



**EAT WELL
BE HAPPY**

**LOCAL ORGANIC
GREEN ZUCCHINI**

\$2.49/LB



**RECIPE
PAGE 2**

**Close to
Home!**

**ORGANIC
RED & YELLOW
POTATOES**

\$1.59/LB



**ORGANIC
GREEN ONION BUNCHES**

\$1.29/EA



**ORGANIC
YELLOW ONIONS**

\$1.39/LB



**LOCAL ORGANIC
ROMAINE LETTUCE**

2 FOR \$5



**Close to
Home!**

**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 7/29–8/4

STUFFED ZUCCHINI WITH GREMOLATA



Serves 2

Zucchini

- 1 large zucchini (about 1 lb)
- ½ cup shredded parmesan
- ½ cup panko
- 1 egg, lightly beaten
- 2 large cloves garlic, minced
- 1 Tbsp olive oil
- 1 tsp Italian seasoning
- Salt and pepper, to taste

Gremolata

- ½ cup basil, finely chopped
- ½ cup Italian parsley, finely chopped
- 1 lemon, zested and cut into wedges
- 2 Tbsp toasted almonds, chopped
- 2 Tbsp oil
- 1 large clove garlic, minced
- Salt and pepper, to taste

1. Preheat the oven to 400°F. Oil a baking sheet or line with parchment paper.
2. Cut off the ends of zucchini, and slice in half lengthwise. Scrape out the insides into a medium bowl, creating a ¼-inch thick zucchini boat.
3. Squeeze the excess water out of the zucchini flesh with a square of cheesecloth. Mix together zucchini flesh, parmesan, panko, egg, garlic, 1 Tbsp olive oil, Italian seasoning, salt, and pepper. Divide the filling into the zucchini boats.
4. Place stuffed zucchini onto the prepared baking sheet and bake for 30-35 minutes, or until the zucchini is tender and top is golden brown and crispy.
5. In a small bowl mix together basil, parsley, lemon zest, almonds, 2 Tbsp olive oil, and garlic. Squeeze in juice from 2 of the lemon wedges, and season with salt and pepper to taste. Pile gremolata on top of the stuffed zucchini and serve.

ORGANIC GRAPES

Red • Green • Black

\$3.79/LB



ORGANIC COSMIC CRISP APPLES

\$2.99/LB



LOCAL ORGANIC CHERRY TOMATOES

Sungold • Red • Grape • Mixed

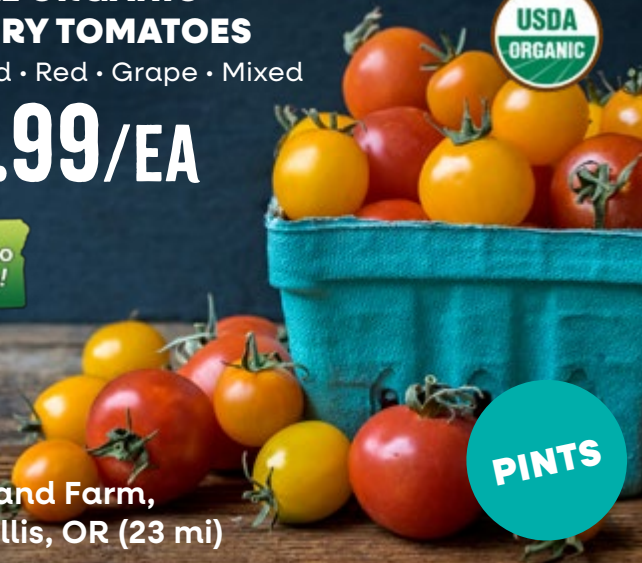
\$4.99/EA



Close to
Home!

Riverland Farm,
Corvallis, OR (23 mi)

PINTS



**ORGANIC
CARROT BUNCHES**

\$3.59/EA



ROASTED CARROTS WITH TAHINI SAUCE



Serves 4

- 2 bunches carrots, peeled and greens removed
 - 1 Tbsp olive oil
 - ½ cup roasted tahini paste
 - ¼ cup cilantro
 - 3 cloves garlic, smashed
 - ¼ cup lemon juice
 - 1 tsp dijon mustard
 - ¼ tsp cumin
 - ½ cup water
 - Salt & black pepper, to taste
 - Chili flakes, to taste
1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicone mat. Brush carrots with the olive oil. Roast for 20-25 minutes, or until tender.
 2. In a blender combine tahini, cilantro, garlic, lemon juice, mustard, cumin, and a splash of water. Blend until smooth, adding water 1 Tbsp at a time until desired consistency is reached. Taste and season with salt and pepper.
 3. Drizzle roasted carrots with tahini sauce, and sprinkle with chili flakes, if desired.

THE LIFESOURCE KITCHEN

SCRATCH MADE



SERVED UP FRESH
EVERY DAY

**HOT BAR & SALAD BAR
8 AM - 8 PM**

GRAB AND GO ANYTIME



BABA GHANOUSH



Makes about 4 servings

- 1 eggplant (about 1 lb)
- 2 Tbsp lemon juice
- ¼ cup olive oil
- 1 Tbsp tahini
- 3 cloves garlic, peeled and smashed
- 1 Tbsp parsley, rough chopped
- ½ tsp smoked paprika
- Salt and pepper, to taste

1. Preheat the oven to 425°F. Line a baking sheet with parchment.
2. Slice the eggplant in half lengthwise and brush with some of the olive oil. Place the cut side down on the prepared baking sheet. Bake for 45 minutes, or until tender.
3. Scoop the flesh out of the skin of the eggplant into a mesh strainer. Allow to drain for 10 minutes.
4. While the eggplant is draining, place the remaining olive oil, tahini, garlic, lemon juice, parsley, and paprika into a blender. Pulse a few times, scraping down the sides.
5. Add the eggplant to the blender, and blend until the desired consistency is reached. Season with a pinch each of salt and pepper. Taste, and adjust seasonings if desired.

You may also grill the eggplant whole (First, oil the grate!) over medium high heat for 25-35 minutes, turning occasionally. Cut in half lengthwise and follow the instructions starting with step 3.



Red's BURRITOS

Bean & Cheese • Steak Chicken Cilantro Lime

2 FOR \$4

4.5-5 oz | Save \$1.49



Ithaca HUMMUS

Lemon Dill • Lemon Garlic

\$3.49

10 oz | Save \$2.50



Late July

PARTY SIZE ORGANIC TORTILLA CHIPS

Sea Salt • Sea Salt & Lime

\$3.99

14.75 oz | Save \$2.50



Quinn

PRETZEL NUGGETS

Peanut Butter • PB&J Pizzeria Cheezy

\$3.99

5.8-7 oz | Save \$2.30



Hippeas

CHICKPEA PUFFS

Jalapeno • All Dressed Up Cheddar

2 FOR \$6

4 oz | Save \$1.99



Annie's

ORGANIC SNACK VARIETY PACK

12 pouches

\$6.49

11 oz | Save \$5.50



Justin's
**ORGANIC
CHOCOLATE CUPS**
Peanut Butter • Almond
Cashew

3 FOR \$5

1.32-1.4 oz | **Save \$1.33/ea**



Justin's
**CLASSIC
PEANUT BUTTER**
Squeeze Pouches

2 FOR \$1

1.15 oz | **Save 49¢/ea**



Ice Cream for Bears
**ICE CREAM
SWEETENED WITH
RAW HONEY**

Your Choice

\$5.99

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



Hu
**ORGANIC
CHOCOLATE BITES**
Hazelnut • Coconut
Cashew

\$4.99

2.75 oz | **Save \$4.50**



Honey Mama's
**CHOCOLATE
TRUFFLE BARS**

Your Choice

\$3.49

2.5 oz | **Save \$3.50**



Simple Mills
**ALMOND FLOUR
BARS**

Dark Chocolate Almond
Brownie • Nutty Banana

\$3.49

5.99 oz | **Save \$3.50**



PERFECT SNACKS

PERFECT BARS
Your Choice

2 FOR \$5

2.2-2.5 oz | **Save \$1.29/ea**



Graza
"DRIZZLE"
EXTRA VIRGIN
OLIVE OIL

Squeeze Bottle or Refill

\$12.49

16.3-16.9 fl oz | **Save \$8.50-\$9**



Primal Kitchen
DIPPING SAUCES

Avocado Lime • Yum Yum
 Special • Creamy Sriracha
 Chicken

\$6.49

10 oz | **Save \$4.50**



Graza
"SIZZLE"
EXTRA VIRGIN
OLIVE OIL

Squeeze Bottle or Refill

\$10.99

24.5-25.3 fl oz | **Save \$7.50**



4th & Heart
GHEE

Garlic • Himalayan Salt
 Original

\$7.99

9 oz | **Save \$6.50**

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.

Scan for our recipe for Sausage Rolls
 at LifeSourceNaturalFoods.com



SPICY ITALIAN
SAUSAGE LINKS

\$9.49

12.5 oz | **Save \$2**

Close to
 Home!





Near East RICE PILAF MIXES

Original • Spanish Rice
Garlic & Herb

\$2.29

6-6.75 oz | **Save \$1.50**



Near East PARMESAN COUSCOUS

\$2.29

5.9 oz | **Save \$1.50**



Tasty Bite FULLY COOKED ORGANIC RICE

Your Choice

\$2.49

8.8 oz | **Save \$1.50**



Tasty Bite INDIAN ENTRÉES

Your Choice

\$2.99

10 oz | **Save \$2**



Maya Kaimal EVERYDAY DAL & CHANA

Your Choice of Organic
Chickpea & Lentil Dishes

2 FOR \$7

10 oz | **Save \$1.99/ea**

OVEN BBQ CHICKEN THIGHS

- 2 lbs bone-in skin on chicken thighs or drums
 - 1/2 tsp smoked paprika
 - 1/4 tsp garlic powder
 - 1/4 tsp onion powder
 - 1/4 tsp black pepper
 - 1/4 tsp cumin
 - 1/4 tsp mustard powder
 - 1/4 tsp cayenne
 - 1 cup BBQ sauce
- Preheat the oven to 350°F. Line a rimmed baking sheet with foil, if desired.
 - In a small bowl, mix together paprika, garlic powder, onion powder, pepper, cumin, mustard powder, and cayenne. Pat chicken dry, and rub all over with spice blend. Place on the prepared baking sheet.
 - Bake on the center rack for 30 minutes. Reserve 1/4 cup of the BBQ sauce for serving. Brush with some of the remaining BBQ sauce. Return to the oven and bake for another 10 minutes. Brush with sauce again. Raise rack to the top position, just under the broiler. Broil on high for 3-5 minutes. Serve with the reserved BBQ sauce.



Smart Chicken
**ORGANIC BONE-IN
CHICKEN THIGHS**

\$4.99/LB

Save \$1/lb

BULK DEPARTMENT DEALS

Hummingbird
**ORGANIC EVAPORATED
CANE SUGAR**

\$1.99/LB

Save 50¢/lb



Café Mam
**ORGANIC
BREAKFAST BLEND
COFFEE**

Fair Trade

\$12.99/LB

Save \$3/lb



**ORGANIC
RED LENTIL FLOUR**

\$2.99/LB

Save \$1/lb



**ORGANIC
SPINACH
MACARONI**

\$4.99/LB

Save \$1.80/lb



**ORGANIC
SHREDDED
COCONUT**

\$6.49/LB

Save \$1.50/lb



**ORGANIC
ACINI DI PEPE
PASTA**

Non-gluten ingredients

\$6.99/LB

Save \$2/lb



PLANTAIN CHIPS
with Sea Salt

\$9.49/LB

Save \$2.50/lb



Hummingbird
**ORGANIC EXTRA
VIRGIN OLIVE OIL**

\$9.99/LB

Save \$4/lb



NOW
**PSYLLIUM
HUSK POWDER**

\$12.99/LB

Save \$3/lb



Hummingbird
NUTRITIONAL YEAST

Large Flake

\$13.99/LB

Save \$3/lb



Hummingbird
**ORGANIC GROUND
CASSIA CINNAMON**

\$17.99/LB

Save \$4/lb



ONLY \$1.12/oz

Frontier
**ORGANIC
BAY LEAF**

\$63.99/LB

Save \$20/lb



ONLY \$4/oz



GT's
**SYNERGY
KOMBUCHA**

Your Choice

2 FOR \$5

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



R.W. Knudsen
**ORGANIC
JUST CONCORD
GRAPE JUICE**

\$4.99

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



R.W. Knudsen
SELECT JUICES

Pomegranate • Cranberry
Prune

\$6.49

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



Organic Valley
**ORGANIC
GRASSMILK**

Whole • 2%

\$5.99

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



West Life
ORGANIC SOY MILK

Unsweetened Plain
Unsweetened Vanilla

\$2.99

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

BEER



Everybody's Brewing
BEER 6-PACKS

Your Choice
Washington

\$10.99

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

WINE



Galerna
GARNACHA

Made with Organic Grapes
Castilla, Spain

\$10.99

750 ml | **Save \$2**



Casa Santos Lima
**ESPIGA & ESCAPADA
RED WINES**

Lisboa, Portugal

\$9.99

750 ml | **Save \$2**



La Perlina
MOSCATO

Veneto, Italy

\$9.99

750 ml | **Save \$4**

LOOK FOR THE SIGNS!



Cadia ORGANIC COFFEE

Ground French Roast
& Breakfast Blend
Whole Bean Colombian

\$9.79

10 oz



Cadia ORGANIC CANNED BEANS

Your Choice

\$1.59

15 oz

Cadia TONGOL TUNA

\$2.79

5 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.



Waiakea HAWAIIAN VOLCANIC WATER

Naturally Alkaline

2 FOR \$4

33.8 fl oz | Save 99¢/ea



Kerrygold IRISH CHEESES

Sweet Cheddar • Dubliner
Aged Reserve Cheddar

\$4.99

7 oz | Save \$3



Base Culture ORIGINAL KETO BREAD

\$6.99

16 oz | Save \$4.50



Justin's PEANUT BUTTER

Classic • Honey

\$5.99

28 oz | Save \$4



I and Love and You DOG FOOD STEWS

Chicken • Beef • Venison
Lamb • Turkey

2 FOR \$6

13 oz | Save \$1.79/ea



Siggi's SKYR YOGURT

Dairy Varieties

4 FOR \$5

4.4-5.3 oz | **Save \$1.04/ea**



Siggi's PLANT-BASED COCONUT BLEND

Mixed Berry • Peach
Vanilla Cinnamon
Raspberry • Strawberry

3 FOR \$5

5.3 oz | **Save \$1.83/ea**



Once Upon a Farm REFRIGERATED POUCHES

Select Varieties

\$2.49

3.2-4 oz | **Save \$1.30**

PEANUT BUTTER COOKIES



Scan for our recipe at
LifeSourceNaturalFoods.com



CABOO

Tree-Free Paper from Sustainable Bamboo



FACIAL TISSUE

\$2.49

60 tissues | **Save \$1.50**



FLUSHABLE WIPES

\$4.29

60 wipes | **Save \$1.70**



PAPER TOWELS

\$4.49

2 rolls | **Save \$3**



TREE FREE TP

\$9.49

12 rolls | **Save \$5.50**

HIMALAYA



**BERBERINE
+ CEYLON
CINNAMON**
\$28.99
60 vcap | **Save \$8**



**Solaray
BERBERINE**
500 mg
\$15.99
60 vcap | **Save \$8**



**Solaray
VITAMIN
D3 + K2**
125 mcg | 50 mcg
\$12.49
60 ct | **Save \$6.50**



**240 CT
ALSO ON SALE**

**Solaray
MAGNESIUM
GLYCINATE**
350 mg per serving
\$13.99
120 vcap | **Save \$6**



**RidgeCrest Herbals
CLEAR•LUNGS
CLASSIC**
\$13.99
60 cap | **Save \$11**



Simply Tera's
**BOURBON VANILLA
WHEY PROTEIN**
rBGH free
\$17.99
12 oz | **Save \$6**



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

ALL FLORA ON SALE



Host Defense
**SELECT MUSHROOM
MYCELIUM POWDERS**
Brain & Body • Stamets 7
Lion's Mane • Brainpower Stack
\$19.99
3.5 oz | **Save \$10**



Bluebonnet
**BLOOD PRESSURE
SUPPORT**
\$19.99
60 vcap | **Save \$8**

NORDIC NATURALS



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



Natural Factors
NAC
 N-Acetyl-L-Cysteine
 600 mg
\$9.99
 60 vcap | **Save \$3**



Natural Factors
NMN•SURGE
 500 mg
 NAD+ Boost
\$29.99
 30 cap | **Save \$12**



Natural Factors
RxOMEGA-3
 1260 mg Omega-3
\$15.99
 60 ct | **Save \$4**



Kal
QUICK-DISSOLVE B-12
METHYLCOBALAMIN
1000 mcg
 Raspberry • Tangerine
\$9.99
 90 tabs | **Save \$5**

VITAL PLANET



INTENSE CARE PROBIOTIC+

Bowel + Diarrhea
 Brain + Mood
 Colon + Constipation
 Gas + Bloating
 Vaginal pH + Urinary

\$43.99
 30 ct | **Save \$11**

THE COMPLETE 4-BIOTICS ECOSYSTEM

Vital Planet's Intense Care formulas deliver four types of biotic elements that work together to provide targeted support for digestive health, immune function, and more.[†]

- PREBIOTICS nourish beneficial gut bacteria
- PROBIOTICS are live gut bacteria that colonize the gut and promote digestive health and balance
- POSTBIOTICS support gut barrier function and immune health
- PARABIOTICS are non-living microbial cells, cell fragments or beneficial compounds produced by probiotics during fermentation. They provide the benefits of probiotics with greater stability and versatility. They are heat-stable, shelf-stable, safe and well-tolerated.

[†] 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.

BOIRON



ARNICARE
VALUE SIZE
 Gel • Cream
\$13.99
 4.2 oz | **Save \$3.50**



ARNICARE
ARTHRITIS CREAM
\$16.99
 4.2 oz | **Save \$12**

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.



BASIC MULTI

Iron Free

\$11.99

60 tab | Save \$3



WOMEN'S ONCE DAILY

\$13.49

30 tab | Save \$3.50



SHILAJIT

\$18.99

60 vcap | Save \$6



Country Life CAL MAG ZINC

\$16.99

180 tab | Save \$6



MegaFood MAGNESIUM CHEWS

Grape • Strawberry

\$11.49

30 chews | Save \$7



Natural Stacks

MAGTECH MAGNESIUM

\$28.49

90 vcap | Save \$7.50

**ALL NATURAL STACKS
ON SALE**



Gaia Herbs CALM A.S.A.P.

\$22.99

60 ct | Save \$8.50



Desert Essence SOOTHING RELIEF SPRAY

\$5.49

4 fl oz | Save \$2



Dr. Bronner's
ALL-ONE TOOTHPASTE

Peppermint • Spearmint
Cinnamon • Anise

\$5.49

5 oz | **Save \$2.30**



Aura Cacia
**LAVENDER
ESSENTIAL OIL**

\$7.99

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



Crystal
**DEODORANT
ROLL-ON**

Lavender • Vanilla Jasmine
Unscented

\$3.99

2.25 oz | **Save \$2.50**



Fat and the Moon
LIP & CHEEK STAIN

\$12.99

0.5 oz | **Save \$11**



Giovanni
**SHAMPOO &
CONDITIONER**

Your Choice

\$5.99

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



Giovanni
STYLING PRODUCTS

Hair Spritz • Hair Styling Foam
Leave-In Hair Treatment
Styling Gel

\$5.99

5.1-7 fl oz | **Save \$5**

EVERYONE



**HAND SANITIZER
SPRAY**

Grapefruit • Lavender
Coconut Lemon

\$2.49

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



HAND SOAP

Your Choice

\$3.79

12.75 fl oz | **Save \$2.20**



**NOURISHING
LOTION**

Unscented • Coconut Lemon
Citrus Mint • Lavender Aloe

\$8.99

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



ESTD 1984
BARLEAN'S



FOR OVER 35 YEARS, BARLEAN'S HAS BEEN RETHINKING WHAT SUPPLEMENTS CAN BE.

Family-owned and rooted in the Pacific Northwest, we believe taking care of your health should feel simple, enjoyable, and something you actually look forward to. That's why we focus on real ingredients, thoughtful formulations, and one thing most supplement brands overlook entirely: taste.

Barlean's is known for doing things differently. From our Seriously Delicious Omega-3s to our liquid supplements, we make products that fit into real life, not ones that sit untouched in the cupboard. No pill fatigue. No chalky textures. Just effective nutrition that's easy to take and easy to stick with.

THAT SAME PHILOSOPHY IS WHAT INSPIRED OUR NEW LIQUID MULTIVITAMIN.

It's a modern, great-tasting daily multivitamin designed for busy people who want comprehensive nutrition without the hassle of swallowing pills. **Thoughtfully formulated, easy to take, and actually enjoyable**, it turns daily vitamins into a habit you won't skip.

Because at Barlean's, we believe wellness works best when it's consistent, and consistency starts with products you genuinely enjoy.

GET 20% OFF
BARLEAN'S PRODUCTS THRU AUG 25



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