

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
CARROT BUNCHES**

\$1.89/EA



**ORGANIC
CANTALOUPE**

\$1.49/LB



**ORGANIC
FUJI APPLES**

\$1.19/LB



**ORGANIC
SMALL AVOCADOS**

2 FOR \$3



**ORGANIC
CUCUMBERS**

89¢/EA



**ORGANIC
YELLOW ONIONS**

\$1.19/LB



Organic Produce • On Sale 5/7 - 5/13



HALO-HALO

Serves 4

- 2 cups shaved ice*
- 1 cup gummy bears
- 1 fresh young coconut
- ½ cup fresh or frozen sweet corn
- ½ cup canned adzuki beans
- 2 cups evaporated milk
- 2 ripe Ataulfo mangos
- Vanilla ice cream, for serving
- Crispy rice or corn flakes, for serving

1. Drain the coconut and carefully open it with a hacksaw, hammer, or cleaver. (Don't discard the refreshing juice!) With the edge of a spoon, scoop curls of coconut meat out of the shell and into a bowl.
2. Cut mango into ½" cubes: To cut a mango, slice each "cheek" away from the pit, hold the cheek in your palm, and carefully score vertically and horizontally through the flesh without cutting through the skin. Then scrape the fruit away from the skin with a spoon, and repeat with the second cheek. On the remaining center piece, peel off the skin, cut the flesh away from the pit, and slice into cubes.
3. In four tall glasses, begin layering the ingredients: a scoop of gummy bears, a scoop of cubed mango, a scoop of adzuki beans, a scoop of coconut, and a scoop of corn, dividing equally between all four glasses. Add ½ cup shaved ice to each glass, then pour ½ cup evaporated milk over each one. Top each glass with a scoop of ice cream and sprinkle with cereal.

*To shave ice, put ice cubes in a blender and process on the "crush" setting for about a minute, then switch to "blend" until smooth.

ORGANIC
GOLD KIWIS

\$4.99/LB



ORGANIC
ATAULFO MANGO

\$1.89/EA



ORGANIC
YOUNG COCONUT

\$5.49/EA



Organic Produce • On Sale 5/7 - 5/13

**ORGANIC ENGLISH
CUCUMBERS**

\$1.69/EA



**ORGANIC BABY
BOK CHOY**

\$2.49/LB



**ORGANIC
STRAWBERRIES**

\$3.99/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



CHICKEN MARSALA

- 2 boneless skinless chicken breasts, pounded to 1/4 inch thick
- 2 Tbsp flour
- Salt & pepper, to taste
- 2 Tbsp olive oil
- 2 Tbsp butter
- 3 cloves garlic, minced
- 1 medium shallot, finely chopped
- 3 cups sliced crimini or white button mushrooms
- 1/2 cup chicken broth
- 2/3 cup Marsala wine
- 1/2 cup heavy cream
- 2 tsp fresh thyme
- 1/4 cup Parmesan

1. Coat chicken evenly in flour seasoned with salt and pepper. Set aside.
2. Heat olive oil and 1 Tbsp butter in a large skillet over medium high heat. Brown chicken, about 4-5 minutes each side. Remove from the skillet and set aside.
3. Stirring frequently, cook mushrooms in remaining 1 Tbsp butter for about 4 minutes, or until browned.
4. Add shallots and garlic, cooking until shallots are fragrant and translucent, about 2 minutes.
5. Add chicken broth, Marsala, heavy cream, and thyme, stir and scrape up any bits from the pan.
6. Bring to a boil, and then reduce heat to medium and simmer, stirring occasionally, until sauce thickens and reduces by half. About 10-12 minutes.
7. Return chicken to the pan and heat through, about 2 minutes. Serve with cooked linguine and sprinkle with shredded Parmesan.



Bachan's
**JAPANESE
BBQ SAUCES**

Your Choice

\$5.99

17 oz | Save \$4.50



Rao's Homemade
PASTA SAUCES

Tomato Basil
Marinara • Vodka
Arrabbiata

\$7.49

24 oz | Save \$3.50/ea



Ancient Harvest
**GLUTEN FREE
PASTA**

Shells • Linguine
Penne • Spaghetti
Rotini • Elbow

\$2.79

8-9.6 oz | Save \$2



California
Olive Ranch
**EXTRA VIRGIN
OLIVE OIL**

\$16.99

25.4 fl oz | Save \$11



Mulay's
GROUND SAUSAGE

Breakfast • Chorizo
Nana's Original
Mild Italian

\$7.99

15-16 oz | Save \$2.50



Against the Grain

FROZEN PIZZA

Three Cheese
Pepperoni

\$9.49

24 oz | Save \$5



Siete

TACO SEASONING

2 FOR \$4

1.31 oz | Save \$1.29/ea



The Good
Crisp Company
POTATO CRISPS

Your Choice

2 FOR \$5

5.6 oz | Save \$1.99/ea



Siete

REFRIED BEANS

Pinto · Black

\$1.99

16 oz | Save \$1.50



Late July

TORTILLA CHIPS

Your Choice

2 FOR \$7

7.8 oz | Save \$1.99

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



Siete

CORN CHIPS

Sea Salt · Lime
Blue Corn

\$3.99

7.5 oz | Save \$3

Over 1000 items on SALE! · 4/30 - 5/13

De La Calle

TEPACHE

Non-Alcoholic
Fermented Mexican Soda
Pineapple Spice
Mango Chili
Tamarind Citrus

2 FOR \$4

12 fl oz | Save \$1.49/ea

MIX & MATCH



Poppi PREBIOTIC SODA

Your Choice

\$1.79

12 fl oz | Save \$1.20



R.W. Knudsen RECHARGE THIRST QUENCHER

Your Choice!

\$2.29

32 fl oz | Save \$1.70



Vita Coco COCONUT WATER

Original • Pressed
Pineapple

\$1.99

16.9 fl oz | Save \$2



VanLeeuwen ICE CREAM

Your Choice

\$4.99

14 fl oz | Save \$3



Rishi Tea SPARKLING BOTANICAL TEA

Your Choice

\$2.49

12 fl oz | Save \$1.50/ea



Vegan Rob's SNACK PUFFS

Dairy Free Cheddar
Cauliflower • Dragon

\$2.99

3.5 oz | Save \$2



GoodPop FROZEN TREATS

Your Choice

\$3.99

10-14 fl oz | Save \$2/ea



Kerrygold
IRISH CHEESE
 Dubliner • Cheddar
 Reserve Cheddar

\$4.49
 7 oz | **Save \$3**



Organic Valley
SHREDDED CHEESE
 Mexican Blend
 Mozzarella
 Italian Blend

\$3.99
 6 oz | **Save \$2.50**



Ancient Harvest
ORGANIC QUINOA

\$5.49
 14.4 oz | **Save \$3.50**



Bubbie's
KOSHER PICKLES
 Dill • Spicy Dill

\$6.99
 33-33.8 oz | **Save \$3**



Bubbie's
SAUERKRAUT
 Original • Spicy

\$6.99
 25 oz | **Save \$3**

TACO STUFFED PEPPERS



Serves 4

- 1 boneless skinless chicken breast, pounded to 1-inch thick
 - 2 limes, juiced
 - 3 Tbsp olive oil
 - Taco seasoning blend, divided
 - Salt & pepper, to taste
 - 4 bell peppers, sliced lengthwise, seeded
 - 1 small yellow onion, chopped
 - 5 cloves garlic, chopped
 - 1 cup tomatoes, chopped
 - 1 cup cooked rice
 - 1 cup cooked black beans
 - ¼ cup cilantro, chopped
 - 1 cup shredded mozzarella cheese
- Taco Seasoning Blend**
- 2 tsp chili powder
 - 1 tsp smoked paprika
 - 1 tsp chipotle powder
 - 1 tsp onion powder
 - ½ tsp cumin

1. Marinate the chicken in the juice of 1 lime, 1 Tbsp olive oil, 2 tsp of the taco seasoning blend, and a pinch of salt and pepper for at least 1 hour, or up to overnight.
2. Preheat the oven to 425°F, and line a rimmed baking sheet with parchment or foil.
3. Brush the bell peppers with olive oil and sprinkle with salt and pepper. Roast in the oven for 15 minutes. Remove and set aside.
4. In a large skillet, heat a drizzle of olive oil over medium high. Cook chicken until done, about 5-6 minutes per side. Shred with a fork when cool enough to handle.
5. Wipe out the skillet, add the remaining oil, and cook onion until translucent and beginning to become tender, about 3-4 minutes. Add garlic, and cook until fragrant, another minute.
6. Stir tomatoes, rice, beans, shredded chicken, cilantro, and remaining taco seasoning into the onion mixture. Season to taste with salt and pepper. Cook until heated through, about 3 more minutes.
7. Stuff peppers with chicken and rice mixture. Sprinkle with cheese. Roast in the preheated oven for 12 minutes, or until the cheese is melted and bubbly.

Over 1000 items on SALE! • 4/30 - 5/13



STRAWBERRY BANANA SMOOTHIE BOWL

Serves 4

- 1 cup frozen strawberries
 - ½ cup frozen banana
 - ¼-½ cup oat milk, or more if desired
 - 1 scoop protein powder (optional)
- Toppings: Hemp seeds, chia seeds, pumpkin seeds, shredded coconut, fresh raspberries

1. Place frozen strawberries and bananas in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
2. Add ¼ cup oat milk and protein powder. Blend until smooth, adding a little more oat milk if needed to get the blender going.
3. Serve immediately with your favorite toppings.



Noosa YOGHURT

Lemon · Raspberry
Strawberry Rhubarb
Blueberry

2 FOR \$4

8 fl oz | Save 99¢/ea



Nature's Path BREAKFAST CEREAL

Panda Puffs · Corn Flakes
Honey'd Corn Flakes
Mesa Sunrise

\$6.99

25-26.4 oz | Save \$4.50



Nature's Path INSTANT OATMEAL

Original · Maple Nut
Apple Cinnamon
Variety Pack

\$3.29

14.08 oz | Save \$2.20



Perfect Bar PROTEIN BARS

Your Choice

\$2.29

1.94-2.5 oz | Save \$1.50



I and Love and You PÂTÉ-STYLE CAT FOOD

Whascally Wabbit
Oh My Cod!
Chicken Me Out

4 FOR \$5

3 oz | Save 74¢/ea



ECOS FRUIT & VEGGIE WASH

\$4.49

22 fl oz | Save \$2.50



ECOS ALL PURPOSE CLEANER

\$3.49

22 fl oz | Save \$2



Made in Nature
DRIED FRUIT
 Cranberries • Plums
 Figs • Apricots
 Figgy Pops

\$3.49

4.2-7 oz | **Save \$3**



Bobo's
OAT BARS

Your Choice

\$1.99

3 oz | **Save \$1**



Carbonaut
LOW CARB BREAD

Gluten Free

\$5.49

19 oz | **Save \$3**



Solely
FRUIT JERKY

Your Choice

4 FOR \$5

0.8 oz | **Save 74¢/ea**



Once Upon a Farm
REFRIGERATED

POUCHES

Your Choice

\$2.29

3.2-4 oz | **Save \$1**

Justin's
PEANUT BUTTER

Classic • Honey

\$6.99

28 oz | **Save \$3**



Panda
LICORICE CHEWS

Raspberry • Black

\$3.29

7 oz | **Save \$1.20**



Chocolove
CHOCOLATE
BARS

2 FOR \$6

3-3.2 oz | **Save \$1.99/ea**

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BULK DEPARTMENT DEALS

Café Mam

**ORGANIC FAIR TRADE
REGULAR COFFEE**

\$9.99/LB

Save \$4/lb

**ORGANIC FAIR TRADE
DECAF COFFEE**

\$10.99/LB

Save \$4/lb



**ORGANIC
STEEL CUT OATS**

\$1.99/LB

Save 50¢/lb



Bob's Red Mill

**ORGANIC
POTATO STARCH**

\$2.99/LB

Save 50¢/lb



Sun Valley

**ORGANIC
THOMPSON RAISINS**

\$3.99/LB

Save 50¢/lb



Lotus Foods

**ORGANIC
RED RICE**

\$4.49/LB

Save 50¢/lb



Azure

**ORGANIC WHITE
QUINOA FLOUR**

\$4.99/LB

Save 50¢/lb



SunRidge Farms
**HONEY ROASTED
PEANUTS**

\$6.49/LB

Save \$2/lb



Equal Exchange

**ORGANIC AFRICAN
MANGO STRIPS**

\$10.99/LB

Save \$4/lb



Lotus Foods

**ORGANIC MILLET
& BROWN RICE
RAMEN**

\$11.99/LB

Save \$2/lb



Reed's

**CRYSTALLIZED
GINGER CUBES**

\$12.99/LB

Save \$2/lb



Tierra Farm

**FAIR TRADE
CURRY CASHEWS**

\$15.99/LB

Save \$4/lb

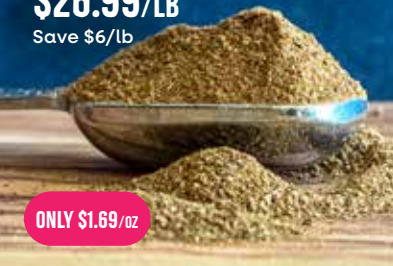


Terra Dolce

**ORGANIC
HATCH GREEN
CHILE POWDER**

\$26.99/LB

Save \$6/lb

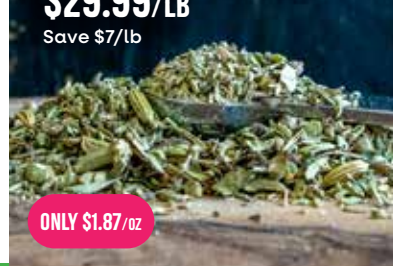


Mountain Rose Herbs

**ORGANIC
MEDITERRANEAN
SEASONING**

\$29.99/LB

Save \$7/lb



Frontier
**ORGANIC DRIED
LEMON PEEL**

\$39.99/LB

Save \$5/lb



Oregon Soap Co.
**CONCENTRATED
ALL PURPOSE
LIQUID SOAP**

\$6.79/LB

Save \$1.70/lb



ONLY \$1.69/oz

ONLY \$1.87/oz

ONLY \$2.50/oz

Over 1000 items on SALE! • 4/30 - 5/13

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



ADRENA SENSE

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

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 4/30 - 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

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! • 4/30 - 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**

2649 Commercial St SE · 503-361-7973 · Open 8am-9pm · Eat Well, Be Happy!