



**EAT WELL
BE HAPPY**

**ORGANIC
RED ONIONS**

\$1.59/LB



**LARGE ORGANIC
HASS AVOCADOS**

2 FOR \$5



**ORGANIC
YELLOW POTATOES**

\$1.59/LB



**LOCAL ORGANIC
SUGAR CUBE MELONS**

Dry Farmed

\$1.79/LB



Learn more about
dry-farmed melons
on our website.



**ORGANIC
PINK LADY APPLES**

\$1.99/LB



Organic Produce • On Sale 8/19–8/25

SPARKLING PEACH LEMONADE



Serves 4-6

- 1 cup fresh peaches (about 3 small peaches), chopped
- ½ cup simple syrup, or to taste*
- ½ cup lemon juice (about 4 lemons)
- Ice
- 2 cups sparkling water or sparkling wine

1. Place peaches, lemon juice, and simple syrup in a blender. Blend until smooth. Refrigerate if making ahead, or pour into a shaker with ice and shake until chilled.
2. Fill champagne flutes halfway with juice mixture, top with sparkling water or wine. Enjoy!

**To make simple syrup, stir together 1 cup organic granulated cane sugar and 1 cup filtered water in a small saucepan over medium high heat. Bring to a low boil, then reduce heat to medium low. Simmer for 12 minutes, or until the syrup is slightly thickened. Allow to cool and store in a sealed container in the refrigerator until ready to use. Makes about 1½ cups.*

ORGANIC BLACK MISSION FIGS

\$7.99/LB



ORGANIC GREEN BEANS

\$3.59/LB



ORGANIC YELLOW PEACHES

\$4.29/LB



ORGANIC LEEKS

\$3.29/LB



KNOW YOUR GREENS

Love them or hate them? Collard greens contain a chemical compound called *phenylthiocarbamide*, which is either very bitter or practically tasteless, depending on the genetic makeup of the eater. If you can taste PTC and aren't a fan of bitterness, slow cook it in a pot of lima beans with some onion and smoky ham hocks. It is also excellent braised, blanched, or baked into gratins. Tasty with pork, grilled steak, mushrooms, soy sauce, ginger, and spicy chiles.

LOCAL ORGANIC
COLLARD GREENS

2 FOR \$5



THE LIFESOURCE KITCHEN

SCRATCH MADE



SERVED UP FRESH
EVERY DAY

HOT BAR & SALAD BAR
8 AM - 8 PM

GRAB AND GO ANYTIME



JOVIAL

Organic foods from Italy, rooted in tradition.



ORGANIC GLUTEN FREE PASTA

Capellini • Penne
Spaghetti

\$3.99

12 oz | Save \$2



ORGANIC TOMATOES

Crushed • Diced

\$3.99

18.3 oz | Save \$2



ORGANIC WHOLE PEELED TOMATOES

\$4.49

18.3 oz | Save \$2.50

ANNIE'S

SELECT MAC & CHEESE

Made with organic pasta

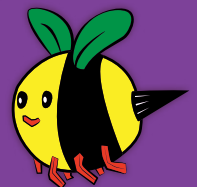
5 FOR \$5

5.25-6 oz | Save \$2.49/ea



WOW!

LOOK AT THAT PRICE!



Chosen Foods AVOCADO OIL

\$9.99

16.9 fl oz | Save \$7



Tasty Bite PROTEIN BOWLS

Mediterranean • Mexican
Chickpea Masala

\$3.49

8.8 oz | Save \$2.50



Essential Baking Co.
**BAKE & ENJOY
SOURDOUGH BREAD**

Classic • Italian
French • Demi Baguettes

\$4.49

16 oz | **Save \$3.50-\$4**



Smart Chicken
**ORGANIC
BONELESS SKINLESS
CHICKEN THIGHS**

\$8.49/LB

Save \$1.30/lb

RECIPE NEXT PAGE!



Santa Cruz
**ORGANIC
PEANUT BUTTER**

Crunchy or Creamy
No Stir Crunchy or Creamy

\$5.49

16 oz | **Save \$3.50**



Crofter's
**ORGANIC
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Premium Varieties

\$3.99

16.5 oz | **Save \$4**



Egglife
**EGG WHITE
WRAPS**

Original

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6 oz | **Save \$3**



Organic Valley
ORGANIC CHEESE

Raw Jack • Raw Mild Cheddar
Raw Sharp Cheddar • Feta

\$4.49

8 oz | **Save \$3**

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.

**SPICY ITALIAN
SAUSAGE LINKS**

\$9.49

12.5 oz | **Save \$2**

Close to
Home!

Scan for our recipe for Sausage Rolls
at LifeSourceNaturalFoods.com



CHICKEN & WAFFLES



Crispy Baked Chicken

- ½ cup all purpose flour
- 1 egg
- 2 Tbsp milk
- ¾ tsp salt
- 1¾ cup panko bread crumbs
- ½ cup olive oil
- 1 tsp garlic powder
- 4 boneless, skinless chicken thighs

Waffles

- 2 cups all purpose flour
- ¼ cup sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 1½ cup milk
- 1 Tbsp vanilla
- 2 eggs, separated, plus 2 egg whites
- stick of melted butter
- 1 pear
- Maple syrup, for serving

1. Preheat the oven to 390°F. Line a rimmed baking sheet with parchment paper and coat lightly with cooking spray. Season the chicken with salt and pepper.
2. Prepare three bowls. Place flour in the first bowl. In the second bowl, mix together your eggs, milk, garlic powder, and salt. In the third bowl, combine the panko bread crumbs and olive oil, mixing until the bread crumbs are evenly saturated with oil.
3. Dredge the chicken in flour, then dip it in the egg and milk mixture. Finally, coat the chicken in the panko mixture, pressing onto both sides to fully coat the chicken. Place the chicken on the prepared baking sheet, and bake until golden brown and crispy, at least 25 minutes. Chicken is fully cooked when the internal temperature reaches 160°F.
4. Sift together the flour, sugar, salt, and baking powder. In a separate bowl, mix together the milk, egg yolks, and vanilla. Combine thoroughly with the dry ingredients until no clumps of flour remain. Add the melted butter and mix until smooth.
5. In a separate bowl, beat the egg whites until stiff. Fold the egg whites gently into the batter until just combined.
6. Spray a preheated waffle iron thoroughly with cooking spray, and scoop the batter into the iron. Close the iron and cook until golden brown and crispy.
7. Plate a waffle and a serving of chicken, top with thinly sliced pear, drizzle with maple syrup, and enjoy!

No time to make waffles from scratch? No worries! Use a mix or grab them from our freezer case!



Birch Benders BUTTERMILK PANCAKE & WAFFLE MIX

Organic

\$3.99

16 oz | Save \$3



Van's BLUEBERRY WAFFLES

Gluten Free

\$2.99

9 oz | Save \$3



Coombs ORGANIC MAPLE SYRUP

Grade A Dark

\$10.49

12 fl oz | Save \$5.50



Vital Farms PASTURE RAISED EGGS

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1 doz | Save \$2.50



Bonfire Burritos BREAKFAST BURRITOS

Green Chile • Chupacabra
Uncured Bacon

\$4.29

10.3 oz | Save \$2.70

EVERYDAY VALUE

LOOK FOR THE SIGNS!



Cadia
ORGANIC QUINOA

Tricolor

\$4.79

16 oz



Cadia
ORGANIC CANNED BEANS

Your Choice

\$1.59

15 oz



Cadia
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\$2.29

13.5 fl 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.

CHILI LIME QUINOA SALAD



Dressing

- 3 Tbsp olive oil
- 1 lime, juice and zest
- 1 Tbsp white balsamic vinegar
- 1 Tbsp honey
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp smoked sea salt
- ½ tsp black pepper
- ¼ tsp chili flakes

Salad

- ½ cup quinoa, rinsed
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup grilled corn, cut from the cob
- ½ cup cherry tomatoes, quartered
- ½ cup cucumber, chopped
- ¼ cup red onion, chopped
- ¼ cup cilantro, minced
- 1 jalapeno, minced (optional)
- Salt and pepper, to taste

1. In a small bowl, whisk together all salad dressing ingredients. Taste and adjust seasonings if desired.
2. Add quinoa to a small pot with 1 cup of water and a pinch of salt. Bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all of the water is absorbed. Remove from heat and allow to cool.
3. In a large bowl, mix together all salad ingredients, including cooled quinoa. Toss with dressing. Taste and adjust seasonings if desired. Store covered in the refrigerator until ready to serve.

This recipe is a great accompaniment for grilled chicken, but makes a fantastic light dish on its own, too!

BULK DEPARTMENT DEALS

**ORGANIC ROLLED
KAMUT FLAKES**

\$3.29/LB

Save \$1/lb



Equal Exchange

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COLOMBIAN & ETHIOPIAN COFFEE**

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Save \$2/lb



Golden Flavor
**ORGANIC
WHOLE WHEAT
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**ORGANIC
FLAX SEED
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**ORGANIC
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Non gluten ingredients

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**ORGANIC
WIDE CHIP
COCONUT**

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NOW
WHOLE PSYLLIUM HUSK

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VEGETABLE CHIPS

\$19.99/LB

Save \$5/lb



Red Star
**NUTRITIONAL YEAST
Mini Flake**

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Save \$3/lb



Red Ape
**ORGANIC
GROUND GINGER**

\$27.99/LB

Save \$7/lb



Frontier
**ORGANIC PICKLING
SPICE BLEND**

\$31.99/LB

Save \$8/lb



Oregon Soap Company
**CUT YOUR OWN
BAR SOAP**

\$15.99/LB

Save \$4/lb



ONLY \$1.75/oz

ONLY \$2/oz

COFFEE COCONUT ICE CREAM

Serves 6-8

- 1 can (13.5 oz) heavy coconut cream
- 1 can (5.4 oz) coconut cream
- 1 can (7.4 oz) sweetened condensed coconut milk
- ¼ cup strong brewed coffee
- Chill all ingredients overnight in the refrigerator. Freeze a metal bowl, beaters, and a 4x8-inch loaf pan 1 hour before preparing ice cream.
- Whisk together coffee and sweetened condensed coconut milk in a small bowl.
- Scoop the coconut milk solids from the large can of heavy coconut cream into the chilled metal bowl. Add entire contents of the 5.4 oz can of coconut cream to the bowl as well. Beat on high with chilled beaters for 3-5 minutes, or until stiff peaks form.
- Gently fold coffee mixture into whipped coconut cream. Scrape into the chilled loaf pan. Cover with plastic wrap and freeze 6 hours to overnight.



The a2 Milk Company

A2 MILK

Whole • 2%

\$4.29

59 fl oz | **Save \$1.70**



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& OAT BARS**

PB&J • Chocolate

Coconut • Honey • Banana

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750 ml | **Save \$2**



The Good Crisp Co. POTATO CRISPS

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Casa Santos Lima ESPIGA & ESCAPADA RED WINES

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750 ml | **Save \$2**



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Sea Salt • Nacho • Lime

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7.5 oz | **Save \$2.99**



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2 oz | **Save \$2.50**



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16 fl oz | **Save 99¢/ea**



Eternal Water
**ALKALINE
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84.5 fl oz | **Save \$1.99/ea**



Health Ade
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16 fl oz | **Save \$1.99/ea**



Recess
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Black Cherry • Blood Orange
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12 fl oz | **Save \$1.49/ea**

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



Seventh Generation
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90 fl oz | **Save \$5**



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Cod • Chicken • Rabbit • Salmon

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3 oz | **Save 66¢/ea**

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60 ct | **Save \$6.50**



**240 CT
ALSO ON SALE**

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CLASSIC**
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WHEY PROTEIN**
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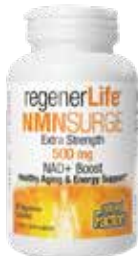
Natural Factors

NAC

N-Acetyl-L-Cysteine
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60 vcap | **Save \$3**



Natural Factors

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Natural Factors

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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.

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4.2 oz | **Save \$3.50**



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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.



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