

deals

Now 2x monthly!

March 12–March 25, 2025

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Primal Kitchen Mayo with Avocado Oil
selected varieties

\$7.99

12 oz



Perfect Bar Protein Bar
selected varieties

2/\$5

1.94–2.5 oz

Enjoy these delicious deals

Tasty Bite Indian Entrée
selected varieties

\$2.79

10 oz



Amy's Burrito
selected varieties

2/\$6

5.5–6 oz



Pacific Foods Organic Soup
selected varieties

\$3.79

32 oz



Crown Prince Natural Smoked Oysters
selected varieties

\$2.99

3 oz



Bonafide Organic Bone Broth
selected varieties

\$6.99

24 oz



wildbrine Kimchi
selected varieties

\$6.29

18 oz



Bob's Red Mill Organic Gluten Free Oats

\$6.99

32 oz



Navitas Organic Cacao Powder

\$7.99

8 oz



GT's Alive Mushroom Elixir
selected varieties

2/\$6

16 oz



Look for new deals on **March 26!**

**Mike's Mighty Good
Craft Ramen**

selected varieties



\$1.89

1.6-2.4 oz

**nutpods
Dairy-Free Creamer**

selected varieties

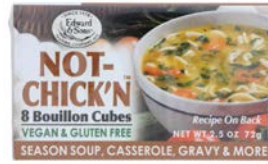


\$2.79

11.2 oz

**Edward & Sons
Bouillon Cubes**

selected varieties



\$1.79

2.2-3.1 oz

**Gimme
Organic Roasted Seaweed Snacks**

selected varieties



\$1.69

0.32-0.35 oz

**Vita Coco
Coconut Water**

selected varieties



2/\$4

500 ml

**Inka Crops
Plantain Chips**

selected varieties



2/\$4

3.25-4 oz

**PUR
Gum**

selected varieties



4/\$5

0.44 oz

Shrimp Ramen Noodles

35-40 MIN • SERVES 2-3 • DAIRY-FREE

INGREDIENTS

- | | |
|--|----------------------------------|
| 1 pound easy peel shrimp, peeled and shells reserved | 4 cups cold water |
| 2 scallions, roughly chopped | 2 packages ramen noodles |
| 4-inch piece fresh lemon grass, chopped | 1-2 teaspoons chili garlic sauce |
| 2 large garlic cloves, crushed | 2 tablespoons tamari |
| 1-2 teaspoons tomato paste | 1 scallion, thinly sliced |

DIRECTIONS

- In a medium-sized pot, combine shrimp shells, two scallions, lemongrass, garlic, tomato paste, and water. Bring to a gentle simmer and cook for 15 minutes. Strain and press liquids through. Discard solids.
- Return stock to the pot and bring to a simmer. Add noodles (discarding seasoning packets if any) and cook per package instructions. Halfway through the cooking time, add shrimp and continue to cook until noodles are done and shrimp is opaque. Turn off heat and allow to rest for four minutes.
- Season with chili sauce and tamari. Serve with scallions sprinkled on top and with any other tasty toppings of your choice.



Almond Breeze

Almondmilk

selected varieties



\$3.79

64 oz



Organic Valley Organic String Cheese

\$5.29

8 oz



Organic Valley Organic Cheese
selected varieties

\$4.79

8 oz



Made with organic milk from pasture-raised cows, Organic Valley Stringles and Raw Sharp Cheddar Cheese are perfect for snack time or adding some delicious flavor to your favorite dishes.

Kite Hill Dairy Free Ricotta



\$6.99

8 oz

siggi's Icelandic Style Yogurt

selected varieties



\$7.39

5.3 oz

Stonyfield Organic Whole Milk Yogurt

selected varieties



\$3.79

32 oz

Lemon Blueberry Cheesecake Pops

20 MIN PREP, 4 HR FREEZE • MAKES 8 • VEGETARIAN

INGREDIENTS

- 1 pint fresh blueberries
- 1/2 cup cane sugar, divided
- 2 tablespoons water
- 1 teaspoon lemon zest, optional
- 16 ounces softened cream cheese
- 1 cup lemon-flavored yogurt
- 1/2 cup granola
- 8 paper cups and 8 wooden popsicle sticks or small reusable popsicle molds with sticks

DIRECTIONS

- 1 Place blueberries, two tablespoons sugar, water, and lemon zest, if using, in a small saucepan and bring to a simmer. Cook for five minutes or until blueberries are tender and mixture has thickened. Set aside to cool.
- 2 In a mixing bowl, use a hand mixer to cream together cream cheese and remaining sugar until fluffy. Stir in yogurt until thoroughly mixed. Fold in blueberry mixture to create swirls of fruit.
- 3 Spoon mixture into eight small paper cups leaving a quarter inch of space from the top of the cups.
- 4 Top off cups with granola and gently press into the cheesecake mixture. Insert a popsicle stick into the center of each cup and freeze for a minimum of four hours.
- 5 To serve, peel away paper cup and enjoy.



Cosmic Bliss Organic Dairy-Free Frozen Dessert

selected varieties



\$5.29

14 oz

Gardein Plant Based Meat

selected varieties



\$3.99

8.1-13.7 oz

**Ancient Nutrition
Organic Gut Recovery
Probiotics 50B**



\$43⁹⁹

60 ct

**Trace Minerals
ConcenTrace Mineral Drops**



\$34⁹⁹

8 oz

**Yerba Prima
Psyllium Husk Powder**



\$11⁹⁹

12 oz



**ANCIENT
NUTRITION**

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of the solution
with us?**

To ensure a healthy planet for generations to come, we dedicate resources to support regenerative practices that leave our Earth better than we found it.



Regenerative
Organic
Certified[®]



**Natural Factors
WellBetX[®] Berberine 500 mg**



\$20⁹⁹

60 vcap

**KAL
Magnesium Glycinate 350**



\$19⁹⁹

160 ct



Natural Vitality magnesium supplements have been a health ally since 1982. With a passion for natural health, we've been designing supplements that support natural vitality for over 40 years.



Natural Vitality Natural Calm
selected varieties



Natural Vitality Calm Gummies
selected varieties

\$15⁹⁹ \$18⁹⁹

8 oz

120 ct

The Grandpa Soap Company Pine Tar Bar Soap



\$3²⁹

3.25 oz

Andalou Naturals Shampoo or Conditioner
selected varieties



\$6⁴⁹

11.5 oz

derma e Anti-Wrinkle Renewal Cream



\$15⁹⁹

4 oz

RADIUS Toothbrush Replacement Heads
selected varieties



\$5⁴⁹

2 pk



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So you can buy better, work better, and do better every day.

Smothered Potato Puffs

30 MIN • SERVES 4 • VEGETARIAN

INGREDIENTS

- 16 ounces frozen tater tots
- 1/3 cup crumbled feta cheese
- 1/2 small red onion, julienned
- 1 handful cilantro leaves
- 1/2 teaspoon dried oregano
- 1/3 cup vegan mayonnaise
- 1 tablespoon sriracha hot sauce

DIRECTIONS

- 1 Bake tater tots following the package instructions or until extra crispy.
- 2 Meanwhile, stir together mayonnaise and sriracha to create the sauce. Set aside.
- 3 Place tater tots on a serving plate and drizzle with sauce.
- 4 Sprinkle on feta, red onion, oregano, and cilantro. Serve promptly.

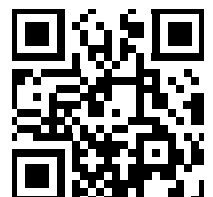


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