



**EAT WELL  
BE HAPPY**



**ORGANIC  
HONEYDEW MELONS**

**\$1.19/LB**



**GREAT ON A MEZZE PLATTER!  
SEE PAGE 3**

**ORGANIC  
CAULIFLOWER**

**\$1.29/LB**



**ORGANIC  
MINI PERSIAN  
CUCUMBERS**

**\$1.89/LB**



**ORGANIC  
COSMIC CRISP  
APPLES**

**\$2.49/LB**



**ORGANIC  
CANDY SNAP  
RED GRAPES**

**\$3.99/LB**



**Organic Produce • On Sale 6/24–6/30**

# THE LIFESOURCE KITCHEN

SCRATCH MADE



SERVED UP FRESH  
EVERY DAY

HOT BAR & SALAD BAR  
8 AM - 8 PM

GRAB AND GO ANYTIME



ORGANIC  
MINI BELL PEPPERS  
\$6.99/EA

1 LB  
PKG



ORGANIC  
SUGAR SNAP PEAS  
\$4.99/LB



ORGANIC  
VERRY CHERRY PLUMS  
\$6.29/LB



Wholesum  
ORGANIC SNACKING TOMATOES  
Brites • Darlings • Kaleidos • Poppies

\$6.49/EA

RECIPE  
ON PAGE  
9



12 OZ  
PKG

# MEZZE

Mezze (pronounced MEZ-ay), meze, or mazza originated from the Persian word maza, which translates to “taste,” or “relish.” Mezze are served in Greece, Turkey, the Balkans, and parts of North Africa. Much like tapas from Spain, mezze are a collection of appetizers perfect for grazing, or you can serve them as a meal when it's simply too hot to cook!

Some common mezze include hummus, baba ganoush, tzatziki, cheese, olives, fresh or dried fruit, nuts, and pita or flat bread. They may also include more substantial meat dishes, such as kebabs.

Just like when building a charcuterie board, you'll want to include a cheese, bread or crackers for dipping, salted or raw nuts, something briny like olives, and something sweet, such as seasonal or dried fruit.

We used naan, pita, hummus, our recipe for tzatziki sauce, organic green and red grapes, organic cherry tomatoes, and organic apricots. Roasted pistachios and feta cheese provide a bit of savor, and olives and pickled artichoke hearts round it out.



Ithaca  
**HUMMUS**

Lemon Garlic • Lemon Dill

**2 FOR \$7**

10 oz | Save \$2.49

Get our Tzatziki recipe at  
[LifeSourceNaturalFoods.com](http://LifeSourceNaturalFoods.com)



# WINE & BEER DEALS



Pfriem Family Brewers  
**OREGON BEER 6-PACKS**

Your Choice

**\$12.99**

6/12 fl oz | Save \$2



Grower's Guild Wine Co.  
**PINOT NOIR**

Oregon

**\$15.99**

750 ml | Save \$3



Lovo  
**BLOSSOM ROSSO**

Veneto, Italy

**\$14.99**

750 ml | Save \$4



Illahe Vineyards  
**TEMPRANILLO ROSÉ**

Willamette Valley

**\$21.99**

750 ml | Save \$2



Pacific Redwood  
**ORGANIC RED  
TABLE WINE**

California

**\$9.99**

750 ml | Save \$2



Cono Sur  
**ORGANIC RED BLEND**

Chile

**\$12.49**

750 ml | Save \$2

## DESCHUTES BREWERY



**PATAGONIA  
PROVISIONS  
ORGANIC  
LAGER 6-PACK**

**\$12.49**

6/12 fl oz | Save \$2

Deschutes Brewery and Patagonia Provisions joined forces to produce a beer that's bright, crisp, and great for the planet. This lager is brewed with Regenerative Organic Certified rye, organic hops and barley, and organic Kernza. What the heck is Kernza? Kernza is a revolutionary new grain that dedicated plant breeders at The Land Institute have developed over decades of work. The world's first commercially available perennial grain, Kernza's 10-foot-deep roots reduce soil erosion and sequester hundreds of pounds of carbon per acre every year.



Late July  
**TORTILLA CHIPS**

Sea Salt • Lime • Blue Corn  
Jalapeno • Nacho

**2 FOR \$7**

6-10 oz | Save \$1.99/ea



Lesser Evil  
**ORGANIC POPCORN**

Himalayan Gold • Pink Salt  
Cheddar • Oh My Ghee

**2 FOR \$6**

4.6 oz | Save \$1.79/ea



Boulder Canyon  
**POTATO CHIPS**

Sea Salt • Malt Vinegar  
Hickory BBQ

**2 FOR \$6**

5.25-6.5 oz | Save \$1.49/ea



Mary's Gone Crackers  
**SUPER SEED  
CRACKERS**

Select Varieties

**2 FOR \$7**

4 oz | Save \$1.99/ea



Mary's Gone Crackers  
**REAL THIN  
CRACKERS**

Select Varieties

**2 FOR \$7**

4 oz | Save \$1.99/ea

# VEGAN CARAMELIZED ONION DIP



- 1 cup raw cashews
- 3 cups water
- 2 tbsp lemon juice
- 2 tsp apple cider vinegar
- ½ tsp nutritional yeast
- pinch salt
- 2 yellow onions, chopped
- 3 Tbsp vegan butter
- 3 cloves garlic, smashed and minced
- 2 tsp Worcestershire
- sauce (vegan)
- 1 tsp onion powder
- ½ tsp garlic powder
- 2 Tbsp green onions, minced
- 1 Tbsp fresh parsley, chopped
- ¼ tsp cayenne pepper, optional
- salt and pepper, to taste

Vegan Sour Cream

1. Boil cashews in 3 cups of water for 15 minutes. Remove from heat and cover. Allow to soak for 1 hour. Drain, reserving liquid.
2. To a blender, add cashews, ½ cup of the reserved cashew liquid, the lemon juice, apple cider vinegar, nutritional yeast, and pinch of salt. Blend until smooth. Taste, and adjust seasonings if desired. Chill until ready to use.

Caramelized Onions

3. Melt vegan butter in a 12-inch skillet over medium heat. Add onions and a sprinkle of salt, cook and stir until fragrant and translucent, about 7 minutes. Stir in garlic, cook for an additional minute. Reduce heat to medium low, stirring frequently until caramelized, about 30 minutes. Splash with a little water if onions begin to stick. Allow to cool.

Dip

4. In a bowl, mix together vegan sour cream, caramelized onions, vegan Worcestershire, garlic powder, onion powder, green onions, parsley, cayenne, and salt and pepper. Mix until thoroughly combined.
5. Taste, adjust seasoning if desired. Serve chilled with potato chips.



Smart Chicken  
**ORGANIC  
DRUMSTICKS**  
**\$3.99/LB**  
Save \$1/lb

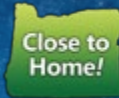


Beyond Meat  
**PLANT BASED  
SAUSAGE**  
Brats • Hot Italian  
**\$6.49**  
14 oz | Save \$4.50

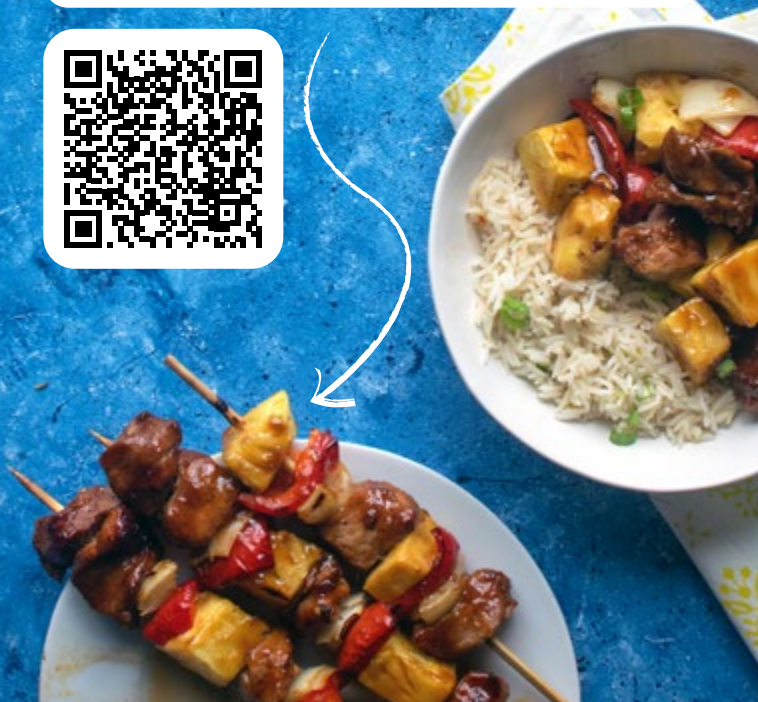
# LONELY LANE FARMS

Third-generation farmers Mike and Patty Kloft run a 165-acre farm in Mt. Angel and lease 300 acres of grazing lands at the historic Mt. Angel Abbey. This land provides space for the farm's animals to graze and roam freely, creating a great quality of life for the animals, a sustainable way of farming, and delicious, high quality meats for you.

**PORK KABOB CUT**  
**\$8.99/LB**  
Save \$2/lb



Get our recipe for Teriyaki Pork & Pineapple Skewers at [LifeSourceNaturalFoods.com](http://LifeSourceNaturalFoods.com)



Abbot's  
**PROTEIN VEGGIE  
BURGER**  
Classic Smokehouse  
**\$4.99**  
8 oz | Save \$3



Bubbies  
**BREAD & BUTTER  
PICKLE CHIPS**  
**\$6.99**  
33 oz | Save \$4



Organic Valley  
**ORGANIC FETA  
CHEESE CRUMBLES**  
**\$3.49**  
4 oz | Save \$3



Organic Valley  
**RAW ORGANIC  
CHEESES**  
Sharp & Mild Cheddars  
Jack-Style  
**\$4.49**  
8 oz | Save \$3



Safe Catch  
**TUNA POUCHES**  
Elite Pure Tuna  
Citrus Pepper • Garlic Herb

**\$2.49**

2.6-3 oz | **Save \$1.50**



Primal Kitchen  
**AVOCADO OIL MAYO**

**\$12.99**

24 oz | **Save \$9**



Ocean's Halo  
**ORGANIC  
NOODLE BOWLS**

Thai Coconut • Vegan Beef  
Vegan Chicken

**\$3.49**

4.02 oz | **Save \$2.50**



Vital Farms  
**ORGANIC  
PASTURE RAISED  
EGGS**

**\$7.49**

1 doz | **Save \$2.50**



Siete  
**REFRIED BEANS**

Pinto • Black

**2 FOR \$4**

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



**SMOKY BACON  
DEVILED EGGS**

**Makes 16 servings**

- 8 large organic eggs
- 1/4 cup white distilled vinegar
- 4 slices bacon, cut into 1/2 inch pieces
- 1 small shallot, minced
- 1/4 cup mayonnaise
- 2 Tbsp dijon mustard
- 1 Tbsp apple cider vinegar
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper, or to taste
- 1/8 tsp chipotle powder
- 1 lime, quartered

1. Bring 8 cups water and 1/4 cup vinegar to a boil. Carefully add eggs, and boil for 10 minutes. Immediately place eggs in an ice bath, cool for 15 minutes. Peel and slice in half.
2. Cook bacon in a small skillet over medium heat until crisp. Remove from the pan and drain on paper towels or a clean kitchen towel. Drain off all but 1/2 Tbsp bacon grease from the skillet. Cook shallot until fragrant and tender, about 5-7 minutes.
3. In a bowl, mix together egg yolks, bacon, shallot, mayonnaise, mustard, vinegar, paprika, pepper, chipotle, and a squeeze of lime juice. Taste and adjust seasonings if desired.
4. Spoon filling back into egg halves. Serve with a wedge of lime.

# BULK DEPARTMENT DEALS

FINE HIMALAYAN SALT

**\$2.49/LB**

Save 50¢/lb



Steel Bridge  
**LOCALLY ROASTED COFFEE  
DELIVERED BY BICYCLE**

City Roast Guatemala  
Full City Honduras  
Vienna Roast Uganda

**\$12.99/LB**

Save \$2/lb

Decaf Full City Honduras

**\$14.99/LB**

Save \$3/lb



Close to Home!

**ORGANIC  
CASSAVA FLOUR**

**\$2.79/LB**

Save 70¢/lb



Hummingbird  
**ORGANIC  
FLAGEOLET BEANS**

**\$3.79/LB**

Save 70¢/lb



Sun Valley  
**ORGANIC  
THOMPSON  
GREEN RAISINS**

**\$3.79/LB**

Save 70¢/lb



**ORGANIC  
TRICOLORED QUINOA**

**\$3.99/LB**

Save \$1/lb



Pamela's  
**PANCAKE  
& BAKING MIX**  
with Non Gluten  
Ingredients

**\$4.79/LB**

Save \$1.20/lb



**ORGANIC  
SWEETENED  
BANANA CHIPS**

**\$4.79/LB**

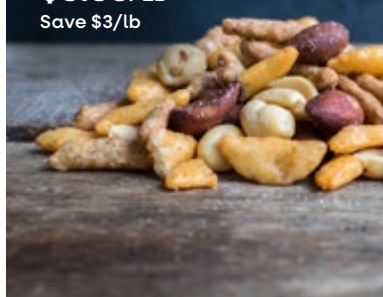
Save \$1/lb



SunRidge Farms  
**ZEN PARTY MIX**

**\$9.99/LB**

Save \$3/lb



Hummingbird  
**AWAKENED  
SPROUTED  
ALMONDS**

**\$17.99/LB**

Save \$4/lb



Hummingbird  
**ORGANIC JULIENNE  
TOMATOES**

**\$23.99/LB**

Save \$6/lb



# FLAGEOLET BEAN SALAD



Serves 6

- 1 cup dried flageolet beans
- 1 shallot, finely chopped
- 1/2 cup olives, sliced
- 1 cup cherry tomatoes, quartered
- 1/4 cup parsley, chopped
- 2 Tbsp olive oil
- 3 Tbsp golden balsamic vinegar
- 2 cloves garlic, minced
- 1/2 tsp salt, or to taste
- 1/2 tsp pepper, or to taste

- Sort beans, rinse, and soak overnight in 3 cups water.
- Rinse beans, put in a medium saucepan and cover with 2 inches of water. Bring to a boil, reduce heat and simmer 45 minutes, or until tender. Drain and allow to cool.
- Add beans, shallot, olives, tomatoes and parsley to a bowl.
- Whisk together olive oil, vinegar, salt, pepper, and garlic in a small bowl. Pour dressing over beans and gently toss.



## Serenity Kids ORGANIC BABY FOOD POUCHES

Roots • Squashes  
Sweet Potato & Spinach

**2 FOR \$4**

3.5 oz | Save 99¢/ea



## Mamma Chia ORGANIC CHIA SQUEEZE

**2 FOR \$3**

3.5 oz | Save \$1.29/ea



## Noosa YOGHURT

Strawberry Rhubarb  
Raspberry • Lemon  
Blueberry

**\$2.29**

8 oz | Save 70¢



## Organic Valley STRINGLES

Organic String Cheese

**\$4.49**

8 oz | Save \$3.50

# HOUSEHOLD SAVINGS



## Portland Pet Food Co. ROSIE'S BEEF N' RICE DOG MEAL

Human Grade Ingredients

**\$4.99**

9 oz | Save \$2.50



## TruEarth LAUNDRY DETERGENT STRIPS

Unscented

**\$8.99**

32 ct | Save \$11

**BIG DEAL!**

Over 1000 items on SALE! • 6/24-7/14

# S'MÖRE-GÅSBORD

Celebrate summer and satisfy your sweet tooth at the same time! Grab a graham cracker and pile on roasted marshmallows, organic and fair trade chocolate, organic fruits and berries, and rich organic nut butter!

## Our Favorite Combos

- Milk Chocolate + Peanut Butter + Strawberries
- White Chocolate + Blackberries
- Dark Chocolate + Raspberries
- Dark Chocolate with Almonds + Sliced Cherries

## No fire pit? No problem!

1. Line a large sheet pan with foil. Preheat the broiler to high. Set the oven rack to a couple notches below the heating element.
2. Break a graham cracker in two. On one, place 2 marshmallows, on the other, place a couple squares of chocolate. Repeat until you've made a few for everyone.
3. Broil a couple minutes until the marshmallows are browned and chocolate is melted.
4. Remove from the oven and pile with organic fruit and nut butter. Smoosh together and eat up!



Dandies  
**VEGAN  
MARSHMALLOWS**

**\$3.29**

10 oz | Save \$2.20



Annie's  
**ORGANIC  
GRAHAM CRACKERS**

**2 FOR \$7**

14.4 oz | Save \$3.49/ea



Pamela's  
**GLUTEN FREE  
HONEY GRAHAMS**

**\$4.49**

7.5 oz | Save \$3



Tcho  
**ORGANIC  
CHOCOLATE BARS**

Your Choice

**\$3.49**

2.1 oz | Save \$2.50



Tony's Choclonely  
**CHOCOLATE BARS**

Your Choice

**\$4.49**

6.35 oz | Save \$3



Nixie  
**ORGANIC  
SPARKLING WATER**

Your Choice

**\$4.49**

8 pk | Save \$3



Alden's  
**ORGANIC  
ICE CREAM**

Your Choice

**\$8.49**

48 fl oz | Save \$4



Zevia  
**ZERO SUGAR SODA**

Cola • Ginger Ale  
Ginger Root Beer  
Creamy Root Beer

**\$5.79**

6 pk | Save \$3.20



Drumroll  
**MINI DONUTS**  
Chocolate • Strawberry  
Vanilla

**2 FOR \$5**

2.6 oz | Save \$1.49



OliPop  
**PREBIOTIC SODA**

Your Choice

**3 FOR \$5**

12 fl oz | Save \$1.33/ea



Lakewood  
**SELECT  
ORGANIC JUICES**

Beet • Beet Ginger Turmeric  
Pink Grapefruit • Carrot

**\$5.49**

32 fl oz | Save \$3.50



Good Belly  
**ORGANIC PROBIOTIC  
JUICE DRINKS**

Raspberry • Pomegranate  
Pomegranate • Blueberry

**\$3.79**

32 fl oz | Save \$2.20



**ICE CREAM SANDWICHES**



Get our original recipe at  
[LifeSourceNaturalFoods.com](http://LifeSourceNaturalFoods.com)

# WISHGARDEN



## PREGNANCY & POSTPARTUM SUPPLEMENTS

Immune • Stress • Sleep  
Congestion • Allergy  
Postpartum Emotional  
Milk Rich

# \$18.99

2 fl oz | Save \$7

**ALL  
WISHGARDEN  
ON SALE**

# VITANICA



## CRANSTAT EXTRA

# \$16.99

60 vcap | Save \$5

Close to Home!



## CANDIDASTAT

# \$17.99

60 vcap | Save \$5

Close to Home!

**ALL VITANICA  
ON SALE**



## Nordic Naturals MULTIVITAMIN GUMMIES

Men's • Women's

# \$16.99

60 chews | Save \$6



## Nutrition Now PB8 PROBIOTIC ACIDOPHILUS

# \$8.99

60 ct | Save \$7



Close to Home!

## Oregon's Wild Harvest MUSCLE RELAX

# \$18.99

90 cap | Save \$7

**ALL OREGON'S  
WILD HARVEST  
ON SALE**



Close to Home!

## Oregon's Wild Harvest ASHWAGANDHA

# \$18.99

90 cap | Save \$7



Close to Home!

## Oregon's Wild Harvest TURMERIC with Black Pepper

# \$35.99

120 cap | Save \$14



### Garden of Life **RAW ORGANIC PROTEIN**

Vanilla • Chocolate  
Unflavored

# \$30.99

19.75-24.69 oz | **Save \$20**



### Natural Factors **WHEY FACTORS**

Vanilla • Strawberry  
Unflavored

# \$19.99

12 oz | **Save \$4.50**



### Natural Factors **TOTAL BODY COLLAGEN**

Pomegranate • Chocolate  
Orange • Unflavored • Vanilla

# \$37.99

1.06 lbs | **Save \$9**



### Navitas **SUPERFOOD+ BLENDS**

Greens • Adaptogens

# \$11.99

6.3 oz | **Save \$7**



### Liquid IV **HYDRATION MULTIPLIER**

Lemon Lime • Watermelon  
Tropical • Passionfruit • Açai

# \$15.99

10 ct | **Save \$5.50**

# ANCIENT NUTRITION

Clinically studied yeast peptides act as bioactive signaling messengers in the body, helping regulate hunger hormones, curb cravings, and reduce fat.\*

Peptides are short chains of amino acids. Think of them as tiny messengers that tell your cells what to do and when to do it. The human body produces over 300,000 different peptides, each having a specific role in regulating biological processes like metabolism, appetite, normal cellular repair, and other metabolic functions. Peptides can also be isolated and formulated into supplements to target specific functions.



### **ACTIVE PEPTIDES CORTISOL**

# \$32.49

60 caps | **Save \$17.50**

**NEW!**



### **ACTIVE PEPTIDES METABOLISM**

# \$38.99

60 caps | **Save \$21**

**NEW!**



### **ACTIVE PEPTIDES METABOLISM POWDER**

Guava Grapefruit  
Chocolate

# \$38.99

4.4-5.3 oz | **Save \$21**

**NEW!**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# EVANHEALY

Regenerative Organic Beauty



**BLUE CACTUS  
BODY OIL**  
**\$32.99**

3.3 oz | Save \$9



**BLUE CACTUS  
BODY BUTTER**  
**\$32.99**

6 oz | Save \$8.50



**BLUE CACTUS  
BEAUTY ELIXIR**  
**\$39.99**

0.5 fl oz | Save \$10



**ALL  
EVANHEALY  
ON SALE**



**Bach Flower Essences  
RESCUE PASTILLES**

Orange Elderflower

**\$9.49**

35 chews | Save \$2.50



**Lakewood  
ORGANIC ALOE JUICE**

Aloe • Whole Leaf Aloe  
Aloe Gel

**\$6.99**

32 fl oz | Save \$4



**Lily of the Desert  
ALOE VERA GELLY**

**\$3.49**

4 fl oz | Save \$2.50



**Earth Science  
EYE MAKEUP  
REMOVER**

**\$7.99**

4 fl oz | Save \$4



**Badger  
FACE SUNSCREEN**

30 SPF

**\$14.99**

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



**Derma-E  
ITCH RELIEF LOTION**

**\$11.99**

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



**Sukin  
SELECT FACE  
PRODUCTS**

Mist Toner • Revitalizing Scrub  
Moisturizer • Foaming Cleanser

**\$7.99**

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



**Sukin  
SHAMPOO  
& CONDITIONER**

Volumizing • Hydrating

**\$7.99**

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



**Aura Cacia  
AROMATHERAPY BATH**

Eucalyptus Mineral Bath  
Lavender Foaming Bath  
Tranquility Mineral Bath

**\$2.79**

2.5 oz | **Save \$1.20**

# DAVIDS



**HYDROXI  
TOOTHPASTE**

Peppermint • Orange Vanilla  
with non hydroxyapatite

**\$5.99**

4 oz | **Save \$4**

**ALL DAVIDS  
ON SALE**



# BOIRON



**ARNICARE**

Gel • Cream

**\$8.99**

2.5-2.6 oz | **Save \$4**

# 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.



## CREATINE MONOHYDRATE

# \$15.49

8 oz | Save \$3.50

**NEW!**



## WHOLE FOOD B-COMPLEX

# \$15.99

60 vcap | Save \$3



## ELECTROLYTE REPLENISHER

# \$17.99

4.7 oz | Save \$4

**NEW!**



## MAGNESIUM GLYCINATE

# \$30.99

180 vcap | Save \$6

**NEW!**  
LARGER SIZE