



**EAT WELL
BE HAPPY**

**ORGANIC OREGON
SPECIALTY MELONS**

Charentais
Sugar Cube
Piel de Sapo
Snow Leopard

\$1.69/LB



**LOCAL ORGANIC
ZUCCHINI**

\$2.19/LB



**ORGANIC
RED & BLACK PLUMS**

\$2.99/LB



**LOCAL NOTTINGHAMSHIRE
SWEET CORN IS HERE!**

LOCAL ORGANIC SWEET CORN

4 FOR \$5



Nottinghamshire Farms,
St. Paul, OR (24 mi)

Organic Produce • On Sale 7/30 - 8/5



MELON MARGARITA

Serves 4

- 2 cups melon juice (about 1 honeydew, piel de sapo, snow leopard: your choice!)
 - 1 oz lime juice (about 8 limes)
 - 2 oz agave nectar or simple syrup (depending on sweetness of fruit)
 - 8 oz tequila (optional; or try a non-alcoholic option such as Free Spirits' The Spirit of Tequila)
 - Ice
 - 2 tsp chili powder
 - 2 tsp kosher salt
 - 1 lime, sliced for serving
1. Juice the melon, or scoop out flesh and run through a blender. Strain through cheesecloth, if desired.
 2. Mix together chili powder and salt in a small dish. Swipe lime wedge around a 12 oz glass rim, dip in salt to coat the rim. Add ice.
 3. In a shaker with ice, pour melon juice, lime juice, tequila, and honey. Shake until chilled. Pour into prepared glasses and serve with a wedge of lime.



ORGANIC
GREEN D'ANJOU
PEARS

\$1.79/LB



ORGANIC
GREEN BEANS

\$3.49/LB



ORGANIC
ASPARAGUS

\$6.49/LB



Organic Produce • On Sale 7/30 - 8/5

**ORGANIC NW
WALCHLI FARMS
CANTALOUPE**

99¢/LB



**LOCAL ORGANIC
LEEKs**

\$2.69/LB



**LOCAL ORGANIC
BEEFSTEAK TOMATOES**

\$4.69/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

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





GREEK CHICKEN AND ORZO SKILLET

Serves 4

- 2 lb chicken legs or thighs
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 cup cherry tomatoes, halved
- ½ cup artichoke hearts, sliced
- ½ cup kalamata olives, sliced
- 3 cloves garlic, minced
- 2 tsp Mediterranean seasoning
- Salt and pepper, to taste
- ½ cup dry white wine
- 2 Tbsp red wine vinegar
- 1 ½ cups uncooked orzo pasta
- 2 cups chicken broth
- 1 bunch fresh basil, sliced
- 2 Tbsp fresh parsley, chopped
- ½ cup feta cheese, crumbled
- 1 lemon, cut into wedges

1. Heat oil in a cast iron skillet over medium high heat. Brown chicken for 3-5 minutes on each side. Remove chicken from the pan and set aside.
2. Reduce heat to medium. Cook onion until translucent, about 4 minutes. Add tomatoes, artichokes, olives, garlic, seasoning, and salt and pepper to taste. Cook for about 5 to 7 minutes, or until tomatoes are soft.
3. Deglaze the pan with white wine and vinegar, cooking until reduced by half, about 3 minutes.
4. Stir in the orzo and chicken broth. Place the chicken on top. Increase heat to high and bring mixture to a boil. Cover and reduce heat to a simmer. Cook until liquid is absorbed and chicken is done, about 12 minutes.
5. Serve sprinkled with basil, parsley, feta and lemon juice.



Quorn MEATLESS PRODUCTS

ChiQin Nuggets • Grounds
ChiQin Pieces

\$3.99

10.6-12 oz | Save \$3



Coconut Secret COCONUT AMINOS

\$4.49

8 fl oz | Save \$3



Kevin's SIMMER SAUCES

Paleo & Keto

\$2.49

7 oz | Save \$2



Mulay's SAUSAGE LINKS

Mild & Hot Italian
Bratwurst • Breakfast

\$7.99

12 oz | Save \$2



Smart Chicken ORGANIC CHICKEN THIGHS

Bone-In

\$5.79/LB

Save \$1/lb

TASTY BITE

INDIAN MEALS

Your Choice

\$2.99

10 oz | Save \$1.50



ORGANIC RICE

Your Choice

\$2.49

8.8 oz | Save \$1.50



PROTEIN BOWLS

Mediterranean
Mexican • Indian

\$2.49

8.8 oz | Save \$3



Saratoga SPRING WATER

Still • Sparkling

\$1.99

28 fl oz | Save \$1.50



Nancy's ORGANIC COTTAGE CHEESE

Whole Milk • Low Fat

\$4.49

16 oz | Save \$2.50



Vital Farms PASTURE-RAISED BUTTER

Salted • Unsalted

\$3.49

8 oz | Save \$2



4th & Heart GHEE

Original • Garlic
Himalayan Salt

\$8.49

9 oz | Save \$6



Atoria's NAAN & PITA

Traditional Naan
Garlic Naan • Pita

\$2.99

11 oz | Save \$2



Over 1000 items on SALE! • 7/30 - 8/12

BEER & WINE DEALS



Everybody's Brewing

BEER

Mountain Mama Pale Ale
Country Boy IPA
The Cryo Chronic IPA
Co-Pilot Pilsner

\$10.99

6/12 fl oz | **Save \$2**



Maui Brewing

HARD SELTZER

Mix Pack

\$19.99

12/12 fl oz | **Save \$5**



Outlaw

LIGHT BEER

\$9.99

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



Boneyard Beer

RPM IPA

\$22.99

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



Ponzi Vineyards

TAVOLA PINOT NOIR

\$24.99

750 ml | **Save \$4**



Dhös

NON-ALCOHOLIC SPIRITS

Orange • Gin Free
Vodka Free

\$18.99

750 ml | **Save \$3**



COELHO WINERY

OREGON WINES

Pinot Gris • Pinot Noir
Pinot Noir Rosé
Chardonnay

\$17.99

750 ml | **Save \$2**



Ruby Jewel
ICE CREAM SANDWICHES
Your Choice
\$2.79

5.1-5.25 oz | **Save \$2**

Lily's
CHOCOLATE BARS
Your Choice
\$2.99

2.8-3 oz | **Save \$2**



Late July
RESTAURANT STYLE TORTILLA CHIPS

Sea Salt • Blue Corn
Sea Salt & Lime
Chia Quinoa

2 FOR \$7

10 oz | **Save \$1.99/ea**



Lundberg
RICE CHIPS

Sea Salt • Fiery Hot
Fiesta Lime

\$2.79

5.5-6 oz | **Save \$1.70**



Olli Salumeria
SNACK PACKS
Your Choice

\$2.99

2 oz | **Save \$2.50**



CANNED TUNA FISHCAKES

Serves 2 (6 fishcakes)

- 1 (5 oz) can tuna, drained
- 1/2 cup yellow onion, minced
- 2 cloves garlic, minced
- 1/2 cup panko bread crumbs
- 2 Tbsp grated parmesan cheese
- 2 mini sweet peppers, 1/4 inch dice
- 2 green onions, minced
- 1 tbsp butter
- 1 egg
- 1 Tbsp lemon juice
- Zest of 1 lemon
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Oil for frying

1. In a small skillet, heat butter over medium heat. Cook yellow onion and garlic until translucent and fragrant.
2. Add all ingredients to a large bowl, including cooked yellow onions and garlic. Mix well.
3. Using a 1/4 cup measuring cup, scoop up fish mixture and form into patties about 1/2-inch thick. (Or make larger patties for fish burgers.)
4. Heat oil in a cast iron skillet over medium heat. Cook fish cakes 1-2 minutes each side, or until golden. Sprinkle with salt and serve hot with your favorite dipping sauce.



Safe Catch
ALBACORE TUNA
Original • No Salt Added

\$3.49

5 oz | **Save \$2.50**

Over 1000 items on SALE! • 7/30 - 8/12

I AND LOVE AND YOU

CAT FOOD PÂTÉ

Whascally Wabbit
Chicken Me Out
Oh My Cod!

4 FOR \$5

3 oz | Save 74¢/ea



Compostic COMPOSTABLE SANDWICH BAGS

\$2.99

20 ct | Save \$3



Lundberg MINI RICE CAKES

White Cheddar
Sea Salt • Apple Pie
Ginger Seaweed

\$2.99

5 oz | Save \$2



Elmhurst OAT & NUT MILKS

Oat • Almond
Cashew • Walnut

\$4.99

32 fl oz | Save \$3



Pacific Foods NONDAIRY BEVERAGES

Coconut • Almond

\$2.49

32 fl oz | Save \$2



PERFECT BARS

Your Choice

2 FOR \$4

2.2-2.5 oz | Save \$1.79/ea



Epic MEAT BARS

Your Choice

2 FOR \$4

1.3-1.5 oz | Save \$1.99/ea



Remedy Organics WELLNESS SHAKES

Vanilla • Matcha
Berry • Chai

\$2.99

12 fl oz | Save \$2



Siggi's
SKYR YOGURT
Your Choice
\$1.29
4.4-5.3 oz | Save \$1



Siggi's
YOGURT SMOOTHIES
Mixed Berry
Vanilla • Strawberry
\$1.49
8 oz | Save \$1.50



Beyond Meat
BREAKFAST SAUSAGE PATTIES
Classic • Spicy
\$3.99
7.4 oz | Save \$1.80



Purely Elizabeth
GRANOLA
Your Choice
\$5.99
8-12 oz | Save \$2.50



Noka
SMOOTHIE POUCHES
Your Choice
\$1.99
3.22 oz | Save \$1



Once Again
PEANUT BUTTER
Creamy • Crunchy
\$5.99
16 oz | Save \$4



Carbonaut
LOW CARB BREAD
Seeded • White
\$4.99
19 oz | Save \$3.50



Crofter's
PREMIUM FRUIT SPREAD
Peach • Cherry • Mango
Raspberry • Strawberry
Berry Harvest
\$3.99
16.5 oz | Save \$3.50



Over 1000 items on SALE! • 7/30 - 8/12

BULK DEPARTMENT DEALS

Azure
WHOLE OAT FLOUR
\$1.49/LB
Save 50¢/lb



PEARLED BARLEY
\$1.99/LB
Save 50¢/lb



Azure
CRANBERRY BEANS
\$3.49/LB
Save \$1/lb



Azure
LIMA BEANS
\$2.99/LB
Save 80¢/lb



DEGLET NOOR DATES
Pitted
\$7.99/LB
Save \$2/lb



BROWN CANE SUGAR
\$3.99/LB
Save \$1/lb



Frontier
PICKLING SPICE BLEND
\$21.99/LB
Save \$8/lb



Golden Temple
GRANOLA
Maple Almond • Coconut Almond
Cherry Vanilla • Maple Pecan
Blueberry Flax • Ginger Snap
French Vanilla • Super Nutty
Pumpkin Flax
\$4.49/LB
Save \$1/lb

Close to Home!



Frontier
HIBISCUS FLOWER
\$23.99/LB
Save \$6/lb



ONLY \$2.81/oz

Café Mam
BREAKFAST BLEND COFFEE
\$13.99/LB
Save \$2/lb

FAIRLY
TRADED



Close to Home!



DRIED MANGO CHEEKS
\$14.99/LB
Save \$3/lb



Over 1000 items on SALE! • 7/30 - 8/12

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.



BOSWELLIA

450 mg

\$10.49

60 vcap | Save \$5



HYALURONIC ACID

100 mg

\$18.49

50 cap | Save \$4.50



KAL
**MAGNESIUM
GLYCINATE**

350 mg

\$17.99

160 vcap | Save \$5



Natural Factors

RxOMEGA-3

Ultra Strength

\$39.99

150 sg | Save \$7



Renew Life
PARASMART

Cleansing Formula Kit

\$28.99

1 ea | Save \$9



Smarty Pants
**KIDS' MULTIVITAMIN
& FIBER**

\$22.99

120 ct | Save \$10



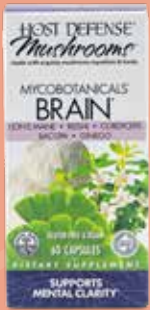
Caboo
TREE FREE TP

Bath Tissue

\$8.49

9 rolls | Save \$3.50

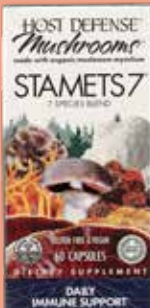
HOST DEFENSE



MYCOBOTANICALS BRAIN

\$21.99

60 cap | Save \$8



STAMETS 7 \$23.99

60 cap | Save \$9



LION'S MANE \$23.99

60 cap | Save \$9

**ALL
LION'S MANE
& STAMETS 7
ON SALE**



Bluebird Botanicals

CLASSIC CBD OIL

\$15.99

1 fl oz | Save \$4

**ALL BLUEBIRD
ON SALE**



Carlson Labs VERY FINEST FISH OIL

Lemon Flavor

\$20.99

6.76 fl oz | Save \$4



Flora

SUPER 8 PROBIOTIC

\$19.99

30 caps | Save \$5.50



Gaia Herbs ASHWAGANDHA GUMMIES

\$9.99

45 chews | Save \$6



Gaia Herbs ASHWAGANDHA ROOT

\$16.99

60 caps | Save \$9.50

NATURAL FACTORS



VITAMIN C 500 mg CHEWABLES

Passion Peach Mango
Orange • Mixed Fruit
Blueberry Raspberry

\$10.99

90 chews | **Save \$3**



VITAMIN C 500 mg CHEWABLES

Tropical Fruit
Orange • Mixed Fruit
Blueberry Raspberry

\$17.99

180 chews | **Save \$5**



LIPOSOMAL VITAMIN C

1000 mg per serving

\$13.99

60 softgels | **Save \$5**



Garden of Life **ONCE DAILY PROBIOTIC**

Women's • Men's

\$28.99

30 vcap | **Save \$9**



Garden of Life **VITAMIN CODE RAW CALCIUM**

\$35.99

120 vcap | **Save \$13**



Herbs Etc. **DEEP SLEEP**

\$22.99

60 sg | **Save \$10**

**NEW LOOK
COMING SOON!**

FLORA



FLAX OIL

\$21.99

17 fl oz | **Save \$8**



Wellness • On Sale 7/30 - 8/26

NATURAL STACKS



**GABA
BRAIN FOOD**
\$28.99

60 vcap | **Save \$10**



**DOPAMINE
BRAIN FOOD**
\$28.99

60 vcap | **Save \$10**



NEUROFUEL
\$28.99

75 ct | **Save \$10**

**ALL NATURAL
STACKS ON SALE**



**Aura Cacia
AROMATHERAPY
MISTS**

Peppermint • Ginger Mint
Lavender • Patchouli Orange
Tangerine Grapefruit

\$5.79

4 fl oz | **Save \$4.20**



**Desert Essence
TOOTHPASTE**

Wintergreen • Mint
Charcoal • Fennel

\$5.79

6.25 oz | **Save \$2.20**



**Desert Essence
TEA TREE OIL
MOUTHWASH**

Spearmint • Whitening

\$7.99

16 fl oz | **Save \$3**



**Wild Carrot
LOTION**

Lord! my hands are so dry!
Firefly Sparkle • Lavender
Mountain Cypress

\$16.99

6.8 fl oz | **Save \$9**

Wellness • On Sale 7/16 - 7/29



Alaffia
**BEAUTIFUL CURLS
 CURL CUSTARD
 OR DEFINING GEL**
\$8.99
 8 fl oz | **Save \$5**



Similasan
**EAR WAX
 REMOVAL KIT**
\$8.99
 .33 oz | **Save \$5**



Alaffia
**SHAMPOO
 & CONDITIONER**
 Your Choice
\$9.99
 32 fl oz | **Save \$6**



Everyone
3 IN 1 SOAP
 Assorted Soaps
\$8.49
 32 fl oz | **Save \$4.50**

BOIRON



**ARNICARE
 VALUE PACKS**
 Cream or Gel
 & Oral Pellets
\$11.99
 2.5-2.6 oz | **Save \$4**



Andalou
**TONING
 REFRESHER**
 Age Defying
\$9.99
 6 fl oz | **Save \$5**



Andalou
**AGE DEFYING
 FACE CREAM**
 Perfecting • Lift & Firm
\$17.99
 1.7 oz | **Save \$11**

Over 1000 items on SALE! • 7/30 - 8/26

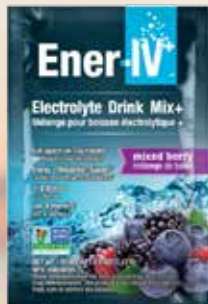
ENER-LIFE



**ENER-B+
VITAMIN B COMPLEX**
Orange • Rasp Lemonade

\$13.99

30 pkt | **Save \$5**



**ENER-IV+
ELECTROLYTE MIX**
Mixed Berry

\$6.49

12 pkt | **Save \$2.50**

ENTER TO WIN A KAYAK

FROM ENER-LIFE AT LIFESOURCE!

**Visit the store
and fill out an
entry form for a
chance to win!**

**No purchase necessary.
One entry per person;
ages 18+ only.
Enter by 8/31/25.**

**VALUED AT
\$700**



**ION Biome
GUT SUPPORT**

\$59.99

32 fl oz | **Save \$15**

**ALL ION
ON SALE**



**Everyone
HAND SANITIZER
WIPES**

Lavender • Grapefruit
Coconut Lemon

\$2.79

15 ct | **Save \$2.20**

NORDIC NATURALS



**CHILDREN'S
DHA GUMMIES**

\$15.99

30 chews | **Save \$6**