5**



Zhou

HAIRFLUENCE

Healthy Hair Support

\$22.99

60 ct | **Save \$7**



Desert Essence SHAMPOO & CONDITIONER

Fragrance Free

\$6.99

8 fl oz | **Save \$4**



evanhealy BODY OIL

Sweet Blossom
Neroli Frankincense
Vetiver Hinoki
Patchouli Vanilla

\$22.99

3.3 oz | **Save \$7**



SHEER MINERAL SUNSCREEN

Broad Spectrum SPF 30
Lightweight Hydration

\$22.99

2 oz | **Save \$7**

Wellness · On Sale 3/26 - 4/8

EVERYONE



3 IN 1 SOAP

Lemon
Citrus Mint
Cedar Citrus
Unscented
Lavender Aloe

\$8.49

32 fl oz | Save \$4.50



3 IN 1 KIDS SOAP

Lavender Lullaby
Topical Coconut
Berry Blast

\$8.49

32 fl oz | Save \$4.50



Acure BRIGHTENING GEL CLEANSER

\$6.99

4 oz | Save \$4.50



Himalaya COMPLETE CARE TOOTHPASTE

Select Varieties

\$5.49

5.29 oz | Save \$2.50



Booda Organics BOODA BUTTER TIN

\$8.99

2.3 oz | Save \$4

BADGER



MINERAL SUNSCREEN

Active · Kids
Baby · Sport

\$11.99

2.9 oz | Save \$5



Earth Science DEODORANT

Liken Unscented
Lavender Tea Tree
Rosemary Mint

\$6.99

2.45-2.5 oz
Save \$3



Sovereign Silver FIRST AID GEL

Topical

\$12.99

1 oz | Save \$8



Over 1000 items on SALE! • 3/26 - 4/8



BARLEAN'S

For over 35 years, Barlean's has pursued a simple mission: empowering you to live a healthier, more vibrant life. As a family-owned company based in the Pacific Northwest, we've made it our goal to create exceptional, innovative, and great-tasting nutritional products that seamlessly fit into your daily routine—because we believe wellness should be accessible to everyone.

We're committed to providing the highest-quality ingredients in every product we make. From our omega-3s to our powders, we carefully select premium ingredients to ensure you're getting the best. Many of our products are certified organic and non-GMO, and we're always focused on delivering the nutrients you need in a way that's both effective and delicious. After all, good health should be something you look forward to!

With a focus on integrity and strong partnerships with everyone we work with—from farmers to suppliers—we ensure that our relationships are built on transparency and a shared commitment to quality. When you choose Barlean's, you're choosing a company that is dedicated to helping you achieve your health goals with products that are both nourishing and enjoyable.



Barlean's
**OMEGA-3
FROM FISH OIL**
Mango Peach
\$33.99
16 fl oz | **Save \$8**



Barlean's
**OMEGA-3
FROM FISH OIL**
Lemon Crème
\$33.99
16 fl oz | **Save \$8**



Barlean's
**ORGANIC
FLAX OIL**
Pure & Unrefined
\$17.99
12 fl oz | **Save \$4**