

LifeSource
natural foods

**EAT WELL
BE HAPPY**

ORGANIC
INTENZA PAPAYA

\$1.99/LB



ORGANIC
BROCCOLI

\$1.69/LB



ORGANIC
WATERMELON

79¢/LB



ORGANIC
BOSC PEARS

\$1.99/LB



ORGANIC
MURCOTT
MANDARINS

\$2.29/LB



Organic Produce • On Sale 5/14 - 5/20



STRAWBERRY RHUBARB PIE

Makes one 9-inch pie

Crust

- 3 cups all purpose flour, plus more for rolling out
- 1 ½ 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

1. 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.
2. Divide dough into two balls and press into thick disks. Wrap in plastic wrap and refrigerate at least an hour or up to overnight.
3. 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.

**ORGANIC
STRAWBERRIES**

\$3.99/EA



**16 OZ
PKG**



**ORGANIC
RHUBARB**

\$4.49/LB



**ORGANIC
SNAP PEAS**

\$4.99/EA



**12 OZ
PKG**



Organic Produce • On Sale 5/14 - 5/20

**ORGANIC
LIMES**

2 FOR \$1



**ORGANIC
JALAPEÑOS**

\$3.29/LB



**ORGANIC
RED CHERRY
TOMATOES**

**12 OZ
PKG**



2 FOR \$5



**ORGANIC
ARTICHOKES**

\$3.49/EA



LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST • LUNCH

SERVED UP FRESH EVERY DAY!





Mary's
**ORGANIC
BONELESS SKINLESS
CHICKEN BREAST**
\$9.99/LB
Save \$2/lb



TANDOORI STYLE CHICKEN

- 1 lb boneless skinless chicken breast, pounded to ½ inch thick
 - 1 lemon, quartered
 - ¼ cup plain yogurt
 - 1 Tbsp olive oil
 - Pinch of salt and pepper
 - ½ tsp ground turmeric
 - ½ tsp smoked paprika
 - ½ tsp ground ginger
 - ½ tsp ground cumin
 - ½ tsp ground coriander
 - ½ tsp kosher salt
 - ½ tsp cayenne (optional)
 - ½ cup chopped cilantro
1. Cut deep slits into the chicken. Rub with salt and pepper.
 2. In a small bowl, whisk together turmeric, paprika, ginger, cumin, coriander, and ½ tsp salt.
 3. Place chicken in a large bowl with seasoning blend, juice of ½ the lemon, yogurt, and olive oil. Mix well, making sure the chicken is evenly coated. Allow to marinate at least 2 hours.
 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.



Chickapea
PROTEIN PASTA
Made with Chickpeas,
Yellow Peas & Lentils

\$3.29

8 oz | **Save \$2.20**



Tasty Bite
**ORGANIC
RICE**

Brown • Jasmine
Basmati • Turmeric

\$2.29

8.8 oz | **Save \$1.70**



Tasty Bite
**INDIAN-STYLE
ENTREES**

\$2.79

10 oz | **Save \$1.70**



Primal Kitchen
PASTA SAUCE

Arrabbiata • Vodka
Garlic Marinara
Basil Marinara

\$5.99

23.5-24 oz | **Save \$4**



Mulay's
GROUND SAUSAGE

Breakfast • Chorizo
Nana's Original
Mild Italian

\$7.99

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



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**

Over 1000 items on SALE! • 5/14 - 5/27



WORLD CENTRIC COMPOSTABLE TABLEWARE



STRAWS

99¢

50 pk | **Save \$2**



HOT CUPS

\$2.79

20 pk | **Save \$3.20**



9-INCH PLATES

\$2.99

20 pk | **Save \$4**

BOWLS

\$1.79

20 pk | **Save \$1.50**

**PLUS MORE
WORLD CENTRIC
ON SALE**



Santa Cruz LEMONADE

Strawberry • Mango
Raspberry • Blueberry
Peach • Original
Limeade

\$2.79

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



Kettle Foods KETTLE CHIPS

Your Choice!

2 FOR \$6

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



C2O

COCONUT WATER

Original • Mango
Ginger Lime
Pineapple • with Pulp

2 FOR \$4

17.5 fl oz | **Save 99¢/ea**



Kevita KOMBUCHA

Tart Cherry
Pineapple Peach
Raspberry Lemon

\$2.79

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



Alden's ICE CREAM

Your Choice

\$7.99

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



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 & Clear

\$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.

Over 1000 items on SALE! • 5/14 - 5/27

LOADED MASHED POTATO PANCAKES

Makes 12 Pancakes

- 2 slices bacon, chopped into ½ inch pieces
 - ¾ 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
1. 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.
 4. 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.



Green Valley Creamery
SOUR CREAM

Lactose Free

\$3.99

12 oz | Save \$2



Brown Cow
YOGURT

Your Choice

5 FOR \$5

5.3 fl oz | Save 49¢/ea



Peter Rabbit Organics
SNACK POUCHES

Your Choice

2 FOR \$3

4-4.4 oz | Save 99¢/ea



Santa Cruz
APPLE SAUCE CUPS

Original • Cinnamon

\$3.99

24 oz | Save \$2



West Life
UNSWEETENED SOY MILK

Plain • Vanilla

\$2.99

32 fl oz | Save \$2



Nature's Bakery
FIG BARS

Blueberry • Raspberry
Strawberry
Peach Apricot
Apple Cinnamon

\$4.49

12 oz | Save \$2

Califia
ALMOND CREAMER

Brown Sugar
Lavender • Vanilla

\$4.49

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



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
Ingredients

2 FOR \$6

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

Van's
WAFFLES

Blueberry • Gluten Free
Organic Original

2 FOR \$6

8-9 oz | **Save \$2.99/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**

Over 1000 items on SALE! • 5/14 - 5/27

BULK DEPARTMENT DEALS

Hummingbird
**ORGANIC
PINTO BEANS**

\$2.29/LB

Save 50¢/lb



Azure
**ORGANIC
BROWN SPANISH
LENTILS**

\$3.99/LB

Save 50¢/lb



Equal Exchange
**ORGANIC FAIR TRADE
MIDNIGHT SUN
& MIND-BODY-SOUL COFFEE**

\$11.99/LB

Save \$2/lb



Hummingbird
**ORGANIC
HULLED MILLET**

\$1.79/LB

Save 50¢/lb



Hummingbird
**ORGANIC
MULTI-COLORED
POPCORN**

\$1.99/LB

Save 50¢/lb



ORGANIC QUINOA

White • Red
Tri-Colored

\$4.49/LB

Save 50¢/lb



Azure
**ORGANIC TRI COLOR
ROTINI PASTA**

\$4.99/LB

Save \$1/lb



Hummingbird
**LOCAL
CLOVER HONEY**

\$8.99/LB

Save \$2.50/lb



Hummingbird
**ORGANIC
SPROUTED
BROWN RICE**

\$3.49/LB

Save \$1/lb



Frontier
**ORGANIC
ROSEHIPS**

\$21.99/LB

Save \$4/lb



ONLY \$1.37/oz

Café Mam
**FAIR TRADE
CHOCOLATE
COFFEE BEANS**

\$23.99/LB

Save \$6/lb



ONLY \$1.50/oz

Over 1000 items on SALE! • 5/14 - 5/27

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.

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.

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 COMMUNITIES

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

\$44.99

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

NATURAL FACTORS



ADRENASENSE

Adrenal Formula

\$13.99

60 vcap | **Save \$4**



WOMEN'S EVERYDAY ULTIMATE PROBIOTIC

25 Billion CFU
10-Strain Formula

\$23.99

30 vcap | **Save \$6**



WOMEN'S WHOLE EARTH & SEA MULTIVITAMINS

Women's • Prenatal
Women's 50+

\$27.99

60 tab | **Save \$7**

LIFE EXTENSION



CREATINE

Provides Energy
& Healthy Muscle
Support*

\$11.49

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

\$35.99

60 vcap | **Save \$10**



Vibrant Health GREEN VIBRANCE

Powder

\$45.99

11.92 oz | **Save \$13**

VITANICA



CRANSTAT EXTRA

\$16.99

60 vcap | **Save \$5**

ALL
VITANICA
ON SALE

BACH

RESCUE PASTILLES

Black Currant
Orange Elderflower
Mixed Berry
Sleep

\$8.99

35 chews | **Save \$3**



Organic India
LIVER KIDNEY

\$16.99

90 vcap | **Save \$9**



Solgar

One per Day

#7 JOINT SUPPORT

\$16.99

30 cap | **Save \$5**

CARLSON

ELITE OMEGA-3

\$35.99

120 ct | **Save \$9**



Nuun Hydration
HYDRATION TABLETS

\$4.79

10 tab | **Save \$4.20**



Nordic Naturals
PRENATAL DHA

Strawberry

\$22.99

90 ct | **Save \$6**



Garden of Life
STRESS RELIEF GUMMIES

\$19.99

60 chew | **Save \$10**



Garden of Life
PROBIOTICS GAS & BLOATING

\$26.99

30 vcap | **Save \$15**



SunWarrior
ACTIVE PREWORKOUT

\$35.99

11.1 oz | **Save \$10**

Wellness • On Sale 5/14 - 5/27

INESSCENTS

CBD BATH SALTS, SOAKS & FIZZES

Ease bodies sore from
gardening, exercise,
work & play

\$7.99

4 oz | **Save \$2**



Peepers ALL READERS & SUNGLASSES

\$18.99

Save \$5/ea



Oregon's Wild Harvest

ALLER-AID

with Quercetin & NAC

\$21.99

90 cap | **Save \$11**



Youtheory

SHILAJIT

\$18.99

60 vcap | **Save \$10**



Solaray

BERBERINE

500 mg

\$18.99

60 vcap | **Save \$5**



Tom's of Maine TOOTHPASTE

Mint • Cinnamon Clove
Peppermint • Fennel
Sensitive

\$6.79

4-4.5 oz | **Save \$3.20**



Weleda

SKINFOOD

Original Ultra-Rich
Moisturizer Cream

\$14.99

2.5 fl oz | **Save \$7**

Wellness • On Sale 4/30 - 5/27

WILD CARROT



SOLID FACIAL CLEANSERS

Plastic-free packaging

\$9.99

4 oz | Save \$5



Acure SHAMPOO & CONDITIONER

\$6.49

8 fl oz | Save \$4.50



Andalou SHOWER GEL

Rose • Lavender
Citrus Sunflower

\$7.49

8.5-11 oz | Save \$4



ALAFFIA

SHAMPOO, CONDITIONER, LOTION, & BODY WASH

\$9.99

32 fl oz | Save \$6



Derma-E ANTI WRINKLE RENEWAL CREAM

\$14.99

4 oz | Save \$4



Badger FACE SUNSCREEN

SPF 30

\$13.99

1.7 oz | Save \$7



Heritage Store CASTOR OIL

\$4.99

4 fl oz | Save \$1.50

Over 1000 items on SALE! • 5/14 - 5/27

EO



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**