

LifeSource
natural foods

**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,
 - peeled and chopped
 - 1 avocado, chopped
 - 1/2 cup cilantro, chopped
 - 1/4 cup fresh lemon juice (about 2 lemons)
 - 1/4 cup fresh lime juice (about 3 limes)
 - Salt and pepper, to taste
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.



ORGANIC
RAINBOW CHARD

2 FOR \$4



ORGANIC
HEIRLOOM TOMATOES

\$3.99/LB



LARGE ORGANIC
AVOCADOS

2 FOR \$4



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!**



LifeSourceNaturalFoods.com

LONELY LANE FARMS

**ITALIAN RUBBED
BONELESS PORK
LEG ROAST**

\$9.49/LB

Save \$2/lb



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

SMART CHICKEN

**ORGANIC BONELESS
SKINLESS CHICKEN
BREAST**

\$9.99/LB

Save \$1.50/lb



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

SEVENTH GENERATION

**DISHWASHER
DETERGENT GEL**

\$5.99

42 fl oz | Save \$3

**DISHWASHER
DETERGENT PACKS**

\$6.49

20 packs | Save \$4.50



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



- 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! • 1/7 - 1/13



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
 - Toppings: Hemp seeds, chia seeds, pumpkin seeds, shredded coconut, blueberries, orange slices
1. Place frozen blueberries and bananas in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
 2. 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.
 3. 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**



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

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**



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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**

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**

Over 1000 items on SALE! • 1/7 - 1/13

BULK DEPARTMENT DEALS

Authentic Foods
**SUPERFINE BROWN
RICE FLOUR**

\$1.99/LB

Save 50¢/lb



Café Mam
**ORGANIC FAIR TRADE
LIGHT ROAST COFFEE**

\$12.99/LB

Save \$3/lb

**ORGANIC FAIR TRADE
LIGHT ROAST DECAF**

\$13.99/LB

Save \$3/lb



CAFÉ
Mam

**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

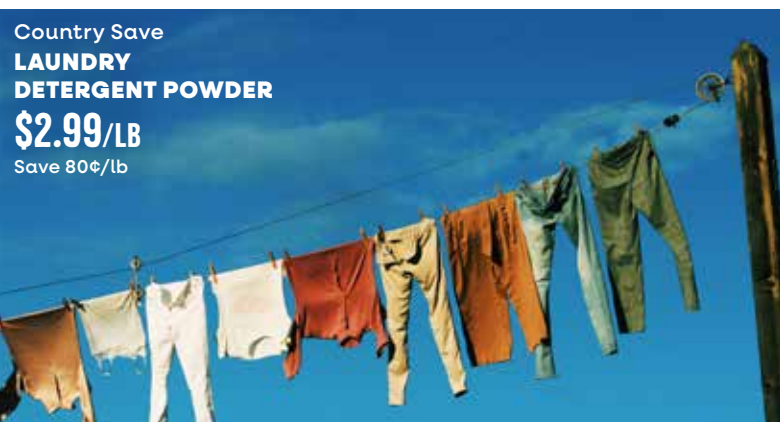
Save \$3/lb



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



Over 1000 items on SALE! • 1/7 - 1/13

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.

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



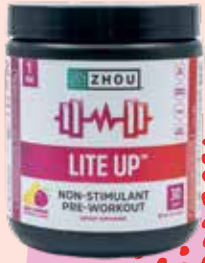
**ULTIMATE OMEGA
PLANT-BASED**
\$36.99
60 sg | Save \$11

NEW!



Wellness • On Sale 1/7 - 1/27

ZHOU



**LITE UP
PRE-WORKOUT**
\$19.99

7.5 oz | **Save \$9**



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 vcaps | **Save \$8**

VITANICA



CORTISOL RELIEF
\$40.99

60 vcaps | **Save \$11**

Close to
Home!

**ALL
VITANICA
ON SALE**

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

\$29.99

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

DAVIDS

TOOTHPASTE

Peppermint • Spearmint
Hydroxi Peppermint
Hydroxi Orange Vanilla

\$5.99

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



DR. BRONNER'S

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

Your Choice

\$13.99

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



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! • 1/7 - 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

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