

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
BARTLETT PEARS**

\$1.99/LB



**ORGANIC
KANZI APPLES**

\$1.99/LB



**ORGANIC
TANGO MANDARINS**

\$2.69/LB



**BULK
sale**

Saturday, March 28

15% off the Entire Bulk Department*

Coffee • Trail Mix • Nuts • Beans • Rice • Flour • Grains • Herbs
Spices • Tea • Candy • Dried Fruit • Soaps ... and More!

*Sale applies to regular-price bulk foods and soaps

Organic Produce • On Sale 3/18 - 3/24

TACO STUFFED BELL PEPPERS



Serves 4 (8 as a side)

- 1 boneless skinless chicken breast, pounded to 1-inch thick
 - 2 limes, juiced
 - 3 Tbsp olive oil
 - Taco seasoning blend, divided
 - Salt & pepper, to taste
 - 4 bell peppers, sliced lengthwise, seeded
 - 1 small yellow onion, chopped
 - 5 cloves garlic, chopped
 - 1 cup tomatoes, chopped
 - 1 cup cooked rice
 - 1 cup cooked black beans
 - ¼ cup cilantro, chopped
 - 1 cup shredded mozzarella cheese
- Taco Seasoning Blend**
- 2 tsp chili powder
 - 1 tsp smoked paprika
 - 1 tsp chipotle powder
 - 1 tsp onion powder
 - ½ tsp cumin

1. Marinate the chicken in the juice of 1 lime, 1 Tbsp olive oil, 2 tsp of the taco seasoning blend, and a pinch of salt and pepper for at least 1 hour, or up to overnight.
2. Preheat the oven to 425°F, and line a rimmed baking sheet with parchment or foil.
3. Brush the bell peppers with olive oil and sprinkle with salt and pepper. Roast in the oven for 15 minutes. Remove and set aside.
4. In a large skillet, heat a drizzle of olive oil over medium high. Cook chicken until done, about 5-6 minutes per side. Shred with a fork when cool enough to handle.
5. Wipe out the skillet, add the remaining oil, and cook onion until translucent and beginning to become tender, about 3-4 minutes. Add garlic, and cook until fragrant, another minute.
6. Stir tomatoes, rice, beans, shredded chicken, cilantro, and remaining taco seasoning into the onion mixture. Season to taste with salt and pepper. Cook until heated through, about 3 more minutes.
7. Stuff peppers with chicken and rice mixture. Sprinkle with cheese. Roast in the preheated oven for 12 minutes, or until the cheese is melted and bubbly.

ORGANIC
TOMATOES ON THE VINE

\$3.29/LB



ORGANIC
POTATOES

Red • Russet • Yellow

\$3.49



ORGANIC
BELL PEPPERS

Red • Orange • Yellow

\$4.99/LB



Organic Produce • On Sale 3/18 - 3/24

ORGANIC
STRAWBERRIES

\$4.99



ORGANIC
BRUSSELS SPROUTS

\$2.99/LB



ORGANIC
GRAPE & CHERRY
TOMATOES

\$3.69



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND
SERVED UP FRESH
EVERY DAY



Lonely Lane Farms
**LOCAL GRASS-FED
 ENGLISH-STYLE BANGERS**

\$10.99

12 oz | Save \$2



BANGERS AND MASH

Serves 4

- 2 lbs potatoes, peeled and cubed
- 2 cloves garlic, smashed and peeled
- 1/4 cup butter
- 1/4 cup cream cheese
- 1 tsp dried mustard
- 4 pork dinner sausages
- 1 Tbsp butter
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 cups beef broth
- 1/2 cup red wine
- Salt and pepper to taste
- 1 Tbsp cornstarch (optional)

1. Preheat the oven to 200°F.
2. Place potatoes and smashed garlic in a medium saucepan and cover with cold water. Add salt to taste. Simmer until potatoes are tender, about 15 minutes. Drain.
3. Add 1/4 cup butter, cream cheese, and dried mustard to hot potatoes. Mash until smooth.
4. Cook sausage in a skillet over medium heat until well browned and cooked through. Remove sausage from skillet and place in the oven to keep warm. Reserve 1 Tbsp drippings.
5. Melt 1 Tbsp butter in reserved sausage drippings. Add onion, sauté over medium heat until well browned and soft, about 20 minutes. Add chopped garlic, cook until fragrant.
6. Add beef broth and red wine to onions, simmer until liquid is reduced by half, about 30 minutes.
7. Season with salt and pepper to taste. If a thicker sauce is desired, mix cornstarch with 1/4 cup water, and add to gravy. Cook and stir until thickened and bubbly.
8. Serve sausage with mashed potatoes, gravy, and peas.



Stahlbush **LOCAL FROZEN VEGETABLES**

Spinach • Broccoli • Peas
 Corn • Green Beans
 Squash • Mixed Vegetables

\$2.29

10 oz | Save \$1.50



Tasty Bite **ORGANIC RICE**

Your Choice

\$2.49

8.8 oz | Save \$1.50



Tasty Bite **INDIAN ENTREES**

Your Choice

\$2.99

10 oz | Save \$2



Primal Kitchen **ORGANIC AVOCADO OIL**

\$14.99

16.9 fl oz | Save \$10



Smart Chicken **ORGANIC WHOLE CHICKENS**

\$4.29/LB

Save \$1/lb



**Primal Kitchen
PASTA SAUCE**

Garlic Marinara • Alfredo
Vodka • Basil Marinara

\$5.99

15-24 oz | **Save \$4**



**Primal Kitchen
BBQ SAUCE**

Classic • Korean
Hawaiian • Golden

\$3.99

8.5 oz | **Save \$2.50**



**Primal Kitchen
DRESSINGS
& MARINADES**

Your Choice

\$5.49

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



**Primal Kitchen
DIPPING SAUCES**

Yum Yum • Special
Chicken • Avocado Lime

\$5.99

10 oz | **Save \$5**



**Primal Kitchen
AVOCADO OIL
MAYONNAISE**

\$12.99

24 oz | **Save \$9**



**Lonely Lane Farms
LOCAL GRASS-FED UNCURED
CORNED BEEF BRISKET**

\$18.99/LB

Save \$1.80/lb



CORNED BEEF HASH

Serves 2

- 2 cups shredded frozen potatoes
- 1 cup leftover corned beef, 1/4-inch dice
- 1/2 cup grated onion, water squeezed out
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika
- 1/4 tsp salt, or to taste
- 1 Tbsp olive oil
- 1 Tbsp butter
- 2 eggs, 1 tsp butter

1. In a large bowl, toss together frozen potatoes, corned beef, onion, and spices.
2. Heat olive oil and butter in a large skillet over medium high heat. Spread potato mixture into a 1/2-inch thick layer in the hot skillet. Press flat with the back of a spatula.
3. Fry potato mixture for 6 minutes without stirring. If the potatoes brown too quickly, reduce heat to medium. After 6 minutes, flip the potatoes, and cook for an additional 3 minutes. Continue flipping and cooking until golden brown and crisp.
4. In a separate skillet, heat 1 tsp butter over medium-low heat. Crack an egg into a ramekin or bowl, making sure not to break the yolk. Tilt the egg gently into the pan, sprinkle with salt and pepper to taste, cover the pan with a tight-fitting lid, and cook until the white is set but the yolk is still runny, about 2-2 1/2 minutes.
5. Serve hash hot, with an egg on top.



**Vital Farms
PASTURE-RAISED
EGGS**

\$6.99

1 doz | **Save \$3**

Over 1000 items on SALE! • 3/11 - 3/24

GARLIC ROSEMARY SKILLET BREAD



- 1 head garlic
- 1 tsp olive oil
- 4 ½ cups unbleached white flour
- 1 pkg (2 ¼ tsp) active dry yeast
- ½ Tbsp kosher salt
- 3 sprigs fresh rosemary leaves, finely chopped
- 2 cups warm water (110F)
- 1 Tbsp black garlic honey
- 3 Tbsp olive oil

1. Preheat the oven to 400F.
2. Remove papery outer skins from garlic. Slice off top ¼, exposing cloves. Rub with 1 tsp olive oil. Wrap in foil and place in a shallow baking dish. Bake 40 minutes, or until tender. Remove from skins, mash.
3. Whisk together flour, yeast, salt, and rosemary in a large bowl.
4. Stir in water, honey, and roasted garlic paste. Dough will be very sticky, almost like a thick batter.
5. Cover with plastic wrap or a towel. Allow to rise in a warm, draft free place until doubled in size, about 90 minutes.
6. Drizzle 1 Tbsp oil into a 12-inch cast iron skillet. Rub oil on your hands, and transfer the dough into the skillet. Cover with a clean kitchen towel, and allow to rise again, about 1 hour.
7. Preheat the oven to 400F.
8. Drizzle the remaining oil over the dough. Cut 2 or 3 scores into the top with a sharp knife. Bake for 40 minutes, or until golden.
9. Allow to cool at least an hour before slicing.



Bonafide Provisions

BONE BROTH

Chicken • Turkey • Beef

\$6.49

24 fl oz | Save \$5



Bonafide Provisions
ORGANIC BROTHS

Chicken • Vegetable
Salted • No Salt

\$2.99

32 fl oz | Save \$2.50



Amy's
SOUPS

Organic & Made with Organic
Varieties

\$3.49

13.65-14.7 oz | Save \$1.50



Amy's
ORGANIC CHILI

Your Choice

\$3.99

14.7 oz | Save \$2



Mike's Mighty Good

CRAFT RAMEN

Packs & Cups
Made with Organic Noodles

3 FOR \$5

1.6-2.3 oz | Save \$1.33/ea



**Boulder Canyon
POTATO CHIPS**

Your Choice

2 FOR \$6

5.25-6.5 oz | Save \$1.49/ea



**Cosmic Bliss
PLANT BASED
FROZEN DESSERT**

Your Choice

\$4.99

14 fl oz | Save \$2.50



**Mary's Gone Crackers
SUPER SEED
& REAL THIN CRACKERS**

Your Choice

2 FOR \$7

4 oz | Save \$1.99/ea



**Truly Grass-Fed
CHEDDAR CHEESE
WEDGES**

Aged • Sharp

\$3.99

7 oz | Save \$3



**Perfect Bar
REFRIGERATED
PROTEIN BARS**

Your Choice

2 FOR \$5

2.2-2.5 oz | Save \$1.29/ea



**Ginger People
GIN GINS CANDY**

Original Chews
Double Strength

\$2.49

3 oz | Save \$1.50



WILCOX FAMILY FARMS

**MOBILE PASTURE-
RAISED EGGS**

\$5.99

1 doz | Save \$1.50



Over 1000 items on SALE! • 3/11 - 3/24

MUESLI COOKIES



- ½ cup butter, at room temperature
- ¾ cup unrefined cane sugar
- ¾ cup brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 ½ cup unbleached wheat flour or 1:1 gluten free flour blend
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp kosher salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp allspice
- 1 ½ cups muesli
- 1 ½ cups rolled oats
- 1 cup raisins
- ½ cup chopped pecans
- ½ cup chopped hazelnuts

1. In a large mixing bowl, cream together butter and sugar.
2. Mix in egg and vanilla until combined.
3. In a small bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, nutmeg, and allspice. Mix into the butter and sugar mixture with a wooden spoon.
4. Fold in muesli, oats, raisins, and nuts until thoroughly mixed.
5. Let dough sit for 30 minutes, to allow the flour and oats to hydrate.
6. Preheat the oven to 350°F. Line a rimmed baking sheet with baking parchment or a silicone baking mat.
7. Scoop dough by tablespoonfuls onto the prepared baking sheet.
8. Bake for about 9-12 minutes, or until cookies are set and edges are golden and crispy. Allow to cool for 5 minutes on the baking sheet before moving to a rack.



Maple Hill Creamery ORGANIC KEFIR

Plain • Vanilla

\$5.49

32 oz | Save \$2.50



Siggis SKYR YOGURT

Your Choice

3 FOR \$4

4.4-5.3 oz | Save 96¢/ea



Kite Hill ALMOND MILK YOGURT

Your Choice

3 FOR \$5

5.3 oz | Save 83¢/ea



Rebbl ORGANIC SHAKES

Your Choice

\$3.29

12 fl oz | Save \$1.70



Califia CREAMY REFRESHERS

Strawberry • Orange
Piña Colada

\$4.49

48 fl oz | Save \$3.50

BULK DEPARTMENT DEALS

Azure
**ORGANIC KHORASAN
WHEAT BERRIES**

\$2.49/LB

Save 50¢/lb



Equal Exchange
ORGANIC FAIR TRADE COFFEE

Bird of Paradise • Colombia

\$12.99/LB

Save \$2/lb



Azure
**ORGANIC BROWN
RICE FLOUR**

\$2.99/LB

Save 50¢/lb



Azure
**ORGANIC TRICOLOR
ROTINI PASTA**

\$4.99/LB

Save \$1/lb



Grandy Organics
**ORGANIC
SWISS MUESLI**

\$8.49/LB

Save \$2/lb



Pure Bliss Organics
**NO SUGAR BUZZ
ORGANIC GRANOLA**

Original • Cashew Cranberry

\$9.49/LB

Save \$2/lb



Hummingbird
**ORGANIC
AWAKENED ALMONDS**

\$16.99/LB

Save \$5/lb



Hummingbird
**ORGANIC WHITE
CHOCOLATE CHUNKS**

\$23.99/LB

Save \$4/lb



Hummingbird
ORGANIC AWAKENED WALNUTS

Good Food Awards Finalist

\$16.99/LB

Save \$5/ea



Hummingbird
ORGANIC AWAKENED PECANS

Good Food Awards Winner

\$23.99/LB

Save \$6/lb



Over 1000 items on SALE! • 3/11 - 3/24



ECOS
DISHWASHER GEL
 Lavender
\$4.99
 40 fl oz | Save \$3



Biokleen
BAC-OUT
BATHROOM CLEANER
\$7.49
 32 fl oz | Save \$3



Biokleen
BAC-OUT
CARPET STAIN
& ODOR REMOVER
\$7.99
 32 fl oz | Save \$4



Cookie Pal
DOG TREATS
 Pumpkin Chia
 Peanut Butter Chia
 Sweet Potato Flaxseed
\$4.49
 8.8-10 oz | Save \$4



Choice
ORGANIC TEAS
 Your Choice
\$2.99
 16 pk | Save \$3



Essentia
IONIZED ALKALINE
WATER
\$2.79
 50.7 fl oz | Save \$1.70



HOP WTR
SPARKLING
HOP WATER 6-PACKS
 Blood Orange • Mango
 Grapefruit
\$7.49
 6/12 fl oz | Save \$5.50



Nixie
ORGANIC SPARKLING
WATER 8-PACKS
 Your Choice
\$4.49
 8/12 fl oz | Save \$3



GT's
ALIVE
MUSHROOM ELIXIR
 Root Beer • Ginger Turmeric
 Matcha Cream Soda • Cola
2 FOR \$6
 16 fl oz | Save 99¢/ea

Over 1000 items on SALE! • 3/11 - 3/24

MARCH MEAD-NESS

Honey, these sweet deals are the bee's knees! From melomels (mead made with fruit) to metheglin (spiced meads) to meads made with only honey, from sweet to dry, there's something for every palate. Which ones will you choose for your March Meadness Braggot... er, Bracket?



Dansk Mjød
VIKINGERNES MJØD

Lightly spiced and hopped,
aromatic and sweet

\$29.99

750 ml | Save \$5



Hierophant Meadery
BUTTERBEE

Butterscotch metheglin

\$15.99

500 ml | Save \$3



Dansk Mjød
DANISH MEADS

Odin's Skull • Klapøsjter Mjød
Viking Blod • Ribe Mjød

\$24.99

750 ml | Save \$5



Hierophant
WASHINGTON MEADS

Lemonbalm • Chamomile
Chrysopoeia
Lavender Citrus

\$22.99

750 ml | Save \$4-\$6



Dansk Mjød
DANISH MEAD MINIS

Odin's Skull • Viking Blod

\$11.99

300 ml | Save \$2



Hidden Legend
PURE HONEY MEAD

\$18.99

750 ml | Save \$3



TERRY NATURALLY



CURAMED

750 mg

\$31.99

30 sg | **Save \$8**

Curcumin is the most powerful component of turmeric, a plant highly prized for centuries due to its amazing health benefits. CuraMed provides superior absorption, taking curcumin to the next level, with up to 500 times more curcumin delivered to the blood stream than turmeric.*†

* Based on enhanced absorption of CuraMed curcumin versus an equivalent weight of standard turmeric containing 2% curcuminoids.

† These statements have not been reviewed by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease



Yerba Prima DAILY FIBER CAPS

\$13.99

180 cap | **Save \$5**



Nordic Naturals OMEGA-3 FISH OIL

\$34.99

180 sg | **Save \$7.50**



Nature's Answer

SAMBUCUS

Black Elderberry

\$10.99

4 fl oz | **Save \$5.50**



Natural Vitality

CALM DRINK MIX

Original • Orange
Raspberry-Lemon

\$16.99

8 oz | **Save \$5**

Natural Vitality CALM GUMMIES

Raspberry • Orange

\$20.99

120 ct | **Save \$5.50**



Natural Factors
QUERCETIN
 500 mg
\$16.99
 60 vcap | Save \$4



**NEW
LOOK!**

Natrol
5-HTP FAST DISSOLVE
 100 mg
\$10.99
 30 ct | Save \$7



KAL
D-3 K-2 DROP-INS
\$11.99
 2 fl oz | Save \$6.50



Flora
ORGANIC FLAX OIL
\$22.99
 17 fl oz | Save \$8.50



CV Sciences
CBD GUMMIES
 Calm • Sleep
\$24.99
 30 ct | Save \$11

SOLARAY



**MAGNESIUM
GLYCINATE**
 350 mg
\$15.49
 120 vcap | Save \$4.50



**B-COMPLEX
100**
\$17.99
 100 cap | Save \$6



**ONCE DAILY
50+ ADULTS**
\$21.99
 60 vcap | Save \$6

ALL HERB PHARM 30% OFF



Giovanni
**SHAMPOO
& CONDITIONER**
Tea Tree • 50/50 • Root 66
Smooth as Silk • Weightless
\$7.49
8.5 fl oz | **Save \$3.50**



The Grandpa Soap Co.
PINE TAR BAR SOAP
\$3.29
3.25 oz | **Save \$1.70**



Derma-E
VITAMIN E SKIN OIL
14,000 IU
\$10.99
2 fl oz | **Save \$4.50**



Traditional Medicinals
**THROAT COAT
LOZENGES**
Orange Fennel • Lemon Ginger
Eucalyptus Mint
\$3.99
16 ct | **Save \$3**



Mad Hippie
**VITAMIN C SERUM
& SUPER A SERUM**
\$27.99
1 fl oz | **Save \$5**

**ALL
MAD HIPPIE
ON SALE**



Traditional Medicinals
SMOOTH MOVE
\$11.99
50 cap | **Save \$7**



Olbas
AROMATIC INHALER
\$4.29
ea | **Save \$2.70**

Brenda Watson's
VITAL PLANET™

For over a decade, Vital Planet has been at the forefront of natural digestive health, helping millions of people and their pets feel better from the inside out. Founded on the belief that true wellness begins with a balanced gut, the brand offers science-backed probiotics, fiber blends, digestive aids, omega-3s, cleanses and more — all formulated to support optimal digestion, immune health, and overall vitality.

What sets Vital Planet apart is their commitment to transparency, quality, and education. Every ingredient and probiotic strain is clearly listed on packaging, with no hidden additives or vague terms, so consumers know exactly what they're putting in their bodies. They also provide clear wellness education and expert support, empowering customers to make informed health choices.

Flagship products like the Vital Flora probiotic line feature high strain, high-potency formulas designed to support digestion and immune balance, while other offerings like Vital Fiber gently promote regularity with organic plant-based sources.

With thousands of glowing reviews praising effectiveness and customer care, Vital Planet continues to build trust among health-conscious consumers seeking natural, effective solutions for everyday wellness.



**INTENSE CARE
 PROBIOTICS**

Bowel • Colon • Brain & Mood
 Gas & Bloating • Vaginal

\$42.99

30 ct | Save \$12

Over 1000 items on SALE! • 2/25 - 3/24

ANCIENT NUTRITION



MULTI COLLAGEN PROTEIN

\$35.99

Chocolate • Vanilla
Unflavored

16-16.8 oz | Save \$14



PLANT-BASED MULTI PROTEIN

Chocolate • Vanilla
Berry

\$39.99

19-21 oz | Save \$19

NEW!



ANIMAL-BASED MULTI PROTEIN

Chocolate • Vanilla
Strawberry

\$43.99

18 oz | Save \$21

NEW!



Wild Carrot CARDAMOM FACIAL CLEANSER

\$12.99

3.4 oz | Save \$7



Wild Carrot BORAGE BUTTER FACE CREAM

\$16.99

2 oz | Save \$7



Schmidt's DEODORANT

Charcoal • Bergamot Lime
Rose Vanilla • Lavender

\$9.99

2.65 oz | Save \$4



NOW XYLI-WHITE TOOTHPASTE

Refreshmint • Platinum Mint
Cinnafresh • Coconut

\$4.99

6.4 oz | Save \$2



Radius DENTAL FLOSS

Clove Cardamom

\$3.29

55 yds | Save \$2.20