



**EAT WELL
BE HAPPY**

**ORGANIC
ATAULFO MANGOS
\$1.79/EA**



RECIPES
PAGES
2 & 11

**ORGANIC
BABY BROCCOLINI
BUNCHES**

\$2.79/EA



**ORGANIC
TOMMY ATKINS
MANGOS**

\$2.29/EA



**ORGANIC
YELLOW NECTARINES
\$2.49/LB**



RECIPE
PAGE 5

**SUPPLEMENT
SATURDAY!
AUGUST 15**



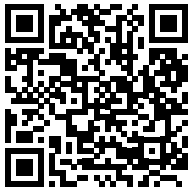
20% OFF*
**SUPPLEMENTS
& BODY CARE**

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

***REGULAR-PRICE ITEMS ONLY**

Organic Produce • On Sale 7/22-7/28

MANGO MIMOSAS



Scan for the recipe! Find more fruit-forward cocktail recipes at LifeSourceNaturalFoods.com

ORGANIC
EGGPLANT

\$3.59/LB



ORGANIC
FUZZY KIWIS

\$4.99/LB



RECIPE
PAGE 11

ORGANIC MINI
SWEET PEPPERS

\$5.99/EA



1 LB
PKG



ORGANIC JAPANESE
SWEET POTATOES

\$3.49/LB



ROASTED EGGPLANT



Makes 4 servings

- 1 eggplant, sliced into ½-inch thick planks
 - 2 Tbsp olive oil
 - 1 cup cherry tomatoes, halved
 - 3 ½ oz feta cheese, crumbled
 - 1 small bunch basil, torn
 - Salt and pepper, to taste
1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
 2. Place the eggplant on the prepared baking sheet. Brush with some of the olive oil, and sprinkle with salt and pepper.
 3. In a bowl, toss together the cherry tomatoes, feta, half of the basil, and the remaining olive oil. Top eggplant with the mixture.
 4. Bake in the preheated oven for 20 minutes, or until golden. Sprinkle with remaining basil and enjoy with pasta or crusty bread.

THE LIFESOURCE KITCHEN

SCRATCH MADE



SERVED UP FRESH
EVERY DAY

HOT BAR & SALAD BAR
8 AM - 8 PM

GRAB AND GO ANYTIME



WINE & BEER DEALS



Close to Home!

Pfriem Family Brewers
OREGON BEER 6-PACKS

Your Choice

\$12.99

6/12 fl oz | **Save \$2**



Grower's Guild Wine Co.
CABERNET SAUVIGNON

Washington

\$15.99

750 ml | **Save \$3**



Torre Oria
CAVA BRUT

Spain

\$11.99

750 ml | **Save \$2**



Flama d'Or
CAVA BRUT

Catalonia, Spain

\$12.99

750 ml | **Save \$2**



Pacific Redwood
**ORGANIC RED
TABLE WINE**

California

\$9.99

750 ml | **Save \$2**



Casa Santos Lima
PORTUGA WINES

Red • White • Rosé
Lisboa, Portugal

\$9.99

750 ml | **Save \$2**

DESCHUTES BREWERY



Close to Home!

**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.



Angie's BOOMCHICKAPOP POPCORN

Lightly Sweetened
Sweet & Salty • Sea Salt

2 FOR \$5

4.8-7 oz | **Save \$2.29/ea**



Mavuno Harvest ORGANIC DRIED FRUIT

Papaya • Dates • Jackfruit
Mango • Pineapple

\$2.79

2-4 oz | **Save \$2.20**



Terra VEGETABLE CHIPS

Sweets & Beets
Mediterranean
Sweet Potato

2 FOR \$6

5-6 oz | **Save \$1.99/ea**



Brown Cow CREAM TOP YOGURT

Your Choice

5 FOR \$5

5.3 oz | **Save 49¢/ea**



Bob's Red Mill CORNBREAD MIX

Gluten Free

\$2.49

20 oz | **Save \$2**



STONE FRUIT CRUMBLE

This is a great summer standby dessert that makes use of whatever stonefruit is in season. You can make it several times through the season, using cherries in June, nectarines and peaches in July, and plums and pluots in August and September. Or mix them if they're ripe all at once. It's the same recipe, but a different dessert each time!

Filling

- 8 cups stone fruit, sliced (Nectarines, Plums, Pluots, Peaches, Cherries, Apricots, etc.)
- ½ cup granulated cane sugar
- ¼ cup tapioca granules
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ⅛ tsp allspice

Crumble

- ½ cup all purpose flour
- ½ cup rolled oats
- ¼ cup brown sugar
- ¼ cup turbinado sugar
- 1 tsp cinnamon
- ¼ tsp salt
- ¼ tsp nutmeg
- 1/8 tsp ginger
- 1/8 tsp allspice
- ½ cup butter, softened to room temperature

Vanilla ice cream, for serving

1. Preheat the oven to 350°F. Grease a 9 inch baking dish with butter.
2. Mix together fruit, cane sugar, tapioca granules, and spices. Place in an even layer in the baking dish.
3. In another bowl, stir together flour, oats, brown and turbinado sugar, and crumble spices. Cut in the butter with a fork, mixing until all ingredients are combined. Sprinkle over the fruit.
4. Bake for 30 minutes, or until filling is tender and bubbly. Serve warm with vanilla ice cream.



WildBrine
ORGANIC KRAUT

Green • Dill & Garlic
Red Beet & Cabbage

\$5.99

18 oz | **Save \$3.50**



Westbrae
ORGANIC BEANS

Black • Pinto • Chili • Kidney
Great Northern • Garbanzo

\$2.29

15 oz | **Save \$1.50**

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.

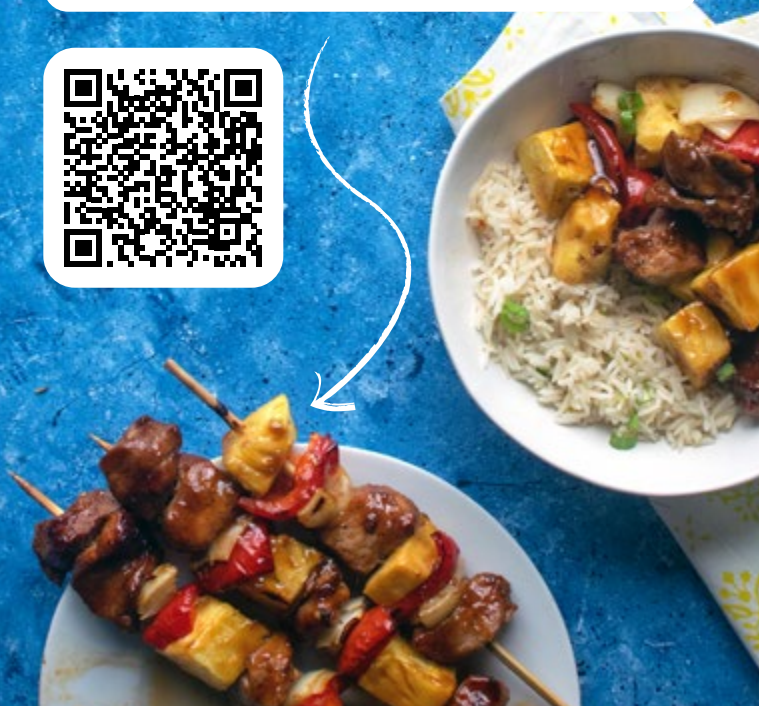
PORK KABOB CUT

\$8.99/LB

Save \$2/lb

Close to Home!

Get our recipe for Teriyaki Pork & Pineapple Skewers at LifeSourceNaturalFoods.com



Ancient Harvest
ORGANIC POLENTA

Traditional • Garlic Basil

\$2.49

18 oz | **Save \$2**



Ancient Harvest
GLUTEN FREE
ORGANIC PASTA

Penne • Elbows • Rotini
Spaghetti • Linguine • Shells

\$2.99

8 oz | **Save \$1.80**



Carbone
MARINARA SAUCE

Your Choice

\$6.99

24 oz | **Save \$4.50**



Lucini Italia
EXTRA VIRGIN
OLIVE OIL

Everyday

\$18.99

33.8 oz | **Save \$11**



Field Roast
**MINIATURE
CORN DOGS**

Plant Based

\$5.99

10 oz | **Save \$3.50**



Field Roast
**PLANT BASED
SAUSAGES**

Apple Sage • Frankfurters

\$5.49

12-12.95 oz | **Save \$2.50**



Smart Chicken
**ORGANIC CHICKEN
BREASTS**

Boneless Skinless

\$9.99/LB

Save \$1.50/lb



Nancy's
**ORGANIC
SOUR CREAM**

\$3.49

16 oz | **Save \$2.50**

Organic Valley
**ORGANIC SLICED
CHEESE**

Muenster • Provolone
Baby Swiss

\$4.29

4-6 oz | **Save \$2.70**



CHICKEN SOUVLAKI

Makes 4 skewers

- 1 lb boneless chicken breast or thighs, cut into 1-inch wide strips
- 2 Tbsp olive oil
- 2 Tbsp Greek yogurt
- 1 lemon, juiced and zested
- 3 cloves garlic, smashed and minced
- 2 tsp mediterranean seasoning
- ½ tsp kosher salt
- ½ tsp black pepper
- ¼ tsp smoked paprika
- 4 bamboo skewers, soaked overnight

1. Place chicken and all other ingredients in a bowl. Mix together thoroughly, so chicken is well coated. Cover and allow to marinate for at least 1 hour.
2. Divide chicken between 4 skewers. Grill or broil on high for 5 minutes on each side, or until cooked through. Serve with tzatziki.

FIND OUR TZATZIKI RECIPE AT
LIFESOURCENATURALFOODS.COM



BULK DEPARTMENT DEALS

ORGANIC STEEL CUT OATS

\$1.79/LB

Save 70¢/lb



Equal Exchange

ORGANIC FAIR TRADE COFFEE

All Regular Roasts

\$12.99/LB

Save \$2/lb

Decaf Breakfast Blend

\$14.99/LB

Save \$2/lb



Earthly Gourmet
ORGANIC COCONUT FLOUR

\$2.99/LB

Save 80¢/lb



ORGANIC RED QUINOA

\$3.99/LB

Save \$1/lb



Azure
ORGANIC INSTANT MASHED POTATOES

\$3.49/LB

Save \$1/lb



ORGANIC DRY ROASTED PEANUTS

\$4.49/LB

Save \$1.50/lb



Hummingbird
ORGANIC AWAKENED SPROUTED PECANS

\$24.99/LB

Save \$5/lb



Close to Home!

Azure
ORGANIC WHOLE ALMOND MEAL

\$10.99/LB

Save \$3/lb



Hummingbird
ORGANIC AWAKENED SPROUTED WALNUTS

\$17.99/LB

Save \$4/lb

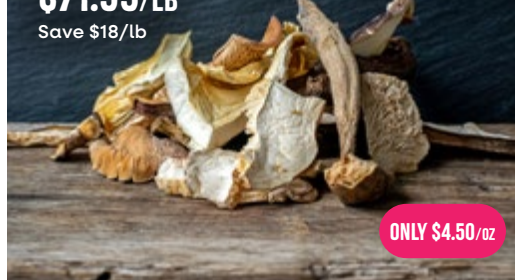


Close to Home!

Pistol River
DRIED WILD MUSHROOM MIX

\$71.99/LB

Save \$18/lb



ONLY \$4.50/oz

Terra Dolce
ORGANIC HATCH GREEN CHILE POWDER

\$26.99/LB

Save \$7/lb



ONLY \$1.69/oz

MOROCCAN SPICED ICED COFFEE



Serves 4

- ½ cup coffee beans
- 1 Tbsp roasted cacao nibs
- 1 tsp cinnamon
- ¼ tsp ginger
- ¼ tsp nutmeg
- ½ tsp allspice
- ½ tsp cardamom
- Pinch of black pepper
- 4 cups filtered water
- Sweetened condensed milk
- Splash milk

1. Grind coffee beans and cacao nibs to your preferred grind size. Place in a small bowl or jar. Whisk in remaining spices. Allow to sit covered several hours or overnight to let the flavors combine.
2. Brew coffee as usual. Allow to cool slightly and refrigerate in a tightly sealed jar until chilled.
3. Whisk together sweetened condensed milk and almond milk to your desired consistency.
4. Serve coffee over ice with sweetened condensed milk to taste.

For a non-dairy version, substitute the sweetened condensed milk with sweetened condensed coconut or oat milk and the milk with almond milk or other non-dairy milk of your choosing.



GoodPop FROZEN POPS

Watermelon • Chocolate Fudge
Cherry n' Lemonade
Orange n' Cream

\$3.99

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



Oatly FROZEN DESSERT

Your Choice

\$3.99

1 pint | **Save \$2.50**



Theo ORGANIC CHOCOLATE BARS

Your Choice

\$3.99

3 oz | **Save \$2.50**



Elmhurst PLANT-BASED MILKS

Almond • Oat • Walnut
Cashew

\$4.99

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



Oatly OATMILK

Original • Full Fat

\$3.99

64 fl oz | **Save \$2**

LOOK FOR THE SIGNS!



Cadia VEGGIE STRAWS

Jalapeño • Sea Salt

\$2.99

5 oz



Cadia ORGANIC CANNED BEANS

Your Choice

\$1.59

15 oz



Cadia ORGANIC RICE

Long Grain White
Long Grain Brown
White Jasmine

\$3.49

16 oz



Our Everyday Value program is designed to help you save money every time you shop with us. From pantry staples and frozen favorites to household essentials like laundry detergent and cleaning products, we're committed to offering you the lowest possible prices without sacrificing quality.

We know that choosing natural products—whether for your family's meals or your home—can sometimes feel like a luxury, especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing you're getting the best value for your money.

At LifeSource Natural Foods, we're passionate about natural and organic products, and we're excited to help you create a healthier home and kitchen as part of your everyday routine.



C2O COCONUT WATER

Original • Pulp • Pineapple
Ginger Lime Turmeric
Mango

2 FOR \$4

17.5 fl oz | Save \$1.29/ea



Liquid Death STILL & SPARKLING WATER

Your Choice

4 FOR \$5

19.2 fl oz | Save 74¢-\$1.04/ea



Organic India ORGANIC TEAS

Your Choice

\$3.79

18 pk | Save \$2.20



Poppi PREBIOTIC SODA

Your Choice

4 FOR \$5

12 fl oz | Save \$1.74



Portland Pet Food HOMESTYLE CAT MEALS

Salmon • Chicken

\$2.29

2.6 oz | Save \$1.70



Santa Cruz ORGANIC LEMONADE

Original • Raspberry
Blueberry • Strawberry
Mango • Limeade

\$2.49

32 fl oz | **Save \$1.50**



Mela WATERMELON WATER

Original • Pineapple
Passionfruit

2 FOR \$4

16.9 fl oz | **Save \$1.99/ea**



Odyssey FUNCTIONAL ENERGY DRINKS

Your Choice

\$2.49

12 fl oz | **Save \$1.50**



Roar ORGANIC HYDRATION BEVERAGES

Your Choice

2 FOR \$3

18 fl oz | **Save \$1.49/ea**



Mount Hagen ORGANIC INSTANT COFFEE

Regular • Decaf

\$9.99

3.5 oz | **Save \$6.50**

TROPICAL SALSA



Serves 8

- ½ cup red onion, finely chopped
- ½ cup pineapple, ¼-inch dice
- ½ cup mango, ¼-inch dice
- 1 kiwi, peeled, ¼-inch dice
- ½ cup cilantro
- 1 serrano pepper, finely chopped
- 2 tbsp lime juice
- 2 tbsp orange juice
- ½ tsp black pepper
- ¼ tsp kosher salt

1. Place onion, pineapple, mango, kiwi, avocado, cilantro, and serrano pepper, in a bowl.
2. Add lime and orange juice. Season to taste with salt and pepper. Gently toss to coat.
3. Enjoy with tortilla chips or top fish tacos.

WISHGARDEN



PREGNANCY & POSTPARTUM SUPPLEMENTS

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

**ALL
WISHGARDEN
ON SALE**

\$18.99

2 fl oz | Save \$7



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



Oregon's Wild Harvest MUSCLE RELAX

\$18.99

90 cap | Save \$7



Close to Home!

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



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

Close to Home!

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**



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**

Over 1000 items on SALE! • 6/24-7/28

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!



ELECTROLYTE REPLENISHER

\$17.99

4.7 oz | Save \$4

NEW!



WHOLE FOOD B-COMPLEX

\$15.99

60 vcap | Save \$3



MAGNESIUM GLYCINATE

\$30.99

180 vcap | Save \$6

NEW!
LARGER SIZE