LifeSource natural foods

EAT WELL BE HAPPY







HOLIDAYS MADE EASY

TURKEY
PIES • SIDES

QUANTITIES LIMITED
RESERVE YOURS EARLY



RESERVATIONS CLOSE NOVEMBER 22

SCAN TO ORDER

Organic Produce • On Sale 10/28–11/3

MAPLE PEAR GALETTE



- **1 recipe puff pastry***
- **3 pears, peeled, cored, and sliced ⅛-inch thin**
- **¼ cup butter**
- **3 Tbsp maple syrup**
- **1 Tbsp cornstarch**
- **1 tsp cinnamon**
- **1 tsp vanilla paste or extract**
- **1 egg white mixed with 2 Tbsp water**

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicon baking mat.
2. In a 2 quart saucepan, heat butter over medium heat. Stir constantly, allowing butter to foam, then brown, about 5-8 minutes. Remove from heat when butter has a nutty, amazingly delicious scent, golden color and little brown bits. Allow to cool slightly.
3. In a bowl, toss together sliced pears, browned butter, maple syrup, cornstarch, cinnamon, and vanilla paste.
4. Roll out the puff pastry into a 12-inch diameter circle. Place it on the prepared baking sheet. Arrange pears in the center of the pastry in a mostly even layer, leaving a two inch border between the fruit and edge of the pastry.
5. Fold edges of the pastry over the fruit. There will be a large hole in the center for steam to escape. Freeze the galette for 15 minutes. Brush crust with egg wash. Bake in the preheated oven for 30-40 minutes, or until the crust is golden and puffed and filling is bubbly.

* lifesourcenaturalfoods.com/recipe/easy-puff-pastry



















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

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.

CRANBERRY SAGE PORK SAUSAGE **$9.99**

Close to Home!

16 oz | **Save $1**



Scan the code for our Cranberry Sage Stuffing recipe, perfect with Lonely Lane Cranberry Sage Sausage! It's a great addition to a holiday table. Along with stuffing, Patty Kloft of Lonely Lane suggests using this delicious, limited availability seasonal sausage:

- with roasted squash or sweet potatoes
- in breakfast casseroles
- or formed into patties and served with potatoes and corn



Imagine Foods
ORGANIC GRAVY
Turkey • Beef
$2.49
13.5 oz | **Save $1.50**



Imagine Foods
ORGANIC BROTH
Chicken • No-Chicken Vegetable
$3.29
32 fl oz | **Save $2.20**



Nutiva
ORGANIC VIRGIN COCONUT OIL
$8.49
14 oz | **Save $6.50**



House Foods
ORGANIC TOFU
Firm • Extra Firm
$2.49
14 oz | **Save $2.30**



Blake's
CHICKEN POT PIES
Original • Gluten Free
2 FOR $6
8 oz | **Save $1.99/ea**

WINE • CIDER



Portland Cider Co.
CRAFT CIDERS
Select 6-Packs
Portland, Oregon
$13.99
6-pack | **Save $2**



Pizzolato
SPUMANTE BRUT ROSÉ
Made with Organic Grapes
Italy
$15.99
750 ml | **Save $3**
Try it with a berry pie!



Cavas Marevia
VEGA MEDIÉN CAVA BRUT
Made with Organic Grapes
Requena, Spain
$11.99
750 ml | **Save $2**
A perfect apéritif bubbly!



Rascal
PINOT GRIS
Oregon
$10.99
750 ml | **Save $2**
Versatile and crisp. Pairs well with roast turkey.



Six Stones
PINOT NOIR
Rogue Valley, Oregon
$13.99
750 ml | **Save $2**
Bright and fruit forward, perfect for roast duck



Duck Pond
CHARDONNAY
Willamette Valley, Oregon
$11.99
750 ml | **Save $2**
Perfect for turkey and buttery mashed potatoes!

Skyfall Wines
COLUMBIA VALLEY WINES
$14.99
750 ml | **Save $3**



◂ Cabernet Sauvignon
Pairs well with prime rib & mushroom gravy

Red Wine Blend ▸
Pairs well with duck & goose



Merlot ▸
Pairs well with pot roast





Pamela's
CAKE & BROWNIE MIXES
Vanilla Cake • Brownies
Chocolate Cake
$4.99
16-21 oz | **Save $3**



Farmer's Market
ORGANIC PUMPKIN PUREE
$2.49
15 oz | **Save $1.50**



Pamela's
PANCAKE & BAKING MIX
Gluten Free
$6.49
24 oz | **Save $4**



Mi-Del
GRAHAM-STYLE PIE CRUST
Gluten Free
$3.29
7.1 oz | **Save $2.20**

WHOLESOME



ORGANIC CANE SUGAR
Regenerative Organic Certified
$4.49
26 oz | **Save $3**



ORGANIC BROWN SUGAR
Light • Dark
$4.99
24 oz | **Save $3**



ORGANIC POWDERED SUGAR
$3.99
16 oz | **Save $2.80**



So Delicious
ORIGINAL COCOWHIP
Dairy Free
$2.99
9 oz | **Save $4**



Califia
HEAVY CREAM ALTERNATIVE
$4.49
16.9 fl oz | **Save $2.50**



Lily's
CHOCOLATE BAKING CHIPS
Dark • Semi Sweet
$6.99
9 oz | **Save $4**

EVERYDAY VALUE



Immaculate
ORGANIC CINNAMON ROLLS
$5.49
17.5 oz | **Save $4**



Alexia
YUKON SELECT HASHED BROWNS
$4.49
28 oz | **Save $3.50**



Santa Cruz
ORGANIC APPLESAUCE
Original • Cinnamon
$3.79
23 oz | **Save $2.20**



Brown Cow
WHOLE MILK CREAM TOP YOGURT
Your Choice
$1.19
5.3 oz | **Save 60¢**



a2
A2 MILK
Whole • 2%
$3.99
59 fl oz | **Save $2**



LOOK FOR THE SIGNS!

Cadia
ORGANIC UNBLEACHED ALL-PURPOSE FLOUR
$7.99
5 lbs





Cadia
PURE ORGANIC ALMOND EXTRACT
$4.99
4 fl oz

Cadia
PURE ORGANIC VANILLA EXTRACT
$12.99
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.

BULK DEPARTMENT DEALS























Four Sigmatic

ORGANIC MUSHROOM COFFEE

Focus • Balance

$12.99

10 oz | **Save $12**



Mount Hagen

ORGANIC FAIRTRADE INSTANT COFFEE

Freeze Dried Regular

$9.99

3.5 oz | **Save $6.50**

Freeze Dried Decaf

$10.99

3.5 oz | **Save $5.50**



Chameleon Coffee

ORGANIC COLD BREW CONCENTRATES

Black • Vanilla

$6.99

32 fl oz | **Save $5**



Oatly

OATMILK

Barista Edition

Original • Chocolate

$3.49

32 fl oz | **Save $1.50-$2**



Organic India

ORGANIC TULSI TEAS

Your Choice

$3.79

18 ct | **Save $2.20**



CHOCOLATE SWIRL BANANA BREAD

Makes 8 servings

- **1/2 cup butter**
- **1/2 cup organic cane sugar**
- **2 eggs, beaten**
- **3 ripe bananas, finely mashed**
- **1/2 tsp vanilla extract**
- **1/2 tsp salt**
- **1 1/2 cup all purpose flour**
- **¼ cup unsweetened cocoa powder**
- **2 tsp baking powder**

1. Preheat the oven to 350°F. Grease an 8x4 inch loaf pan with cooking spray or butter.
2. Cream together butter and sugar. Mix in eggs, bananas, and vanilla.
3. In a large bowl, mix together salt, flour, and baking powder.
4. Add flour mixture to butter mixture, stir until just combined.
5. Divide batter into 2 bowls. Mix cocoa powder into one, stirring until combined.
6. Spoon alternating spoonfuls of chocolate and plain batter into the prepared loaf pan until all is added. Drag a butter knife through the batter, swirling everything together.
7. Bake for 50-60 minutes, or until a wooden pick inserted into the center comes out clean.
8. Cool for 5-10 minutes, remove from the pan. Cool another 10 minutes before slicing, and cool completely before wrapping and storing.

GRILLED CHICKEN TACOS



Makes 8 tacos

- **1 lb boneless chicken thighs (about 4-5 thighs)**
- **1 lime, juiced (about 3-4 Tbsp juice)**
- **¼ cup fresh pineapple, minced (or pineapple juice)**
- **2 Tbsp olive oil**
- **3 cloves garlic, minced**
- **2 tsp chili powder**
- **½ tsp smoked paprika**
- **½ tsp onion powder**
- **½ tsp sea salt**
- **¼ tsp black pepper**
- **¼ tsp cayenne (or to taste)**
- **¼ tsp red pepper flakes (or to taste)**
- **¼ cup cotija cheese**
- **¼ cup red or sweet onion, chopped**
- **¼ cup cilantro, snipped**
- **Salsa verde**
- **Corn tortillas, warmed**

1. Pound chicken to an even ½-inch thickness. Place in a bowl or plastic zipper bag.
2. In a small bowl, whisk together lime, pineapple, olive oil, garlic, chili powder, paprika, onion powder, salt, pepper, cayenne, and pepper flakes. Pour over chicken and toss to coat. Refrigerate covered or sealed if using a zipper bag, at least 2 hours or overnight.
3. Heat grill to medium high, or about 400F. If broiling, set to high heat and preheat for at least 10 minutes. Remove chicken from marinade, shake off any excess.
4. Grill or broil chicken about 6-7 minutes per side, or until internal temperature reaches 165F. Allow to rest 10 minutes before chopping.
5. Divide meat between 8 corn tortillas. Serve with cheese, onion, cilantro, and salsa.

Tacos are also a great way to enjoy leftover turkey: shred the turkey, toss with our marinade ingredients (minus the salt), and fry briefly to reheat. Serve as above.



Smart Chicken
ORGANIC CHICKEN THIGHS
Boneless & Skinless
$8.79/LB
Save $1/lb



Rumiano
ORGANIC CHEESE
Monterey Jack • Mozzarella
Medium & Sharp Cheddar
Gouda • Pepper Jack
$4.49
8 oz | **Save $3.50**



Muir Glen
FIRE ROASTED ORGANIC TOMATOES
Select Varieties
$1.49
14.5 oz | **Save $3**



Spindrift
SPARKLING WATER
Your Choice of 8-Packs
$6.49
96 fl oz | **Save $3**



GT's
ALIVE MOOD & MIND BEVERAGES
Root Beer • Matcha Cream
Ginger Turmeric • Cola
2 FOR $6
16 fl oz | **Save 99¢/ea**



Chomps
BEEF STICK POUCHES
Original • Smoky BBQ
$14.99
9.2 oz | **Save $7**



Tony's Chocolonely
CHOCOLATE BARS
Your Choice
$4.99
6.35 oz | **Save $2.50**





Louisville Jerky Co.
PLANT BASED JERKY
Carolina BBQ • Maple Bacon
Black Pepper • Pepperoni
$4.79
3 oz | **Save $3.20**



Jackson's
SWEET POTATO CHIPS
Your Choice
2 FOR $6
5 oz | **Save $1.99/ea**



Caboo
TREE-FREE BAMBOO FACIAL TISSUE
$1.99
1 box | **Save $2**



Late July
ORGANIC TORTILLA CHIPS
Lime • Blue Corn • Sea Salt
2 FOR $7
10 oz | **Save $1.99/ea**



Caboo
TREE-FREE BAMBOO TOILET PAPER
$8.49
12 rolls | **Save $6.50**



Late July
SALSA
Mild • Medium • Verde
$4.49
15.5 oz | **Save $3**



I and Love and You
CAT FOOD PÂTÉ
Salmon • Rabbit
Cod • Chicken
3 FOR $4
3 oz | **Save 66¢/ea**

KOKORA

Kokora's line of Mushroom Fruiting Body Extracts is certified organically grown and then extracted and concentrated using a hot water extraction process. Each mushroom product is uniquely synergized with Regenerative Organic Certified® freeze-dried herbal extracts for optimal benefits.



ORGANIC MUSHROOM FRUITING BODY EXTRACTS

Cordyceps Energy
Lion's Mane Memory
Reishi Vitality
Turkey Tail Immune

$27.99

60 cap | **Save $9**



ORGANIC 5 MUSHROOM WELLNESS

$29.99

60 cap | **Save $10**



Enzymedica

DIGEST GOLD

Maximum Strength

$21.49

45 ct | **Save $7**



Vital Planet

TARGETED ENZYMES

Gluten Digest • Dairy Digest
Bloat Digest

$31.99

60 cap | **Save $8**



Vital Planet

VITAL GUT RENEW

$31.99

6.88 oz | **Save $8**



ION*

GUT SUPPORT

$59.99

32 oz | **Save $15**

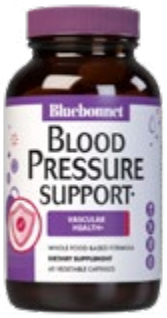


KAL

BLOOD SUGAR DEFENSE

$17.49

60 tab | **Save $4**



Bluebonnet

BLOOD PRESSURE SUPPORT

$19.99

60 vcap | **Save $8**

PLANT•FUSION



USDA ORGANIC

VITAMIN B-COMPLEX
Organic & Vegan
$25.99
30 vcap | **Save $6**



USDA ORGANIC

PLANT-BASED CALCIUM
Organic & Vegan
$47.99
180 tab | **Save $12**

ALL PLANT•FUSION ON SALE

BARLEAN'S



LIQUID MAGNESIUM
Orange Crème
$19.99
16 oz | **Save $5**



LIQUID MULTIVITAMIN
Tropical Fruit Flavor
$22.99
16 fl oz | **Save $5**

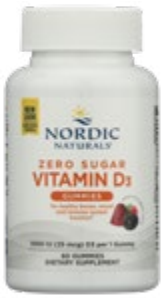


OMEGA-3
Lemon • Mango Peach
$33.99
16 oz | **Save $8**



USDA ORGANIC

NOW
ORGANIC D-MANNOSE POWDER
$16.99
3 oz | **Save $6**



Nordic Naturals
VITAMIN D3 GUMMIES
Zero Sugar
$12.99
60 chews | **Save $3.50**



ALL JARROW ON SALE

Jarrow
B-RIGHT
Optimized B-Complex
$20.99
100 cap | **Save $8**



Solaray
MAGNESIUM GLYCINATE
350 mg per serving
$24.99
240 vcap | **Save $11.50**

BOIRON



CHESTAL COUGH SYRUP
Original • Honey
$8.99
6.7 fl oz | **Save $3**



CHESTAL KIDS COUGH SYRUP
Original • Honey
$8.99
6.7 fl oz | **Save $3**



CHESTAL MELTAWAY PELLETS
Original • Kids
$11.49
160 ct | **Save $3.50**

LifeSource natural foods BRAND SUPPLEMENTS



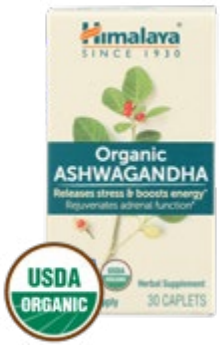
ACIDOPHILUS & BIFIDUS
$9.99
50 cap | **Save $3**



DGL
Deglycyrrhizinated Licorice
$11.99
90 vcap | **Save $3**



WHOLE ORGANIC PSYLLIUM HUSK
$15.49
12 oz | **Save $4.50**



Himalaya
ORGANIC ASHWAGANDHA
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30 cap | **Save $5**



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



Vibrant Health
GREEN VIBRANCE POWDER
60 day supply
$83.99
23.7 oz | **Save $16**



Zhou
HAIRFLUENCE
$20.99
60 ct | **Save $9**



Natural Factors
TOTAL BODY COLLAGEN
Pomegranate • Unflavored
Orange • Chocolate • Vanilla
$36.99
1.06 lbs | **Save $10**



Andalou
BEAUTY BALM
Age Defying SPF 30
COLOR+ CORRECT
Sheer Beige SPF 30
$11.99
2 fl oz | **Save $8**



Alba Botanica
ACNEDOTE
Pimple Patches
$6.99
40 ct | **Save $5**

ANCIENT NUTRITION



ACTIVE PEPTIDES MAGNESIUM
$19.99
90 cap | **Save $10**



ACTIVE PEPTIDES CORTISOL
$32.49
60 cap | **Save $17.49**



MULTI COLLAGEN PROTEIN
Unflavored
$35.99
16 oz | **Save $14**





Acure
SHAMPOO & CONDITIONER
Clarifying • Smoothing
Hydrating • Volume
$6.29
8 fl oz | **Save $3.70**



Radius
SPONGE FLOSS
Clove Cardamom
$3.49
55 yds | **Save $2**





Radius
ORGANIC TOOTHPASTE
Clove Cardamom
Mint Aloe Neem
$8.49
3 oz | **Save $4.50**



Himalaya
HYDROXYAPATITE TOOTHPASTE
Whitening+ Mint & Peppermint
Kid's Watermelon & Strawberry
$8.99
4 oz | **Save $2.50**



Everyone
HAND SOAP
Your Choice
$3.79
12.75 fl oz | **Save $2.20**