











#### Makes one 9-inch pie

#### Crust

- 3 cups all purpose flour, plus more for rolling out
- 1½ tsp sea salt
- 1 tsp unrefined cane sugar
- · 1 cup cold butter, cubed
- 2 eggs, beaten
- · 3 Tbsp milk

#### Filling

 1 lb rhubarb stalks, greens removed and cut into ½-inch slices (about

- 3 cups)
- 1 lb fresh strawberries, stemmed and quartered (about 3 cups)
- ½ cup unrefined cane sugar
- ¼ cup brown sugar
- ¼ cup minute tapioca granules
- ½ tsp sea salt
- ½ tsp cinnamon
- ¼ tsp cardamom
- 1 egg, beaten
- In a large bowl, whisk together flour, sea salt, and cane sugar. Add cubed butter, and blend in with a pastry cutter until mixture resembles coarse wet sand. Mix in egg, and then milk one tablespoon at a time until a shaggy dough forms.
- Divide dough into two balls and press into thick disks.
   Wrap in plastic wrap and refrigerate at least an hour or up to overnight.
- Toss together all filling ingredients until evenly coated. Allow to macerate about an hour.
- 4. Roll out the first disk of dough to an 11 to 12-inch circle. Line the pie dish, and brush bottom and sides with the beaten egg. Using a slotted spoon to drain off excess liquid, fill with strawberry-rhubarb mixture.
- 5. Roll out the second disk and either cut into strips for a lattice, or leave whole. Top pie and cut 5 slits if not creating a lattice. Trim dough hanging over the sides to 1-inch. Pinch together top and bottom crusts with your fingers or a fork. Brush top crust with remaining egg wash.
- 6. Place the pie in the freezer for 15 minutes. Preheat the oven to 400°F, and line a baking sheet with parchment or a silicone mat.
- 7. Bake pie at 400°F for 20 minutes. Turn down the oven to 350°F, and bake an additional 40-50 minutes, or until golden and bubbly. Cool completely before serving, and refrigerate any leftovers.















# LIFESOURCE KITCHEN HOURS

8 AM - 7 PM GRAB AND GO ANYTIME

**BREAKFAST · LUNCH** 

# SERVED UP FRESH EVERY DAY!



LifeSourceNaturalFoods.com



Cut deep slits into the chicken. Rub with salt and pepper. In a small bowl, whisk together turmeric, paprika, ginger,

Place chicken in a large bowl with seasoning blend, juice

4. Broil or grill on high for 4-5 minutes each side, or until cooked through. Allow to rest 5 minutes before serving with fresh cilantro and remaining lemon wedges.

of ½ the lemon, yogurt, and olive oil. Mix well, making sure the chicken is evenly coated. Allow to marinate at least 2

1/2 tsp ground turmeric

hours.

cumin, coriander, and ½ tsp salt.



#### Chickapea **PROTEIN PASTA**

Made with Chickpeas, Yellow Peas & Lentils

8 oz | Save \$2.20



#### **Tasty Bite ORGANIC** RICE

Brown · Jasmine Basmati · Turmeric

8.8 oz | **Save \$1.70** 



#### **Tasty Bite** INDIAN-STYLE **ENTREES**

10 oz | **Save \$1.70** 



#### Primal Kitchen **PASTA SAUCE**

Arrabbiata · Vodka Garlic Marinara Basil Marinara

23.5-24 oz | Save \$4



#### Mulay's **GROUND SAUSAGE**

Breakfast · Chorizo Nana's Original Mild Italian

15-16 oz | **Save \$2.50** 



LifeSourceNaturalFoods.com



Wild Planet
CHICKEN BREAST

\$3.49

5 oz | **Save \$2.50** 



wildbrine

#### **RAW KRAUT**

Dill Garlic • Red Beet Green Organic

\$6.49

18 oz | Save \$3



## Rumiano CHEESE SLICES

Havarti • Pepper Jack Medium Cheddar Sharp Cheddar

\$3.99

6 oz | **Save \$2/ea** 



San-J

#### ASIAN COOKING SAUCES

Szechuan • Teriyaki Sweet & Tangy Orange • Thai Peanut Mongolian Beef

\$3.49

10 fl oz | **Save \$2** 



#### **BITCHIN' SAUCE**

Your Choice

\$4.49

8 oz | **Save \$3** 

## **BEER & WINE DEALS**



#### 2 Towns Ciderhouse THE BAD APPLE

Imperial Hard Cider Fermented on Local Meadowfoam Honey Aged on Oregon White Oak

\$11.99

4/12 fl oz | **Save \$2** 



Lobetia

**TEMPRANILLO** 

\$10.99

750 ml | **Save \$2** 

**ROSADO** 

\$7.49

750 ml | **Save \$2.50** 



#### Go Brewing

## NON ALCOHOLIC BEER

The Story Double IPA Sunbeam Pilsner Sunshine State Tropical IPA Freedom Cali Pale Ale Freedom Amber

\$12.99

6/12 fl oz | **Save \$2.50** 



#### **TRUFF SAUCE**

Hot · Hotter

\$3.99

1.5 oz | **Save \$3** 



### **WORLD CENTRIC COMPOSTABLE TABLEWARE**



**STRAWS** 50 pk | Save \$2



**HOT CUPS** 20 pk | Save \$3.20

9-INCH PLATES



**BOWLS** 20 pk | Save \$1.50





#### Santa Cruz **LEMONADE** Strawberry · Mango

Raspberry • Blueberry Peach · Original Limeade

32 fl oz | **Save \$1.20** 



**Kettle Foods KETTLE CHIPS** 

Your Choice!

5 oz | **Save \$1.49/ea** 



#### C20 **COCONUT WATER**

Original • Mango Ginger Lime Pineapple • with Pulp

17.5 fl oz | **Save 99¢/ea** 



#### Kevita **KOMBUCHA**

Tart Cherry Pineapple Peach Raspberry Lemon

15.2 fl oz | **Save \$1** 



Alden's **ICE CREAM** Your Choice

48 fl oz | **Save \$3.50** 

**WORLD CENTRIC ON SALE** 

**PLUS MORE** 



Lesser Evil
POPCORN
Your Choice

\$2.99

4.6 oz | **Save \$1.50** 



#### **PIRATE'S BOOTY**

Aged White Cheddar Puffs

\$2.49

4 oz | Save \$1.50



Feel Good Foods

EGG ROLLS & POT STICKERS

\$6.49

9-10 oz | **Save up to \$3.50** 





I and Love and You

STEW-STYLE DOG FOOD

\$2.79

13 oz | **Save \$1.70** 





Cadia
LAUNDRY
DETERGENT

Lavender Free & Clear

\$11.99

100 fl oz

Cadia

DISH SOAP

Citrus Free & Cl<u>ear</u>

\$3.99

25 fl oz



Our Everyday Value program is designed to help you save money every time you shop with us. From pantry staples and frozen favorites to natural household essentials like laundry detergent and cleaning products, we're committed to offering you the lowest possible prices without sacrificing quality

We know that choosing natural products—whether for your family's meals or your home—can sometimes feel like a luxury, especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing you're getting the best value for your money.

At LifeSource Natural Foods, we're passionate about natural and organic products, and we're excited to help you create a healthier home and kitchen as part of your everyday routine.

## **LOADED MASHED POTATO PANCAKES**

#### Makes 12 Pancakes

- 2 slices bacon, chopped into ½ inch pieces
- 34 cup yellow onion, chopped
- ½ cup leek, finely chopped
- 3 cloves garlic, finely chopped
- 3 cups mashed potatoes
- 1 cup shredded cheddar cheese
- ½ cup sour cream
- Salt and pepper, to taste
- 1 egg, lightly beaten
- 3-4 Tbsp flour
- 2 Tbsp avocado oil
- Cook bacon in a medium skillet until browned and crispy. Remove bacon from skillet with a slotted spoon. Set aside.
- 2. Drain all but 1 teaspoon of bacon grease from skillet. Cook onion in bacon grease until translucent and beginning to soften. Add leek and garlic, cook and stir until leeks are soft and garlic is fragrant.
- 3. In a mixing bowl, combine potatoes, bacon, onion mixture, cheddar cheese, sour cream, salt, and pepper. Taste, adjust seasonings if desired.
- Mix in egg, and 3 Tbsp flour. If mixture is too runny or doesn't hold together, add additional flour.
- 5. Heat oil over medium heat. Cook scoops of potatoes for 4 minutes on the first side, or until golden. Flip, and press gently with the spatula to even out the pancakes, and cook an additional 3-4 minutes. Drain on a towel.
- 6. Serve hot with sour cream.





**Brown Cow YOGURT** 

Your Choice

5.3 fl oz | Save 49¢/ea



**Peter Rabbit Organics SNACK POUCHES** 

Your Choice

4-4.4 oz | Save 99¢/ea



Santa Cruz

#### **APPLE SAUCE CUPS**

Original · Cinnamon

24 oz | Save \$2



West Life

#### UNSWEETENED **SOY MILK**

Plain · Vanilla

32 fl oz | **Save \$2** 



Nature's Bakery

FIG BARS

Blueberry · Raspberry Strawberry Peach Apricot Apple Cinnamon

12 oz | Save \$2







Honey Mama's REFRIGERATED TRUFFLE BARS

Your Choice

\$3.99

2.5 oz | **Save \$3** 



PetitPot
POTS DE CRÈME
& RICE PUDDING

Plain • Vanilla

\$4.49

8 oz | **Save \$2** 



Tcho CHOCOLATE

**BARS**Made with Fair Trade

2 FOR \$6

2.5 oz | **Save \$2.49/ea** 



Nixie SPARKLING WATER

Your Choice

\$4.49

96 fl oz | Save \$3



**Eternal Water** 

ALKALINE SPRING WATER

\$2.49

84.5 fl oz | Save \$1.50

## **BULK DEPARTMENT DEALS**







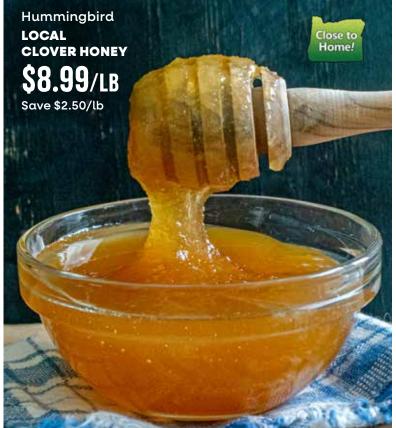
















# NEW CHAPTER

#### GOOD FOR PEOPLE. GOOD FOR PLANET

Since 1982, New Chapter has been fiercely committed to making sustainable choices: every ingredient, every product, every time. We named ourselves New Chapter because we seek to revolutionize natural wellness, find better ways to improve the lives of people and take care of our precious planet.

#### OUR SUSTAINABLE ROOTS GO DEEP

As a Certified B Corporation, it's our business to make the world a better place. Our sustainable mission has four strong foundations. From these deep roots, New Chapter works to rejuvenate our planet and reconnect people to Nature's healing wisdom.

#### BETTER LEADERSHIP

We're piloting a program with leading sustainability consultants that onboards suppliers to our sustainability goals and code of conduct. This helps deepen supplier engagement in ethical and sustainable sourcing.

#### BETTER CLIMATE ACTION

The world is in a climate emergency—and the status quo is a no-go. New Chapter is on the path to being a Climate

Positive business. Our next goals include reducing emissions, innovating packaging, and improving soil health by supporting regenerative farming.

#### **BETTER PRODUCTS**

We're raising the bar on product quality from nature to bottle through unparalleled formulations and ingredients backed by meticulous third-party testing. We pack our supplements with the best quality, sustainably sourced ingredients we can find on Earth—real and true and tested.

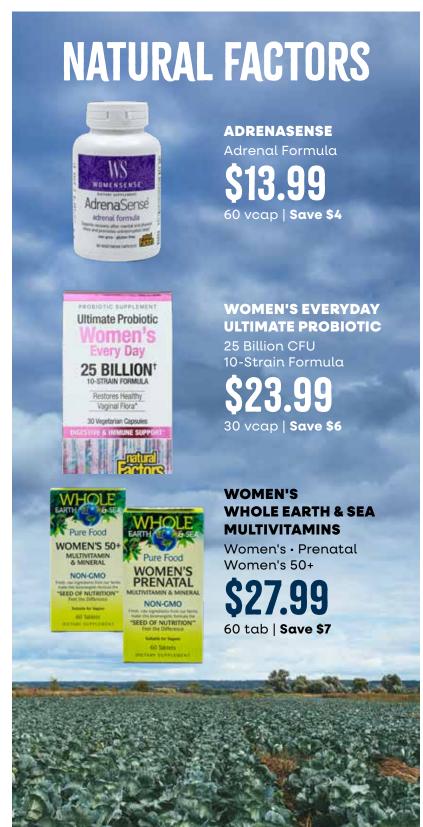
#### **BETTER COMMUNITIES**

MULTIVITAMIN

We prioritize the dignity and well-being of people—our employees, our supplier partners, our vendors, and the communities that we serve. We are working to increase diversity, equity, and inclusion and advocate for social justice throughout our entire value chain.

**New Chapter** LIQUID **MULTIVITAMIN** Berry · Orange Mango

30 fl oz | **Save \$12** 



## LIFE EXTENSION



#### **CREATINE**

**Provides Energy** & Healthy Muscle Support\*

120 cap | Save \$3

\*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.



#### **Natural Factors THERACURMIN**

Double Strength

60 vcap | Save \$10



Vibrant Health **GREEN VIBRANCE** 

Powder

11.92 oz | Save \$13

## **VITANICA**



**CRANSTAT EXTRA** 60 vcap | Save \$5

> **VITANICA ON SALE**



## **BACH**



## RESCUE PASTILLES

Black Currant Orange Elderflower Mixed Berry Sleep

\$8.99

35 chews | **Save \$3** 

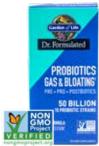




Garden of Life
STRESS RELIEF
GUMMIES

\$19.99

60 chew | Save \$10



Garden of Life
PROBIOTICS
GAS & BLOATING

\$26.99

30 vcap | Save \$15



Organic India
LIVER KIDNEY
\$16.99
90 yeap | Save \$9



Solgar One per Day

#7 JOINT SUPPORT

\$16.99

30 cap | **Save \$5** 



Nuun Hydration
HYDRATION
TABLETS

\$4.79

10 tab | **Save \$4.20** 



Nordic Naturals
PRENATAL DHA

Strawberry

\$22.99 90 ct | Save \$6



SunWarrior
ACTIVE
PREWORKOUT

\$35.99

11.1 oz | **Save \$10** 













#### Oregon's Wild Harvest **ALLER-AID**

with Quercetin & NAC

90 cap | Save \$11

Youtheory **SHILAJIT** 60 vcap | Save \$10

> Solaray **BERBERINE** 500 mg

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Tom's of Maine **TOOTHPASTE** 

Mint · Cinnamon Clove Peppermint · Fennel Sensitive

4-4.5 oz | Save \$3.20

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Original Ultra-Rich Moisturizer Cream

2.5 fl oz | Save \$7



**Peepers ALL READERS & SUNGLASSES** Save \$5/ea





Acure **SHAMPOO** & CONDITIONER 8 fl oz | **Save \$4.50** 



#### Andalou **SHOWER GEL**

Rose · Lavender Citrus Sunflower

8.5-11 oz | Save \$4



EVERYDAY

SHERE

EVERYDAY

32 fl oz | Save \$6



## DermaE **ANTI WRINKLE** RENEWAL CREAM 4 oz | Save \$4



Badger **FACE SUNSCREEN** 

SPF 30

1.7 oz | **Save \$7** 



Heritage Store **CASTOR OIL** 4 fl oz | Save \$1.50





# WE HONOR THE WELL-BEING OF ALL PEOPLE AND THE PLANET WE SHARE

Since 1995, EO has stood for connection—with ourselves, each other, and the planet. Our products are formulated with intention, respecting the plants and people who bring our vision to life. From blending essential oils in a San Francisco garage to manufacturing in our 56,000-square-foot facility in Marin County today, each EO product undergoes a thorough process of ideation, testing, formulation, and production.

We carefully source our ingredients from around the world, considering factors like agriculture and weather conditions, and never compromise on quality or ethical standards. We are proud to be B Corp certified, vegan, cruelty-free, and synthetic fragrance-free. Thirty years later, we are still a family-owned business that prioritizes people over profits because genuine connection starts from within.





## EO HAND CREAM

French Lavender Orange Vanilla Jasmine Verbena Unscented

\$6.29 2.5 fl oz | Save \$3.70



## EO HAND SOAP

French Lavender Lemon Eucalyptus

\$6.29

12 fl oz | **Save \$3.70**