

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
HOSUI ASIAN PEARS**

\$2.49/LB



**LOCAL ORGANIC
CANTALOUPE**

\$1.29/LB



**Close to
Home!**

**ORGANIC
RED GRAPEFRUIT**

\$1.79/LB



**LOCAL ORGANIC
RED ONIONS**

\$1.49/LB



**Close to
Home!**

**OCT
4**

**FOOD
FAIR**

20% off all day*
*regular-price items

live music • free samples
11 am - 3 pm

Organic Produce • On Sale 9/17 - 9/23

LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

SCRATCH MADE AND
SERVED UP
FRESH
EVERY DAY!



ORGANIC
HEIRLOOM TOMATOES

\$4.99/LB



ORGANIC
FENNEL BULBS

\$2.69/EA



Organic Produce • On Sale 9/17 - 9/23

**ORGANIC
YELLOW NECTARINES**

\$3.99/LB



**LOCAL ORGANIC
CARROT BUNCHES**

\$2.99/EA



**LOCAL ORGANIC
GREEN BEANS**

\$4.99/LB



ROASTED BROCCOLINI

Serves 2

- 1 bunch broccolini, trimmed
- 2 Tbsp olive oil
- 2 cloves garlic, chopped
- 3 Tbsp Parmesan, shredded
- 1/4 tsp sea salt
- 1/4 tsp pepper
- 1/4 tsp red chili flakes

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper or a silicone mat.
2. Add all ingredients to a bowl, toss to coat.
3. Place in a single layer on the baking sheet. Roast 10-12 minutes, or until tender.

ORGANIC BROCCOLINI

\$2.49/EA





Bragg
**ORGANIC APPLE
CIDER VINEGAR**

\$4.99

32 fl oz | Save \$3



Lucini Italia
**EXTRA VIRGIN
OLIVE OIL**

\$14.49

16.9 fl oz | Save \$8.50



CHARCUTNUVO

**REGENERATIVE
ORGANIC
SMOKED
SAUSAGES**

Andouille • Bratwurst
Polish

\$6.99

10 oz | Save \$3



Vita Coco
**ORGANIC
COCONUT OIL**

\$7.49

14 fl oz | Save \$3.50

Native Forest
**ORGANIC
COCONUT MILK**

Simple • Classic

\$2.49

13.5 fl oz | Save \$1.50



Smart Chicken
**ORGANIC CHICKEN
TENDERLOINS**

\$9.99/LB

Save \$2/lb



Bonafide Provisions
BONE BROTH

Chicken • Beef • Turkey

\$6.99

24 fl oz | Save \$4.50



Bonafide Provisions
ORGANIC BROTH

Chicken • Vegetable
Salted • No Salt Added

\$3.29

32 fl oz | Save \$2.20



Nuts for Cheese
**DAIRY-FREE
CHEESE**

Your Choice

\$5.49

4.2 oz | **Save \$4.50**



Native Forest
**ORGANIC YOUNG
JACKFRUIT**

\$2.99

14 oz | **Save \$2**



Mori Nu
SILKEN TOFU
Soft • Firm • Extra Firm

\$1.99

10.8-10.9 oz | **Save \$1**

THAI BAKED TOFU



Makes 2 servings

- ¼ cup organic peanut butter
- 2 Tbsp coconut aminos
- 1 tsp fish sauce (optional)
- 1 tsp rice vinegar
- 1 tsp finely grated ginger (about ½ inch)
- ¼ tsp red pepper flakes
- 1 (14 oz) block extra firm tofu, pressed and drained
- 2 Tbsp olive oil
- 1 Tbsp cornstarch
- 12 mini sweet peppers, halved and seeded
- ½ red onion, sliced
- Salt and pepper, to taste
- 1 organic lime, quartered
- Small handful cilantro, chopped (optional)

1. Preheat the oven to 425°F. Line a rimmed sheet pan with parchment paper or a silicone mat.
2. In a small saucepan over medium heat, whisk together peanut butter, aminos, fish sauce, rice vinegar, ginger, and red pepper flakes until smooth. Splash in a little water 1 Tbsp at a time until desired consistency is reached. Remove from heat and set aside.
3. Slice tofu into ¾ inch cubes. Toss in 1 Tbsp of the olive oil. Toss again in cornstarch. Place in a single layer on the prepared baking sheet, and bake for 15 minutes.
4. Once tofu has baked for 15 minutes, toss sweet peppers and onion in remaining olive oil, and salt and pepper to taste. Flip tofu and move to one side of the baking sheet. Spread out peppers and onions in a single layer. Return everything to the oven and bake for another 10 minutes.
5. Toss tofu in warm peanut sauce. Serve tofu and veggies immediately with a wedge of lime. Garnish with cilantro, if desired.

WILDWOOD

SPROUTED TOFU

Firm • Extra Firm

\$2.79

14 oz | **Save \$1.20**



Over 1000 items on SALE! • 9/17 - 9/23

BEER & WINE DEALS



Ghostfish Brewing GLUTEN-FREE BEER

Kick Step IPA • Grapefruit IPA
Shrouded Summit Belgian White
Meteor Shower Pale Ale
Vanishing Point Pale Ale

\$11.99

4/12 fl oz | **Save \$2**



Peak Buster Double IPA

\$17.99

4/16 fl oz | **Save \$2**



Untitled Art FLORIDA SELTZER

Blood Orange Pomegranate
Prickly Pear Guava
Pineapple Mango
Electric Lemonade

\$15.99

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



Variety Packs

\$31.99

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



Cantina Zaccagnini NON-ALCOHOLIC ITALIAN WINES

Red Blend
White Blend

\$14.99

750 ml | **Save \$3**



La Bella PROSECCO

\$11.99

750 ml | **Save \$3**



Wolffer Estate Vineyard SPRING IN A BOTTLE ROSÉ

\$19.99

750 ml | **Save \$3**

SEPTEMBER SAKE SALE

**15% OFF ALL SAKE, SOJU & PLUM WINE
AUGUST 27 - SEPTEMBER 23**





Capello's
**GRAIN-FREE
RAVIOLI**

5 Cheese • Spinach
Butternut Squash

\$6.49

9.9 oz | **Save \$5.50**

GF



Bionaturae
**ORGANIC DURUM
SEMOLINA PASTA**

Penne • Fusilli • Chioccioline
Linguine • Spaghetti

\$2.79

16 oz | **Save \$1.70**



Lucini Italia
PASTA SAUCE

Marinara • Roasted Garlic
Spicy • Tomato Basil

\$6.99

24 oz | **Save \$4**



Seeds of Change
**ORGANIC RICE
& QUINOA**

Your Choice

2 FOR \$5

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



Kerrygold
**GRASS FED
IRISH CHEESES**

Dubliner • Aged Cheddar
Aged Reserve Cheddar

\$4.99

7 oz | **Save \$3**

WAYLAN'S BAKED MACARONI & CHEESE



Serves 4-6

- ½ lb macaroni or penne pasta
- 1 small yellow onion (or ½ large), diced
- 4 Tbsp butter, divided
- 3 Tbsp all-purpose flour
- 3 cups whole milk
- 12-16 oz sharp cheddar cheese, shredded
- 1 tsp salt (to taste)
- ½ tsp ground pepper (to taste)
- 1 Tbsp yellow mustard
- 2 Tbsp panko bread crumbs (optional)

1. Preheat the oven to 350°F.
2. Cook the pasta about one minute less than the instructions on the package, to al dente. Drain and set aside.
3. Take half the butter and melt it in a thick bottomed two-quart pot. When the butter is melted, add the diced onion. Stir frequently over medium heat until the onion starts to caramelize, about 20 minutes. Don't rush it.
4. Once the onion is caramelized, add the rest of the butter. Once melted, add the flour, stirring constantly, until the mixture is the consistency of cake batter.
5. Slowly add about a cup of milk, salt, pepper, and the mustard, stirring slowly. Add another ½ cup of the milk and two generous handfuls of cheese. Keep stirring.
6. Once the cheese is melted into the milk, add the remaining milk and all but 3-4 oz of the cheese. Stir until just starting to bubble.
7. Taste and adjust salt and pepper.
8. Remove from heat and stir in pasta.
9. Place mixture in a 7 x 11-inch casserole dish (9 x 9-inch also works) and sprinkle remaining cheese and bread-crumbs over the top.
10. Bake for 20-30 minutes, until the top is evenly browned. Let rest for 5 minutes before enjoying.

Over 1000 items on SALE! • 9/17 - 9/23

COOKIE PAL

ORGANIC DOG TREATS

Pumpkin Chia
Sweet Potato Flax
Peanut Butter Apple

\$5.49

8.8-10 oz | **Save \$3**



C2O COCONUT WATER

8-Pack

\$7.49

84 fl oz | **Save \$5**



Essentia IONIZED ALKALINE WATER

\$2.99

50.7 fl oz | **Save \$1.50**



Vita Coco FARMERS ORGANIC COCONUT WATER

\$4.49

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



Artisan Tropic PLANTAIN & CASSAVA STRIPS

Your Choice

\$3.99

4.5 oz | **Save \$2**



Zevia ZERO SUGAR SODA

6-Packs

\$5.49

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



Buddha Teas SELECT TEAS

Calm • Sleepy Temple
Elderberry

\$3.99

18 bag | **Save \$4.50**



Rishi SPARKLING BOTANICAL TEAS

Grapefruit Quince
Schisandra • Jasmine
Elderberry Maqui
Dandelion Ginger

\$2.49

12 fl oz | **Save \$1.50**



Cosmic Bliss
**PLANT-BASED
FROZEN DESSERT**

Your Choice

\$4.99

14 fl oz | **Save \$2.50**



Cosmic Bliss
**GRASS-FED DAIRY
ICE CREAM**

Chocolate • Vanilla
Cookie Dough

\$4.99

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



Chocolove
CHOCOLATE BARS

Your Choice

2 FOR \$6

2.9-3.2 oz | **Save \$1.99**



Mamma Chia
**CHIA SQUEEZE
POUCHES**

Your Choice

\$1.49

3.5 oz | **Save \$1.30**



Pamela's
FIGGIES & JAMMIES

Mission Fig
Raspberry • Blueberry

\$4.49

9 oz | **Save \$2.50**



Native Forest
**ORGANIC
CANNED FRUIT**

Pineapple • Peaches
Mango

\$3.49

14-15 oz | **Save \$2.50**



Pamela's
**GLUTEN FREE
CAKE MIXES**

Vanilla • Chocolate
Brownies

\$4.99

16-21 oz | **Save \$3**



Siete
**GRAIN FREE
TORTILLA CHIPS**

Lime • Nacho • Sea Salt
Dip Chips • Churro Strips

\$3.99

5 oz | **Save \$2.50**



Siete
**GRAIN FREE
COOKIES**

Vanilla • Shortbread
Fresas con Crema
Mexican Wedding

\$2.99

4.5 oz | **Save \$2**



Kettle Foods
**KETTLE CHIPS
& KRINKLE CHIPS**

Your Choice

2 FOR \$6

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

Over 1000 items on SALE! • 9/17- 9/23



Icelandic Provisions

SKYR YOGURT

Your Choice

3 FOR \$5

5.3 oz | Save \$1.33/ea



Green Valley Creamery

ORGANIC CREAM CHEESE

Lactose Free

\$3.49

8 oz | Save \$2



Oatly

OAT MILK

Full Fat • Original
Chocolate

\$3.99

64 fl oz | Save \$2



Coombs

ORGANIC MAPLE SYRUP

Grade A Amber

\$10.99

12 fl oz | Save \$6



Pop & Bottle

OAT MILK LATTE

Vanilla • Mocha

\$2.49

8 fl oz | Save \$1.50



Mount Hagen

ORGANIC INSTANT COFFEE

Regular • Decaf

\$8.99

3.53 oz | Save \$5



Grandy Organics

GRAIN FREE COCONOLA

Original • Chocolate

\$6.99

9 oz | Save \$3.50



PAMELA'S

GLUTEN FREE PANCAKE & BAKING MIX

\$6.49

24 oz | Save \$4

\$15.49

64 oz | Save \$8.50

Over 1000 items on SALE! • 9/17 - 9/23

BULK DEPARTMENT DEALS

Hummingbird
**ORGANIC
RAW HULLED
SUNFLOWER SEEDS**

\$3.99/LB

Save \$1/lb



**ORGANIC DRIED
BLACK MISSION FIGS**

\$10.99/LB

Save \$3/lb



Hummingbird
**ORGANIC CALIFORNIA
UNROASTED ALMONDS**

\$10.49/LB

Save \$2.50/lb



Hummingbird
**ORGANIC GREAT
NORTHERN BEANS**

\$2.99/LB

Save 50¢/lb



**ORGANIC BROWN
SESAME SEEDS**

\$4.99/LB

Save \$1/lb



Earthly Gourmet
**ORGANIC
COCONUT FLOUR**

\$3.29/LB

Save 70¢/lb



**ORGANIC SWEETENED
BANANA CHIPS**

\$3.99/LB

Save \$1/lb



Hummingbird
**ORGANIC WHOLE
SPELT FLOUR**

\$2.79/LB

Save 50¢/lb



Hummingbird
**ORGANIC
RAW OREGON
HAZELNUTS**

\$15.99/LB

Save \$4/lb



SunRidge Farms
**ORGANIC
CHOCOLATE-COVERED
CACAO NIBS**

\$34.99/LB

Save \$7/lb



Equal Exchange
**ORGANIC FAIR TRADE
GUATEMALAN COFFEE
& SEASONAL WOMEN IN COFFEE
BLEND**

\$12.99/LB

Save \$2/lb



Frontier Co-op
**ORGANIC
SE CHUNG SPECIAL
OOLONG TEA**

\$44.99/LB

Save \$15/lb



ONLY \$2.81/oz

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.



VITAMIN D3
2000 IU
\$9.49
120 softgels | Save \$2.50



**VITAMIN C
PLUS ROSE HIPS**
1000 mg
\$13.99
100 tab | Save \$4



**MUSHROOM
IMMUNE**
\$22.99
90 vcap | Save \$5



Himalaya
**ORGANIC
CINNAMON**
\$12.99
60 tab | Save \$7



Natural Vitality
CALM
Raspberry-Lemon
Original
\$25.99
16 oz | Save \$8



Solgar
GENTLE IRON
\$8.49
90 caps | Save \$2.50



Jarrow Formulas
MACULA PF
\$17.99
30 softgel | Save \$6.50



Peepers
**READERS
& SUNGLASSES**
\$19.99
1 ea | Save \$4-\$5

NATURAL FACTORS



COENZYME Q10

50 mg

\$9.99

60 softgels | **Save \$3**



COENZYME Q10

100 mg

\$13.99

60 softgels | **Save \$4**



COENZYME Q10

200 mg

\$20.99

60 softgels | **Save \$6**



COENZYME Q10

400 mg

\$40.99

60 softgels | **Save \$9**



UBIQUINOL

100 mg

\$29.99

60 softgels | **Save \$8**



PHOSPHATIDYL-SERINE

\$23.49

60 softgels | **Save \$5.50**



Wellness • On Sale 9/17 - 9/23

ANCIENT NUTRITION



COLOSTRUM POWDER

Lemon Bar
Unflavored

\$40.99

2.8-4.02 oz | Save \$14



COLOSTRUM + COLLAGEN

\$25.99

75 cap | Save \$9



Solaray AKKERMANSIA POSTBIOTIC

\$27.99

30 vcap | Save \$6



Biosil ADVANCED COLLAGEN GENERATOR

\$16.99

30 vcaps | Save \$8

GARDEN OF LIFE



CREATINE MONOHYDRATE

\$27.99

12.27 oz | Save \$12



RAW ORGANIC PROTEIN

Vanilla • Chocolate
Unflavored

\$34.99

19.75-24.69 oz | Save \$16

Wellness • On Sale 9/17 - 9/23

TERRY NATURALLY



EXTRA STRENGTH CURAMIN

\$21.99

30 tab | Save \$6



CURAMED

750 mg

\$31.99

30 softgels | Save \$8



CURAMED ACUTE PAIN RELIEF

\$44.49

60 softgels | Save \$11.50



Weleda SKINFOOD

Original Ultra-Rich Cream

\$13.99

2.5 fl oz | Save \$8



ALL
EVAN HEALY
ON SALE

Evan Healy BODY OIL

Vetiver Hinoki
Sweet Blossom
Patchouli Vanilla
Neroli Frankincense

\$22.99

3.3 fl oz | Save \$7



ALL
MAD HIPPIE
ON SALE

Mad Hippie CREAM CLEANSER

\$13.99

4 fl oz | Save \$3

CV SCIENCES



CBD GUMMIES

Sleep • Calm

\$24.99

30 chews | Save \$11

Over 1000 items on SALE! • 9/17 - 9/23

HUMBLE



DEODORANT

Plastic Free

\$8.99

2.65 oz | Save \$4

**ALL
HUMBLE
ON SALE**



Avalon
**SHAMPOO
& CONDITIONER**

Lavender • Rosemary
Tea Tree • Lemon

\$7.99

11 fl oz | Save \$4.50



Giovanni
**2CHIC ULTRA-SLEEK
LEAVE-IN CONDITIONER**

\$6.79

4 fl oz | Save \$4.20



Tom's of Maine
TOOTHPASTE

Sensitive • Peppermint
Cinnamon Clove

\$6.29

4 oz | Save \$3.70

ACURE



**BRIGHTENING
& SOOTHING
DAY CREAM**

\$12.99

1-1.75 fl oz | Save \$7

**NEW LOOK
COMING SOON**

PRANARŌM



**ORGANIC
CASTOR OIL**

\$4.29

2 fl oz | Save \$2.70

**ALL
PRANARŌM
ON SALE**

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