



**EAT WELL
BE HAPPY**

OPEN FRIDAY, JULY 4, 8AM-6PM

ORGANIC
CILANTRO

\$1.49/EA



ORGANIC
ATAULFO MANGOS

\$1.19/EA



ORGANIC
PINK LADY APPLES

\$1.49/LB



ORGANIC MINI
PERSIAN CUCUMBERS

\$1.99/LB



ORGANIC
CANTALOUPE

\$1.19/LB



ORGANIC
LEMONS

99¢/EA



Organic Produce • On Sale 7/2 - 7/8

ELOTES

MEXICAN STREET CORN

- 4-6 ears fresh corn, shucked
- 1/2 cup queso cotija (or feta), crumbled
- 1/4 cup mayonnaise
- 2 Tbsp chili powder
- 1/4 cup sour cream
- 1/4 cup cilantro, chopped
- 1 Tbsp fresh lime juice
- 1 lime, cut into wedges
- 4 cloves garlic, minced

1. Preheat the grill or broiler to about 400-450°F (medium high-high). Cook corn, turning often until done, about 10 minutes.
2. In a medium bowl, mix together sour cream, mayo, lime juice, and garlic.
3. Place corn in a bowl, spooning on mayo mixture to coat all sides. Move to a plate. Sprinkle it with cheese, chili powder, and cilantro to taste. Serve with lime wedges. Enjoy!



Find our vegan version of elote and many more original recipes online at LifeSourceNaturalFoods.com

ORGANIC RED CHERRIES

\$8.99/LB



ORGANIC BLUEBERRIES

\$4.99/EA



PINTS

ORGANIC STRAWBERRIES

\$4.99/EA



16 OZ
PKG

Organic Produce • On Sale 7/2 - 7/8

**ORGANIC LOCAL
LEAF LETTUCE**

Red • Green • Romaine

\$2.19/EA

Close to
Home!



**ORGANIC
BICOLOR CORN**

\$1.79/EA



**ORGANIC
ASPARAGUS**

\$7.49/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

**SCRATCH MADE AND
SERVED UP
FRESH
EVERY DAY!**



PORK SPARE RIBS

Serves 4-5

- 2 lbs pork spare ribs
 - 2 Tbsp Dijon mustard
 - 1/4 cup brown sugar
 - 1 tsp smoked paprika
 - 1/2 tsp garlic granules
 - 1/2 tsp onion powder
 - 1/2 tsp sea salt
 - 1/2 tsp pepper
 - 1/2 tsp cumin
 - 1/2 tsp chili flakes
 - 1/2 tsp mustard powder
 - 1/4 tsp cayenne pepper
 - 1/4 cup BBQ sauce
1. Make the dry rub by mixing brown sugar, paprika, garlic, onion, salt, pepper, cumin, mustard powder, and cayenne in a small bowl.
 2. Brush ribs on both sides with Dijon mustard. Sprinkle with dry rub all over and pat to make sure the mixture sticks to the meat. This step can be done the night before, if desired.
 3. Place ribs meaty side up on a rack on a foil lined, rimmed baking sheet. Broil about 5 minutes on low, or until sugar is bubbly and ribs are browned.
 4. Bake at 300° for about 60 minutes on low, then cover with foil and bake for another 30 minutes. Brush with BBQ sauce, recover with foil, and bake for another 30 minutes.
 5. Remove from the oven and allow to rest, covered, at least 10 minutes.



Lonely Lane Farms
PORK SPARE RIBS
\$8.49/LB
Save \$1.80/lb

Close to
Home!



Field Roast
FRANKFURTERS

Plant Based

\$4.99

12 oz | Save \$3



Field Roast
MINI CORN DOGS

Plant Based

\$5.99

10 oz | Save \$3



Dr. Praeger's
VEGGIE BURGERS

Mushroom • Black Bean
SW Sweet Potato
Cauliflower

\$4.49

10 oz | Save \$2.50

BUBBIES



**BREAD & BUTTER
PICKLE CHIPS**

Original • Spicy
Horseradish

\$6.49

25-33 fl oz | Save \$4.50



**KOSHER DILL
PICKLES**

Original • Spicy

\$6.49

33 fl oz | Save \$3.50-\$4



PRIMAL KITCHEN



MUSTARD
Dijon • Spicy Brown
\$2.99
12 oz | Save \$3



UNSWEETENED KETCHUP
\$4.49
11.3 oz | Save \$3



AVOCADO OIL MAYONNAISE
\$7.49
12 oz | Save \$4.50



BBQ SAUCE
Classic • Golden
Korean • Hawaiian
\$3.99
8.5 oz | Save \$2.50



DIPPING SAUCE
Chicken • Burger
Avocado Lime • Yum Yum
\$6.49
10 oz | Save \$4.50

LOOK FOR THE SIGNS!



Cadia
VEGGIE STRAWS
Jalapeño • Sea Salt
\$2.49
5 oz



Cadia
CANNED BEANS
Your Choice
\$1.29
15 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.



Smart Chicken
ORGANIC WHOLE CHICKEN
\$3.49/LB
Save \$1.30/lb

Over 1000 items on SALE! • 7/2 - 7/15

BEER & WINE DEALS



Cooper Mtn Ale Works **OREGON BEERS**

Kölsch • Helles Lager • IPA
Red Ale • Golden Ale

\$3.39

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



Athletic Brewing Co. **NON ALCOHOLIC BEER 12 PACKS**

IPA • Hazy IPA • Golden

\$19.99

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



Garage Beer **BEER 12 PACKS**

Classic Light • Classic Lime

\$15.99

12/12 fl oz | **Save \$3**



Hop Valley Brewing Co. **OREGON BEER 12 PACKS**

Citrus Mistress • Alphadelic
West Coast Variety Pack
Hazy Daze Variety Pack

\$19.99

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



Lesser Evil **ORGANIC POPCORN**

Your Choice

2 FOR \$6

4.6-6.4 oz | **Save \$1.49/ea**



Siete **POTATO CHIPS**

Your Choice

\$2.79

5.5 oz | **Save \$2.20**



Santa Cruz **ORGANIC LEMONADE**

Your Choice

2 FOR \$5

32 fl oz | **Save \$1.49/ea**



Zevia **ZERO SUGAR SODA 6 PACKS**

Your Choice

\$5.49

6/12 fl oz | **Save \$3.50/ea**



OliPop **PREBIOTIC SODA**

Your Choice

\$1.79

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



Organic Valley SHREDDED CHEESE

Mozzarella • Mexican
Italian

\$3.99

6 oz | Save \$2.50



Annie's MAC & CHEESE

Made with Organic Pasta
Select Varieties

2 FOR \$5

6 oz | Save \$2.49/ea



Vital Farms PASTURE RAISED BUTTER

Salted • Unsalted

\$3.49

8 oz | Save \$2



Alden's ICE CREAM SANDWICHES

Mint Fudge • Vanilla
Strawberry

\$4.49

14 fl oz | Save \$2.50



Earth Balance BUTTERY STICKS & SPREAD

Your Choice

\$4.49

15-16 oz | Save \$3.50



Tcho HAWT CHOCOLATE

Organic Bittersweet
Drinking Chocolate

\$4.99

8.8 oz | Save \$3

BIRDIE & LOUIE

WET CAT FOOD

Tuna Tuesday
Tuna & Olive
Tuna & Pineapple
Tuna & Papaya

4 FOR \$5

3 oz | Save 74¢/ea



Bobo's PROTEIN BARS

Peanut Butter Choco Chip
Choco Almond Butter

\$1.79

2.2 oz | Save \$1.20



Mamma Chia CHIA SQUEEZE

Your Choice

\$1.49

3.5 oz | Save \$1.30

Over 1000 items on SALE! • 7/2 - 7/15

S'MÖRE-GÅSBORD



Annie's
**GRAHAM
CRACKERS**
Honey • Cinnamon
2 FOR \$7
14.4 oz | Save \$3.49/ea



Dandies
**VEGAN
MARSHMALLOWS**
Classic • Mini
\$3.49
10 oz | Save \$2



Pamela's
**GLUTEN FREE
HONEY GRAHAMS**
\$4.49
7.5 oz | Save \$3



Tony's Chocolonely
**CHOCOLATE
BARS**
Your Choice
\$3.99
6.35 oz | Save \$2.50



Roasted marshmallows and chocolate sandwiched between graham crackers is the classic taste of summer. And while there's nothing wrong with that simplicity, there's nothing saying you can't luxe it up a bit, either! Try adding a tasty organic nut butter and fresh organic fruits and berries for some extra fireworks in your mouth!

OUR FAVORITE COMBOS

Milk Chocolate + Peanut Butter + Sliced Strawberries
White Chocolate + Blackberries
Dark Chocolate + Raspberries
Dark Chocolate with Almonds + Sliced Cherries



Culina
**COCONUT
YOGURT**

Your Choice

\$3.49

5 oz | **Save \$1.50**



Maple Hill Creamery
ORGANIC KEFIR

Plain • Vanilla

\$4.99

32 oz | **Save \$2.50**



BLUEBERRY KEFIR PANCAKES

Makes 12 pancakes

- 1 ½ cups unbleached white flour
- 3 Tbsp granulated cane sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 cups plain kefir
- 2 eggs, beaten
- 3 Tbsp honey
- 2 Tbsp butter
- 1 tsp vanilla
- 1 (6 oz) package fresh blueberries
- A little extra butter for greasing the skillet

1. In a small saucepan, melt 2 Tbsp butter and honey together. Allow to cool slightly.
2. In a medium bowl, whisk together flour, baking powder, baking soda, and salt.
3. Stir in kefir, eggs, butter and honey mixture, and vanilla until just combined. Fold in blueberries. Batter will be lumpy.
4. Allow mixture to rest for at least ten minutes.
5. Preheat your skillet or griddle over medium heat for at least 5 minutes. Grease with extra butter.
6. Ladle batter onto the hot skillet using a ¼ cup measuring cup. Cook pancakes until golden, about 2-3 minutes. Edges will be dry and tops will be bubbly when it's time to flip.
7. Flip your pancakes, and allow to finish cooking on the second side, about 2-3 minutes.

MOUNT HAGEN

**ORGANIC
INSTANT COFFEE**

\$8.49

3.5 oz | **Save \$5.50**



Over 1000 items on SALE! • 7/2 - 7/15

BULK DEPARTMENT DEALS

**ORGANIC
QUICK COOKING
OATS**

\$1.99/LB
Save 50¢/lb



**Hummingbird
FINE HIMALAYAN
SALT**

\$2.49/LB
Save 50¢/lb



**Giusto's
SEMOLINA FLOUR**

\$3.29/LB
Save 70¢/lb



**Azure
ORGANIC
WHOLE DRIED
SOYBEANS**

\$2.79/LB
Save 50¢/lb



**FRENCH GREEN
LENTILS**

\$3.29/LB
Save 70¢/lb



**SunRidge Farms
HONEY ROASTED
SESAME STICKS**

\$10.49/LB
Save \$1.50/lb



**Authentic Foods
FALAFEL MIX**

\$5.99/LB
Save \$2/lb



**Red Star
NUTRITIONAL
YEAST**

**Mini Flake
\$13.99/LB**
Save \$3/lb



**Café Mam
ORGANIC LIGHT ROAST COFFEE**

\$13.99/LB
Save \$2/lb



ORGANIC LIGHT ROAST DECAF

\$14.99/LB
Save \$2/lb



**ORGANIC CACAO GOJI
CHUNKS OF ENERGY**

\$10.49/LB
Save \$2/lb



Over 1000 items on SALE! • 7/2 - 7/15

NATURAL FACTORS



TOTAL BODY COLLAGEN

Pomegranate • Orange
Unflavored

\$35.99

1.06 lb | **Save \$11**



WHOLE EARTH & SEA FERMENTED GREENS

Chocolate • Tropical
Unflavored

\$41.99

13.8-15.5 oz | **Save \$6**



WHOLE EARTH & SEA PROTEIN & GREENS

Chocolate • Tropical
Unflavored

\$47.99

22.6-25 oz | **Save \$12**



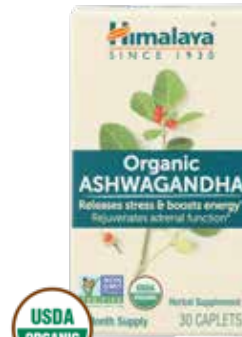
Garden of Life

ORGANICS MULTI GUMMIES

Kids' • Men's • Men's 40+
Women's • Women's 40+
Prenatal

\$23.99

120 chews | **Save \$14**



Himalaya ASHWAGANDHA

\$10.99

30 caps | **Save \$5**



Lakewood

ALOE VERA JUICE

Pure Aloe • Pure Aloe Gel
Pure Whole Leaf Aloe

\$6.29

32 fl oz | **Save \$4.70**



Liquid IV ELECTROLYTE DRINK MIX

Açaí • Lemon Lime
Tropical • Passionfruit
Watermelon

\$14.99

10 ct | **Save \$5**



MegaFood MAGNESIUM CHEWS

Strawberry • Grape

\$10.99

30 chews | **Save \$7.50**

LifeSource natural foods BRAND SUPPLEMENTS

We look closely at every product we carry, and especially at the companies we choose to partner with for our "house brand." After extensive vetting, we are proud to 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.



POTASSIUM
99 mg
\$6.99
100 tab | Save \$2.50



SELENIUM
100 mcg
\$8.49
100 cap | Save \$2.50



**MAGNESIUM
GLYCINATE**
\$14.99
90 vcap | Save \$5



Rainbow Light
**ONE
DAILY MULTIVITAMIN**

4 Month Supply
Men's • Women's • Prenatal

\$25.99

120 tab | Save \$11



Vitanica
GABA EASE
\$17.49
60 vcap | Save \$4.50

**ALL VITANICA
ON SALE**

NORDIC NATURALS



**ULTIMATE
OMEGA**
\$55.99
180 sg | Save \$14

OREGON'S WILD HARVEST



Close to Home!

**TURMERIC
WITH BLACK PEPPER**

\$35.99

120 cap | Save \$14



NOW
**D-MANNOSE
CAPSULES**

\$17.99

120 cap | Save \$5



NOW
**D-MANNOSE
POWDER**

\$17.99

3 oz | Save \$5



Vibrant Health
**U.T. VIBRANCE
TABLETS**

\$20.99

50 tab | Save \$9



Vibrant Health
**U.T. VIBRANCE
POWDER**

\$20.99

2.02 oz | Save \$9

WISHGARDEN



**PUMP TOP
HERBAL
TINCTURES**

\$21.99

2 fl oz | Save \$4



**ALL
WISHGARDEN
ON SALE**

Wellness • On Sale 7/2 - 7/29



Acure
BODY LOTION
Everyday Eczema
24-Hour Soothing
\$8.99
8 fl oz | **Save \$6**



Andalou
SHOWER GEL
Citrus Sunflower
Lavender • 1000 Roses
\$6.99
8.5-11 oz | **Save \$4.50**

BOIRON



**ARNICARE CREAM
OR GEL**
\$9.99
2.5-2.6 oz | **Save \$3**



David's
**HYDROXYAPATITE
TOOTHPASTE**
Peppermint
Orange Vanilla
\$6.79
4 oz | **Save \$3.20**



Lily of the Desert
ALOE VERA GELLY
\$3.49
4 fl oz | **Save \$2.50**



Ancient Nutrition
**COLOSTRUM
+ COLLAGEN**
\$22.99
75 cap | **Save \$12**



Wellness • On Sale 7/2 - 7/29

OREGON SOAP COMPANY



CONCENTRATED ALL-PURPOSE LIQUID CASTILE SOAP

Your Choice!
Made with Organic
Coconut & Olive Oils

\$6.99

12 fl oz | Save \$1.80

EVAN HEALY



BLUE CACTUS BEAUTY ELIXIR

\$38.99

.5 fl oz | Save \$11

STAFF
FAVORITE

ALL EVAN HEALY
ON SALE

EVERYONE



SHAMPOO & CONDITIONER

Coconut Lemon

\$7.99

12 fl oz | Save \$6



5 STAR DEEP CONDITIONER

\$8.99

8 fl oz | Save \$6



SHINY HAIR OIL

\$8.99

2 fl oz | Save \$6



SUPER SCALP SCRUB

\$8.99

8 oz | Save \$6

Over 1000 items on SALE! • 7/2 - 7/29



COLOSTRUM

Unflavored
Lemon Bar

\$35.99

2.8-4.02 oz | Save \$19

ANCIENT NUTRITION



Calf-first commitment

We only collect colostrum after calves have received what they need for a healthy start.

At Ancient Nutrition, we aim to bring time-tested superfoods and high quality, responsibly sourced ingredients to help transform people's health. After all, in part because of nutrient poor diets, our bodies are not getting the nourishment we crave. With supplements like Multi Collagen Protein, Bone Broth Protein and SBO Probiotics, Ancient Nutrition is supercharging people's skin, joint, and gut health.[†]

Colostrum is the latest and greatest from Ancient Nutrition. This superfood supplement was created for gut and immune system health. The formula combines colostrum, which is packed with powerful antibodies like IgG and IgA, with clinically studied lactoferrin (a powerful protein that supports immune system health) and probiotics, plus whey.[†] This bovine colostrum is sustainably sourced from grass-fed cows raised in the U.S. without hormones. The Calf-First Commitment ensures the calves get what they need before collection, so you get a product you can feel good about.

[†] 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.

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