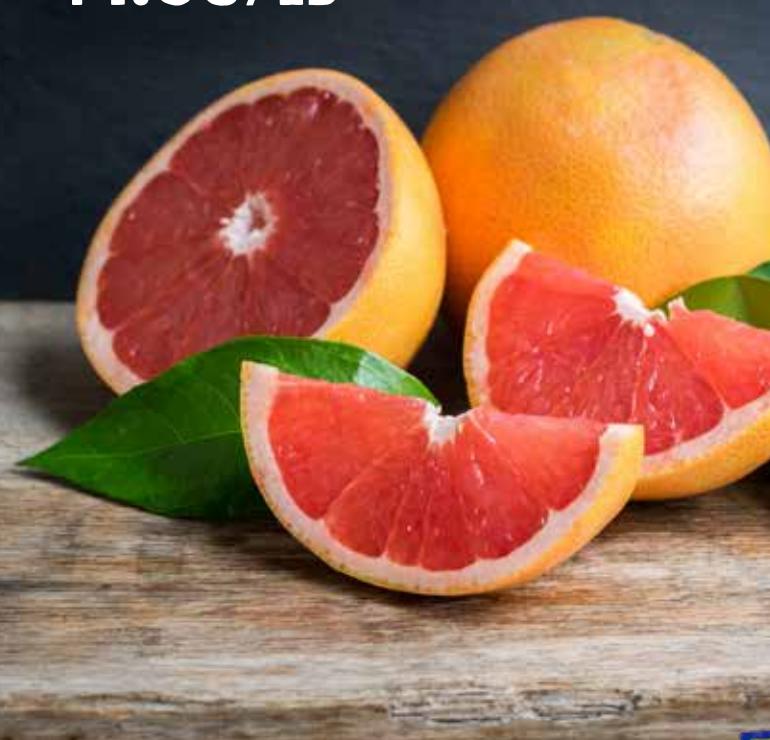




**EAT WELL  
BE HAPPY**

**ORGANIC  
GRAPEFRUIT**

**\$1.69/LB**



**ORGANIC  
ZUCCHINI**

**\$1.69/LB**



**ORGANIC  
BARTLETT PEARS**

**\$1.49/LB**



**SUPPLEMENT  
SATURDAY!  
JANUARY 10**



**15% OFF\***  
**SUPPLEMENTS  
& BODY CARE**

- SUPPLEMENTS
- SKINCARE
- HAIRCARE
- MAKEUP & BEAUTY
- ORAL CARE
- & MORE!

**\*REGULAR-PRICE ITEMS ONLY**

**Organic Produce • On Sale 1/7 - 1/13**

# PINK BAY SHRIMP CEVICHE



Makes 1 serving

- 1 lb fresh pink bay salad shrimp
- 1/2 cup red onion, finely chopped
- 1 Serrano pepper, finely chopped
- 1 cup cherry tomatoes, quartered
- 1/2 cup cucumber,
- 1. Place shrimp, onion, Serrano pepper, tomatoes, cucumber, avocado and cilantro in a bowl.
- 2. Add lemon and lime juice. Season to taste with salt and pepper. Gently toss to coat.
- 3. Enjoy with tortilla chips.

LARGE ORGANIC AVOCADOS

2 FOR \$4



ORGANIC RAINBOW CHARD



2 FOR \$4



ORGANIC HEIRLOOM TOMATOES



\$3.99/LB



ORGANIC CARA CARA ORANGES



\$1.89/LB



Organic Produce • On Sale 1/7 - 1/13

ORGANIC  
BROCCOLI

**\$3.99/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



**SMART CHICKEN**  
ORGANIC BONELESS  
SKINLESS CHICKEN  
BREAST

**\$9.99/LB**

Save \$1.50/lb



## SEVENTH GENERATION

DISHWASHER  
DETERGENT GEL

**\$5.99**

42 fl oz | Save \$3

DISHWASHER  
DETERGENT PACKS

**\$6.49**

20 packs | Save \$4.50



GF

Canyon Bakehouse

**GLUTEN FREE  
SUB ROLLS**

**\$4.99**

15 oz | Save \$2.50



4th & Heart  
**GHEE**

Original • Himalayan Salt  
California Garlic

**\$8.99**

9 oz | Save \$5.50



Organic Valley  
**ORGANIC GHEE**

Pasture Raised

**\$10.99**

13 oz | Save \$6



Organic Valley  
**COTTAGE CHEESE**

Small Curd • Lowfat

**\$4.99**

16 oz | Save \$2.50



Bonafide Provisions

**ORGANIC  
BONE BROTH**

Beef • Turkey • Chicken

**\$6.99**

24 fl oz | Save \$4.50



Coconut Secret  
**COCONUT AMINOS**  
**\$7.49**

16.9 oz | Save \$6.50



Stahlbush Island Farms  
**LOCAL FROZEN  
VEGETABLES**  
Green Beans • Broccoli  
Spinach • Classic Mixed  
**\$2.29**  
10 oz | Save \$1.50



Napa Valley Naturals  
**ORGANIC  
SESAME OIL**  
Cold-Pressed • Toasted  
**\$6.99**  
12.7 fl oz | Save \$6



Miracle Noodle Co.  
**READY-TO-EAT  
NOODLES**  
Japanese Curry • Pad Thai  
Vegan Pho • Tom Yum Soup  
**\$3.99**  
9.9 oz | Save \$3



Lundberg  
**REGENERATIVE  
ORGANIC RICE**  
Brown & White Jasmine  
Brown & White Basmati  
**\$6.49**  
32 oz | Save \$3.50

# THAI CHICKEN STIR FRY



- **1/4 cup organic peanut butter**
- **2 Tbsp coconut aminos**
- **1 tsp fish sauce (optional)**
- **1 tsp rice vinegar**
- **1 tsp finely grated ginger (about 1/2 inch)**
- **1/4 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**
- **1/2 bunch broccolini, sliced**
- **1/2 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.



**Stahlbush Island Farms**  
**LOCALLY GROWN**  
**FROZEN FRUIT**  
 Blackberries  
 Organic Blueberries  
**\$10.99**  
 3 lbs | Save \$9

## BLUEBERRY ORANGE SMOOTHIE BOWL

Makes 1 serving

- 1 cup frozen blueberries
- ½ cup frozen banana
- 1 orange, peeled and chopped
- ¼-½ cup almond milk, or more if desired

- Place frozen blueberries and bananas in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
- Add half of the orange, and ¼ cup almond milk. Blend until smooth, adding a little more almond milk if needed to get the blender going.
- Serve immediately with your favorite toppings.



**Noosa**  
**YOGHURT**  
 Raspberry • Blueberry  
 Lemon • Strawberry Rhubarb  
**2 FOR \$4**  
 8 fl oz | Save 99¢/ea



**Culina**  
**DAIRY-FREE**  
**YOGURT**  
 Made with Organic Coconut  
**\$3.49**  
 5 oz | Save \$1.50



**Canyon Bakehouse**  
**GLUTEN FREE**  
**BAGELS**  
 Plain • Everything  
**\$4.99**  
 14 oz | Save \$2.50



**MaraNatha**  
**NO STIR**  
**ALMOND BUTTER**  
 Creamy • Crunchy  
**\$8.49**  
 12 oz | Save \$4



**Justin's**  
**ALMOND BUTTER**  
 Classic • Honey  
 Hazelnut & Chocolate  
**\$7.99**  
 16 oz | Save \$6



C2O  
**COCONUT WATER**  
Your Choice  
**2 FOR \$4**  
17.5 fl oz | Save 99¢/ea



Stash  
**TEAS**  
Your Choice  
**\$2.49**  
18-20 bag | Save \$2



Elmhurst  
**PLANT MILKS**  
Walnut • Almond  
Oat • Cashew  
**\$4.99**  
32 fl oz | Save \$3



Pop & Bottle  
**OAT MILK LATTES**  
Organic Mocha  
Organic Caramel  
Vanilla + Collagen  
**\$2.49**  
8 fl oz | Save \$1.50



Rebbl  
**ORGANIC SHAKES**  
Your Choice  
**\$3.29**  
12 fl oz | Save \$1.70

# LAIRD SUPERFOOD

**ORGANIC COFFEE WITH FUNCTIONAL MUSHROOMS**  
Medium or Dark Roast  
**\$11.99**  
12 oz | Save \$5

**SUPERFOOD CREAMERS**  
Sweet & Creamy • Mocha  
Reduced Sugar • Turmeric  
**\$5.99**  
8 oz | Save \$4





**USDA ORGANIC**





Remedy Organics  
**WELLNESS SHAKES**  
Your Choice  
**\$2.99**  
12 fl oz | Save \$2

# POMELO MIMOSAS



Makes 6-8 servings

- 1 shaddock pomelo, about 1 cup juice
- 2 cara cara oranges, about 1 cup juice
- 2 oz Cointreau (optional), or pineapple juice (optional)
- 2 oz simple syrup, or to taste
- 750 ml bottle Champagne, sparkling wine, or orange flavored sparkling water, chilled
- Ice

1. Juice pomelo and oranges. Strain.
2. Add juice, Cointreau, and simple syrup to a shaker with ice. Shake well.
3. Holding a champagne flute at a 45° angle, fill halfway with sparkling wine or sparkling water. Top with juice mixture. Enjoy!



## Cookie Pal DOG BISCUITS

Your Choice

# \$4.49

8.8-10 oz | Save \$4



## GoMacro ORGANIC MACROBARS

Your Choice

# 2 FOR \$5

2-2.4 oz | Save 99¢/ea



## LÄRABAR FRUIT & NUT BARS

Your Choice

# 5 FOR \$5

1.6-1.7 oz | Save \$1.49



## PROBAR MEAL BARS

Your Choice

# \$2.49

3 oz | Save \$1.30



## Second Nature TRAIL MIXES

Your Choice

# \$7.99

12 oz | Save \$5



## Made in Nature DRIED FRUIT

Mangos • Cranberries  
Figs • Apricots • Plums

# 2 FOR \$7

3-7 oz | Save \$2.99/ea



## Boulder Canyon POTATO CHIPS

Your Choice

# 2 FOR \$6

5.25-6 oz | Save \$1.49/ea



## Late July RESTAURANT STYLE TORTILLA CHIPS

Sea Salt • Sea Salt & Lime  
Blue Corn • Chia & Quinoa

# \$3.29

10 oz | Save \$2.20



## Siete GRAIN FREE TORTILLA CHIPS

Sea Salt • Nacho • Lime  
Dip Chips • Churro Strips

# \$2.99

5 oz | Save \$3.50



## Simple Mills CRACKERS

Almond & Seed Flour  
Varieties

# \$3.49

4.25 oz | Save \$2.50



## JUST ICE TEA

Your Choice

# 2 FOR \$4

16 fl oz | Save 99¢/ea

Over 1000 items on SALE! • 1/7 - 1/13

# PIZZOLATO

ORGANIC ITALIAN WINES



## ORGANIC SPUMANTE BRUT ROSÉ

# \$16.99

750 ml | Save \$2



## ORGANIC MOSCATO

# \$16.99

750 ml | Save \$2



## ORGANIC CABERNET SAUVIGNON

# \$15.99

750 ml | Save \$2



## ORGANIC PROSECCO

# \$16.99

750 ml | Save \$2



## ALCOHOLIC FREE ORGANIC SPARKLING

Non-Alcoholic

# \$16.99

750 ml | Save \$2

# BULK DEPARTMENT DEALS

Authentic Foods

**SUPERFINE BROWN  
RICE FLOUR**

**\$1.99/LB**

Save 50¢/lb



**ORGANIC  
QUICK OATS**

**\$1.99/LB**

Save 50¢/lb



**ORGANIC  
GREEN LENTILS**

**\$2.79/LB**

Save 50¢/lb



Central Bean Co.  
**ORCA BEANS**

**\$1.99/LB**

Save 50¢/lb



Hummingbird  
**TIBETAN BLACK  
HULLESS BARLEY**

**\$2.99/LB**

Save 50¢/lb



**ORGANIC DRIED  
SWEETENED BANANA CHIPS**

**\$3.49/LB**

Save \$1.50/lb



Hummingbird  
**ORGANIC  
PITTED PRUNES**

**\$12.99/LB**

Save \$3/lb



Country Save  
**LAUNDRY  
DETERGENT POWDER**

**\$2.99/LB**

Save 80¢/lb



Edison Grainery  
**ORGANIC QUINOA RICE  
ELBOW PASTA**

**\$6.79/LB**

Save \$1.70/lb



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# 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.



## TERIYAKI SAUCE

Original No Soy  
Island • Honey

**\$5.49**

8.5-9 oz | Save \$3.50



## COLLAGEN PEPTIDES

Unflavored

**\$23.99**

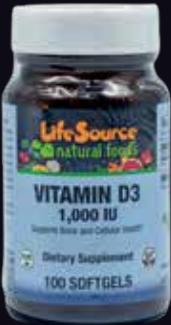
19.4 oz | Save \$14

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.



# 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



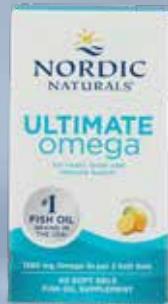
**VITAMINS D3 & K2**  
**\$10.49**  
60 tab | Save \$4



# NORDIC NATURALS



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



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



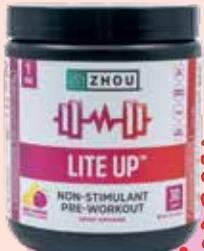
**ULTIMATE OMEGA  
PLANT-BASED**  
**\$36.99**  
60 sg | Save \$11

NEW!



Wellness • On Sale 1/7 - 1/27

# ZHOU



## LITE UP PRE-WORKOUT

**\$19.99**

7.5 oz | Save \$9



## CREATINE POWDER

Unflavored

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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



Wellness • On Sale 1/7 - 1/27



Jarrow Formulas

**B-RIGHT  
\$20.99**

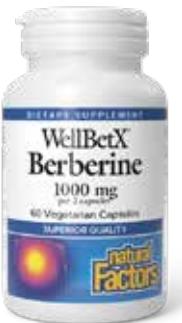
100 caps | **Save \$8**



Kuli Kuli  
**MORINGA POWDER**

**\$14.99**

7.4 oz | **Save \$9**



Natural Factors

**WELLBETX  
BERBERINE**

**\$16.99**

60 vcap | **Save \$5**



Biosil  
**BIOSIL DROPS**

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

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Peppermint • Spearmint  
Hydroxi Peppermint  
Hydroxi Orange Vanilla

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4-5.25 oz | **Save \$4**



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## 18-IN-1 CASTILE SOAP REFILLS

Your Choice

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Toner • Cleanse

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

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Hydrating • Volumizing

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



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## MUSHROOM GUMMIES

Myco Clarity  
Myco Synergy

**\$26.99**

30 ct | Save \$9



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## 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.

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