

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

ORGANIC  
NAVEL ORANGES

**\$1.99/LB**



ORGANIC  
OPAL APPLES

**\$1.89/LB**



ORGANIC  
COMICE PEARS

**\$1.69/LB**



**Self Care  
Saturday**

**February 7 • 11-3**

*Free Samples*

*Flash Sales*

*Wine, Chocolate, Coffee,  
Skin Care, and More!*

*Giveaways*



Organic Produce • On Sale 1/14 - 1/20

# CREAMY POTATO LEEK SOUP



## Serves 6

- 2 Tbsp butter or vegan butter
- 2 large leeks, thinly sliced (about 2 lbs)
- 2 stalks celery, chopped
- 1 small yellow onion, chopped
- 4 cloves garlic, finely chopped
- 8 yukon gold potatoes, peeled and chopped
- (about 2 lbs)
- 4 sprigs fresh thyme leaves, chopped
- 1 sprig fresh sage leaves, chopped
- 4 cups chicken or vegetable broth
- 1 cup heavy cream or vegan cashew cream
- Salt and pepper, to taste

1. Melt butter in a large heavy bottomed pot over medium heat. Cook and stir leeks, celery and onion until softened, about 10 minutes. Add garlic and cook for an additional minute.
2. Stir in potatoes, fresh herbs, and broth. Bring to a boil, reduce heat, cover, and simmer for 20 minutes, or until potatoes are tender. Remove from heat and allow to cool 20 minutes before blending either with an immersion blender or in a blender in batches.
3. Return to the soup pot. Stir in heavy cream and bring to a simmer. Taste, and season with salt and pepper.

To freeze: Prepare the recipe through step 2. Freeze. To prepare, defrost soup and complete step 3.

LOCAL ORGANIC LEEKS

\$2.99/LB



Close to Home!



ORGANIC  
YELLOW ONIONS

\$1.19/LB



ORGANIC  
ASPARAGUS

\$6.99/LB



Organic Produce • On Sale 1/14 - 1/20

ORGANIC  
BLACKBERRIES

\$4.99



6 OZ  
PKG

ORGANIC  
BELL PEPPERS

Yellow • Orange • Red

\$3.49/LB



**DREAMING OF SPRING?  
SO ARE WE.**

TERRITORIAL SEEDS HAVE ARRIVED!  
START YOUR GARDEN PLANNING TODAY.

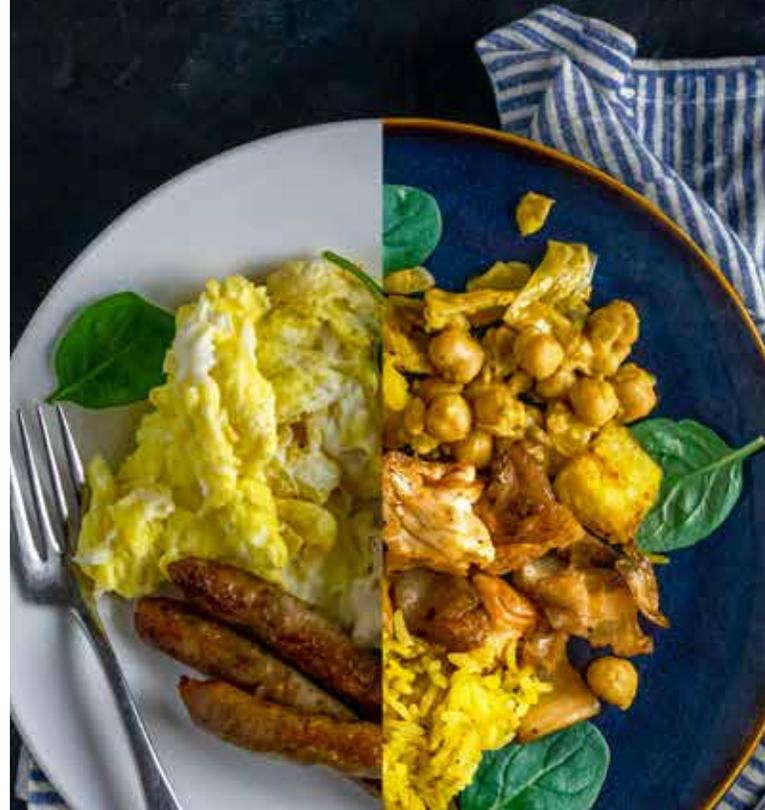


# LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

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



# LONELY LANE FARMS

**ITALIAN RUBBED  
BONELESS PORK  
LEG ROAST**

**\$9.49/LB**

Save \$2/lb



Blake's  
**CHICKEN POT PIE**

Original • Gluten Free

**\$2.79**

8 oz | Save \$2.20



Kerrygold  
**IRISH CHEESES**

Dubliner • Irish Cheddar  
Reserve Cheddar

**\$4.99**

7 oz | Save \$3

**SMART CHICKEN  
ORGANIC BONELESS  
SKINLESS CHICKEN  
BREAST**

**\$9.99/LB**

Save \$1.50/lb



Lifeway  
**FARMER CHEESE**

**\$3.49**

8 oz | Save \$2.50



Annie's  
**MAC & CHEESE**

Select Varieties

**4 FOR \$5**

5.25-6 oz | Save \$2.24/ea

# TRUEARTH

**LAUNDRY  
DETERGENT SHEETS**

**\$8.99**

32 pk | Save \$11

**TOILET BOWL  
CLEANER SHEETS**

**\$5.49**

12 pk | Save \$7.50



Egglife  
**EGG WHITE WRAPS**

**\$3.99**

6 oz | Save \$3



## Divina FIG SPREADS

Original Fig • Orange Fig

**\$2.99**

9 oz | Save \$3



## MaraNatha NO STIR PEANUT BUTTER

Creamy • Crunchy

**\$4.99**

16 oz | Save \$3



## Carbonaut LOW CARB BREAD

White • Seeded

**\$4.99**

19 oz | Save \$3.50



## Silver Hills SPROUTED GRAIN BREAD

Squirrely • The Big 16

**\$3.49**

21-22 oz | Save up to \$2.30



## Olli Salumeria SNACK PACKS

Sopressata & Cheddar  
Calabrese & Asiago  
Genoa Fontina

**\$2.79**

2 oz | Save \$2.70

# THAI CHICKEN STIR FRY



- 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
  - 1-2 Tbsp olive oil
  - 1 lb organic boneless skinless chicken breast, sliced
  - 2 carrots, peeled and sliced
  - 1 red bell pepper, seeded and sliced
  - ½ bunch broccolini, sliced
  - ½ yellow onion, sliced
  - 3 cloves garlic, minced
  - 8 oz rice noodles, cooked according to package instructions
  - Salt and pepper, to taste
  - 1 organic lime, quartered
  - Small handful cilantro, chopped
1. In a small saucepan over medium heat, whisk together peanut butter, aminos, fish sauce, rice vinegar, ginger, and red pepper flakes until smooth. Remove from heat and set aside.
  2. Heat 1 Tbsp olive oil in a large skillet or wok over medium high heat until shimmering.
  3. Add chicken to the skillet in a single layer. Brown for 3 minutes each side until cooked through. Remove from the skillet and set aside.
  4. If needed, add remaining olive oil to the skillet. Cook and stir onion until translucent, about 3 minutes. Add garlic and cook until fragrant, an additional minute. Add remaining veggies and cook and stir until crisp-tender, another 3-4 minutes. Remove from the skillet and set aside.
  5. Heat peanut sauce in a skillet until warm and bubbling. Add chicken and veggies back in, and toss in the sauce. Gently fold in noodles until coated and warmed through.
  6. Serve immediately with a wedge of lime. Garnish with cilantro, if desired.

Over 1000 items on SALE! • 1/14 - 1/27



### Epic MEAT BARS

Your Choice

# \$1.79

1.3-1.5 oz | Save \$2.20



### Oatly FROZEN DESSERT

Your Choice

# \$3.99

16 fl oz | Save \$2



### ROAR ORGANIC HYDRATION DRINKS

Your Choice

# 2 FOR \$3

18 fl oz | Save \$1.49/ea



### Annie's BUNNY GRAHAMS

Honey • Neapolitan  
Birthday Cake • Chocolate

# 2 FOR \$7

7.5 oz | Save \$2.49/ea

## SANTA CRUZ

### ORGANIC APPLESAUCE

Original • Cinnamon

# \$3.49

23 oz | Save \$2.50

### SmartSweets LOW SUGAR CANDY

Your Choice

# 2 FOR \$5

1.6-1.8 oz | Save \$1.49/ea



### Nixie SPARKLING WATER

Your Choice

# \$4.99

8/12 fl oz | Save \$2.50



## BEAR

### FRUIT ROLLS

Strawberry • Tropical  
Raspberry

# \$3.49

3.5 oz | Save \$2.50

### Organic India HERBAL TEAS

Your Choice

# \$3.49

18 pk | Save \$2.50





Brown Cow  
**CREAM TOP YOGURT**

Your Choice

**5 FOR \$5**

5.3 oz | Save 49¢/ea



Beyond Meat  
**PLANT BASED  
BREAKFAST SAUSAGE**

Classic • Spicy

**\$3.49**

7.4 oz | Save \$2.50



Cascadian Farm  
**BREAKFAST CEREAL  
& GRANOLA**

Your Choice

**2 FOR \$6**

9.2-14.6 oz | Save up to \$5.49/ea



Seven Sundays  
**BREAKFAST CEREAL**

Cocoa Sunflower  
Honey Oat Protein

**\$5.79**

8 oz | Save \$4.20



Seven Sundays  
**PROTEIN OATS**

Wild Berry • Maple Almond

**\$6.49**

16 oz | Save \$3.50



**ORGAIN**

**NUTRITION  
& PROTEIN SHAKES**

Your Choice

**\$9.99**

4/11 oz | Save \$6



**NOKA**

**SUPERFOOD  
SMOOTHIES**

Your Choice

**\$1.99**

4.22 oz | Save \$1



Milkadamia  
**MACADAMIA MILK**

Original • Unsweetened  
Vanilla • Barista

**\$5.49**

32 fl oz | Save \$2

Over 1000 items on SALE! • 1/14 - 1/27

# CANTARITO MOCKTAIL



Serves 4

- 1 grapefruit, juiced (about 6 oz)
- 2 oranges, juiced (about 4 oz)
- 2 limes, juiced (about 2 oz)
- 2 oz simple syrup, or to taste
- 4 oz Ish Mexican Agave or Free Spirits Spirit of Tequila alcohol-free spirits
- Sparkling water
- Ice

1. Pour juices, simple syrup, and tequila (if using) into a shaker with ice. Shake until chilled.
2. Divide between 4 (12 oz) glasses with ice. Top with sparkling water or wine.



## Cookie Pal DOG BISCUITS

Your Choice

**\$4.49**

8.8-10 oz | Save \$4



## Uglies KETTLE POTATO CHIPS

Your Choice

**\$2.99**

6 oz | Save \$2



## Love, Corn CRUNCHY CORN

Sea Salt • Habanero  
Salt & Vinegar

**\$2.99**

4 oz | Save \$1.50



## Lesser Evil ORGANIC POPCORN

Your Choice

**2 FOR \$6**

4.6-6.4 oz | Save \$1.49/ea



## Annie's ORGANIC CHEDDAR CHEESY SMILES

**2 FOR \$7**

4 oz | Save \$2.49/ea



## Annie's CHEDDAR CRACKERS

Your Choice

Bunnies & Squares

**2 FOR \$7**

7.5 oz | Save \$2.49/ea

# NON-ALCOHOLIC SPIRITS, WINE & BEER



Close to Home!

## Wilderton NON-ALCOHOLIC APERITIVO

Bittersweet · Citrus

### \$31.49

750 ml | Save \$5



## Athletic Brewing NON-ALCOHOLIC BREW

Run Wild IPA  
Free Wave Hazy IPA  
Upside Dawn Golden

### \$19.99

12/12 fl oz | Save \$4



## Ish ALCOHOL-FREE SPIRITS

Caribbean Spiced  
London Botanical  
Mexican Agave

### \$29.99

500 ml | Save \$5



## Brugse SPORTZOT

Non-Alcoholic Belgian  
Specialty Blond

### \$16.99

44.8 fl oz | Save \$3



## Free Spirits NON-ALCOHOLIC SPIRITS

Bourbon · Tequila

### \$32.99

750 ml | Save \$5



## Bero NON-ALCOHOLIC BREW

Edge Hill Hazy IPA · Noon Wheat  
Kingston Golden Pils

### \$11.99

6/12 fl oz | Save \$3



## Pizzolato ALCOHOLIC FREE ORGANIC SPARKLING

Non-Alcoholic

### \$16.99

750 ml | Save \$2

It may still be the rainy season,  
but we have everything you  
need for a Dry January!

Over 1000 items on SALE! · 1/14 - 1/27

# BULK DEPARTMENT DEALS

Azure  
**ORGANIC PINK BEANS**

**\$2.49/LB**

Save 80¢/lb



Equal Exchange  
**FRENCH ROAST COFFEE  
& WOMEN IN COFFEE SERIES LIGHT  
ROAST COLOMBIAN COFFEE**

Organic & Fair Trade

**\$12.99/LB**

Save \$2/lb



Hummingbird  
**ORGANIC APPLE  
CIDER VINEGAR**

**\$2.79/LB**

Save 70¢/lb



Sun Valley  
**ORGANIC THOMPSON  
GREEN RAISINS**

**\$3.99/LB**

Save 50¢/lb



**GRIND YOUR OWN  
ORGANIC PEANUT  
BUTTER**

**\$4.99/LB**

Save \$1/lb



Butler  
**SOY CURLS**

**\$9.99/LB**

Save \$2/lb



Close to Home!



**ORGANIC BLACK LENTILS**

**\$4.49/LB**

Save \$1/lb



**RAW ORGANIC  
PUMPKIN SEEDS**

**\$7.99/LB**

Save \$1.50/lb



Azure  
**EPSOM SALTS**

**\$1.79/LB**

Save 50¢/lb



Bio-Pac  
**CONCENTRATED  
DISHWASHING LIQUID**

**\$3.99/LB**

Save \$1/lb



Edison Grainery  
**ORGANIC  
QUINOA RICE FUSILLI**

**\$6.99/LB**

Save \$2/lb



Over 1000 items on SALE! • 1/14 - 1/27

# PRIMAL KITCHEN

Founder Mark Sisson started Primal Kitchen with a simple mission: to change the way the world eats. Our life and our overall wellness are defined by the thousands of choices we make for ourselves and for our families every day, and choosing real food and investing in your health can lead to a more empowered you.

Primal Kitchen products are made with high-quality ingredients that make mealtime easy and delicious, so you can get the most out of life. Primal Kitchen does thorough testing on all of our products for purity, quality and flavor. We are committed to sourcing and selecting high-quality ingredients, reducing single use plastics and supporting local and national organizations that fight food insecurity to create a better future for people and the planet.

We source our collagen from ranches in South America. The cows are grass fed for most of their lives and traditionally raised on pasture. Each serving of Primal Kitchen Collagen gives you 10 grams of 1 & 3 Collagen, 0 grams of sugar, and is sweetened with Monk Fruit. All are Certified Keto and also Paleo Friendly.



## COLLAGEN PEPTIDES

Unflavored

**\$23.99**

19.4 oz | **Save \$14**

## MADE FROM REAL FOOD INGREDIENTS YOU CAN TRUST

Our products are crafted with honest ingredients that you know and love. We only use premium, purposeful ingredients that we'd feed our own families.

[LifeSourceNaturalFoods.com](https://LifeSourceNaturalFoods.com)

# ANCIENT NUTRITION



## REGENERATIVE ORGANIC CERTIFIED PROBIOTICS

Daily • Women's  
Women's 50+

# \$26.99

30 caps | Save \$11



## BONE BROTH PROTEIN

Pure • Chocolate  
Vanilla

# \$35.99

15.7-17.8 oz | Save \$14



## MULTI COLLAGEN

Unflavored • Chocolate  
Vanilla

# \$35.99

16-16.9 oz | Save \$14



## Bluebonnet CAL-MAG CITRATE

Blueberry • Orange  
Strawberry

# \$13.49

16 oz | Save \$5



## Bragg APPLE CIDER VINEGAR CAPSULES

# \$14.99

90 cap | Save \$10



## MICKELBERRY GARDENS

## FIRE CIDER HONEY TONIC

# \$13.99

8 fl oz | Save \$4

ALL  
MICKELBERRY  
GARDENS  
ON SALE

# BOIRON



## OSCILLOCOCCINUM

6 dose

# \$11.99

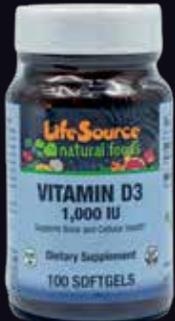
6 ct | Save \$4

**NATURE'S #1 FLU MEDICINE\***

**BODY ACHES • HEADACHE  
FEVER • CHILLS • FATIGUE\***

\*These statements have not been evaluated by the  
Food and Drug Administration.

# LifeSource natural foods BRAND SUPPLEMENTS



**VITAMIN D3**  
1000 IU  
**\$6.99**  
100 sg | Save \$2.50



**VITAMIN D3**  
2000 IU  
**\$8.99**  
120 sg | Save \$3



**VITAMINS D3 & K2**  
**\$10.49**  
60 tab | Save \$4



# NORDIC NATURALS



**NORDIC BERRIES  
MULTIVITAMIN**  
Citrus • Cherry  
**\$19.99**  
120 gummies | Save \$6



**ULTIMATE OMEGA**  
**\$21.99**  
60 ct | Save \$5.50



**ULTIMATE OMEGA  
PLANT-BASED**  
**\$36.99**  
60 sg | Save \$11



Wellness • On Sale 1/14 - 1/27

# ZHOU



## GUT GURU

Probiotic + Prebiotic Fiber

**\$19.99**

60 chews | **Save \$5**



## CREATINE POWDER

Unflavored

**\$19.99**

7.94 oz | **Save \$12**



## CREATINE CHEWS

Pink Lemonade

**\$22.99**

60 chews | **Save \$11**



## Gaia BLACK ELDERBERRY SYRUP

**\$16.99**

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



## Garden of Life ORGANIC KETO MCT POWDER

Dr. Formulated

**\$22.99**

10.58 oz | **Save \$7**



## Garden of Life DR. FORMULATED PROBIOTICS

Women's pH • Gas & Bloating  
Calm • Immune

**\$28.99**

30 vcap | **Save \$8**

# VITANICA



Close to Home!

## CORTISOL RELIEF

**\$40.99**

60 vcap | **Save \$11**

**ALL  
VITANICA  
ON SALE**



Jarrow Formulas

**B-RIGHT**

**\$20.99**

100 caps | Save \$8

# DAVIDS

**TOOTHPASTE**

Peppermint • Spearmint  
Hydroxi Peppermint  
Hydroxi Orange Vanilla

**\$5.99**

4-5.25 oz | Save \$4

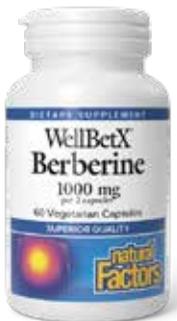


Kuli Kuli

**MORINGA POWDER**

**\$14.99**

7.4 oz | Save \$9



Natural Factors

**WELLBETX  
BERBERINE**

**\$16.99**

60 vcap | Save \$5

# DR. BRONNER'S

**18-IN-1 CASTILE  
SOAP REFILLS**

Your Choice

**\$13.99**

32 fl oz | Save \$5



Biosil

**BIOSIL DROPS**

**\$29.99**

1 fl oz | Save \$17



# SUKIN

**FACE CARE**

Scrub • Moisturizer  
Toner • Cleanse

**\$7.49**

4.23 fl oz | Save \$2.50

**SHAMPOO  
& CONDITIONER**

Hydrating • Volumizing

**\$7.49**

16.9 fl oz | Save \$2.50



Over 1000 items on SALE! • 1/14 - 1/27

# FERAL FUNGI

PREMIUM MUSHROOM PRODUCTS



## MUSHROOM GUMMIES

Myco Clarity  
Myco Synergy

# \$26.99

30 ct | Save \$9

**NEW!**

Close to Home!

## Pure.

Crafted from 100% fruit bodies with no grains, no fillers, and no compromises.

## Potent.

Processed with care and intention to yield the most potent extracts available.

## Local.

Crafted in-house at our facility with mushrooms sourced from an entirely domestic supply chain.

JOIN OUR ONLINE COMMUNITY  
**@FERALFUNGI**

TO LEARN MORE, VISIT US AT  
**FERALFUNGI.COM**

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