



**EAT WELL  
BE HAPPY**

**ORGANIC  
RED ONIONS**

**\$1.69/LB**



**ORGANIC  
CAULIFLOWER**

**\$3.29/EA**



**ORGANIC  
ZUCCHINI**

**\$1.49/LB**



**ORGANIC  
YELLOW SQUASH**

**\$1.49/LB**



**ORGANIC  
COSMIC CRISP  
APPLES**

**\$1.69/LB**



**Organic Produce • On Sale 5/21 - 5/27**





## CHILI MANGO PASTA SALAD

Makes 4 servings

### Dressing

- 1 ripe mango, peeled and chopped (about 1 cup)
- 3 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 1 lime, zest and juice
- 1 tsp honey or agave syrup
- 1 tsp chili powder
- ½ tsp smoked paprika
- Salt and pepper, to taste

### Salad

- ½ lb farfalle, cooked to al dente (about 4 minutes), and drained
- 4 Persian cucumbers, chopped
- 1 cup cherry tomatoes, quartered
- ½ red onion, thinly sliced
- ½ cup fresh cilantro, chopped

1. Using an immersion blender or regular blender, blend together all dressing ingredients until smooth.
2. Toss together all remaining ingredients with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving to allow the flavors to get to know each other.



**ORGANIC  
PEACHES**  
**\$5.49/LB**



**ORGANIC  
YOUNG COCONUTS**  
**\$5.49/EA**



**ORGANIC  
ATAULFO  
MANGOES**  
**\$1.89/EA**

**Organic Produce • On Sale 5/21 - 5/27**



**ORGANIC  
ABATE FETEL PEARS**

**\$2.29/LB**



**ORGANIC  
APRICOTS**

**\$4.99/LB**



**ORGANIC  
PORTOBELLO  
MUSHROOMS**

**\$7.99/LB**



# **LIFESOURCE KITCHEN HOURS**

**8 AM - 7 PM**

**GRAB AND GO ANYTIME**

**BREAKFAST • LUNCH**

# **SERVED UP FRESH EVERY DAY!**



**LifeSourceNaturalFoods.com**





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

Close to Home!



## 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



Café Mam  
**FAIR TRADE  
CHOCOLATE  
COFFEE BEANS**

**\$23.99/LB**

Save \$6/lb



ONLY \$1.37/oz

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**



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**



Peepers

## ALL READERS & SUNGLASSES

### \$18.99

Save \$5/ea



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



## DermaE 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**