

April 2024

Natural Connection

Tzatziki Dip with Greek Gods Yogurt
recipe on page 2



Spectrum Naturals
Organic Extra Virgin
Olive Oil
Mediterranean
33.8 FL OZ



\$14.79



Greek Gods
Greek Yogurt
Plain Traditional
24 OZ
Selected Varieties

\$4.29



Late July Snacks
Organic Tortilla Chip
Dippers
Sea Salt
7.4 OZ
Selected Varieties



2/\$8



Terra Chips
Sweet Potato Chips
Sweets & Beets
6 OZ
Selected Varieties



2/\$7

Scan to see this ad online

Some items may not be available. See store for details.
Printed with soy ink on recycled paper. Not responsible for typographical errors.



Stahlbush Island Farms
Organic Strawberries
3 LB
Selected Varieties



\$16.99



Sunja's Oriental Foods

Kimchi
Medium Spicy
16 OZ
Selected Varieties

\$5.99

Sunja's Kimchi is a customer favorite and a best seller. It goes perfect with eggs, on veggie burgers, over salads, in fried rice and more!

Learn more at:
www.sunjaskimchi.com

Customer Favorite



Tzatziki Dip

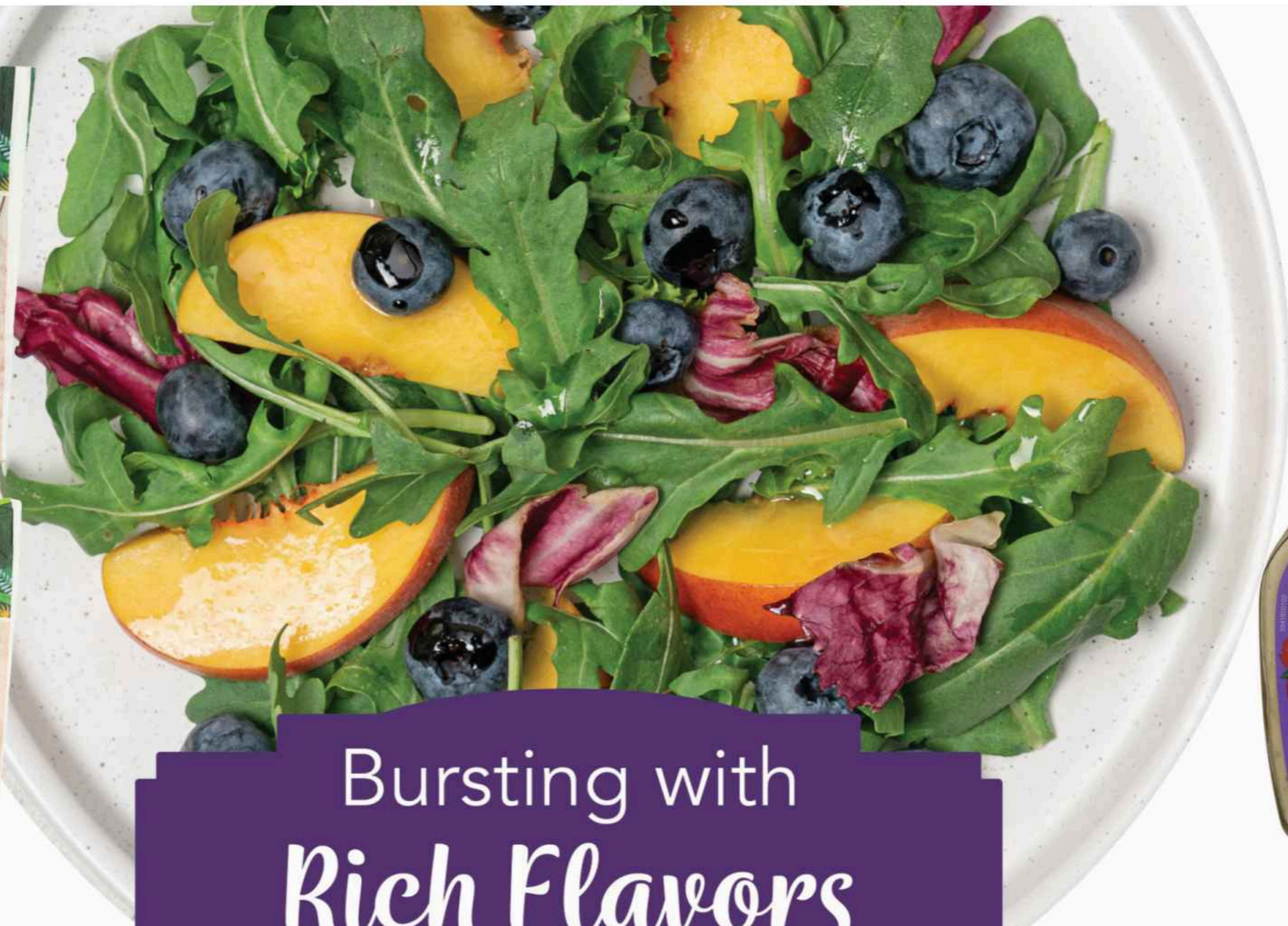
Enjoy this traditional Greek dip recipe where the main ingredient is The Greek Gods Traditional Plain Greek Style Yogurt. Tzatziki is perfect for Two!

- 3 cups The Greek Gods Traditional Plain Greek-Style Yogurt
- 1 medium English Cucumber peeled, seeded and finely chopped
- 1 pinch kosher salt
- 4 cloves garlic finely minced
- 3 tbsp organic extra virgin olive oil
- 2 tsp organic red wine vinegar

Combine all ingredients. Chill for at least 30 minutes. Serve with vegetables, pita chips or your favorite dipper!

www.greekgodsyogurt.com





Bursting with Rich Flavors of the season

\$3.29

2/\$8



2/\$6



\$3.49



\$3.99



2/\$6



\$4.99



2/\$6



2/\$8



2/\$9



2/\$8



2/\$5



\$4.49



\$3.99



\$9.99

Amy's
Organic Vegan
Pizza
Margherita
13.5 OZ
Selected Varieties



2/\$6

Hail Merry
Tart Cups
Meyer Lemon
2 CT



\$4.99

Rudi's Organic Bakery
Organic Bread
Rocky Mountain Sourdough
22 OZ
Selected Varieties



\$5.49

Alexia
Roasted Seasoned
Potatoes
Thai Inspired Basil Chili
16 OZ
Selected Varieties



\$5.29

My/Mochi
Mochi Ice Cream
Strawberry
9.1 OZ
Selected Varieties



Food For Life
Organic English Muffins
7 Sprouted Grains
16 OZ



\$5.49



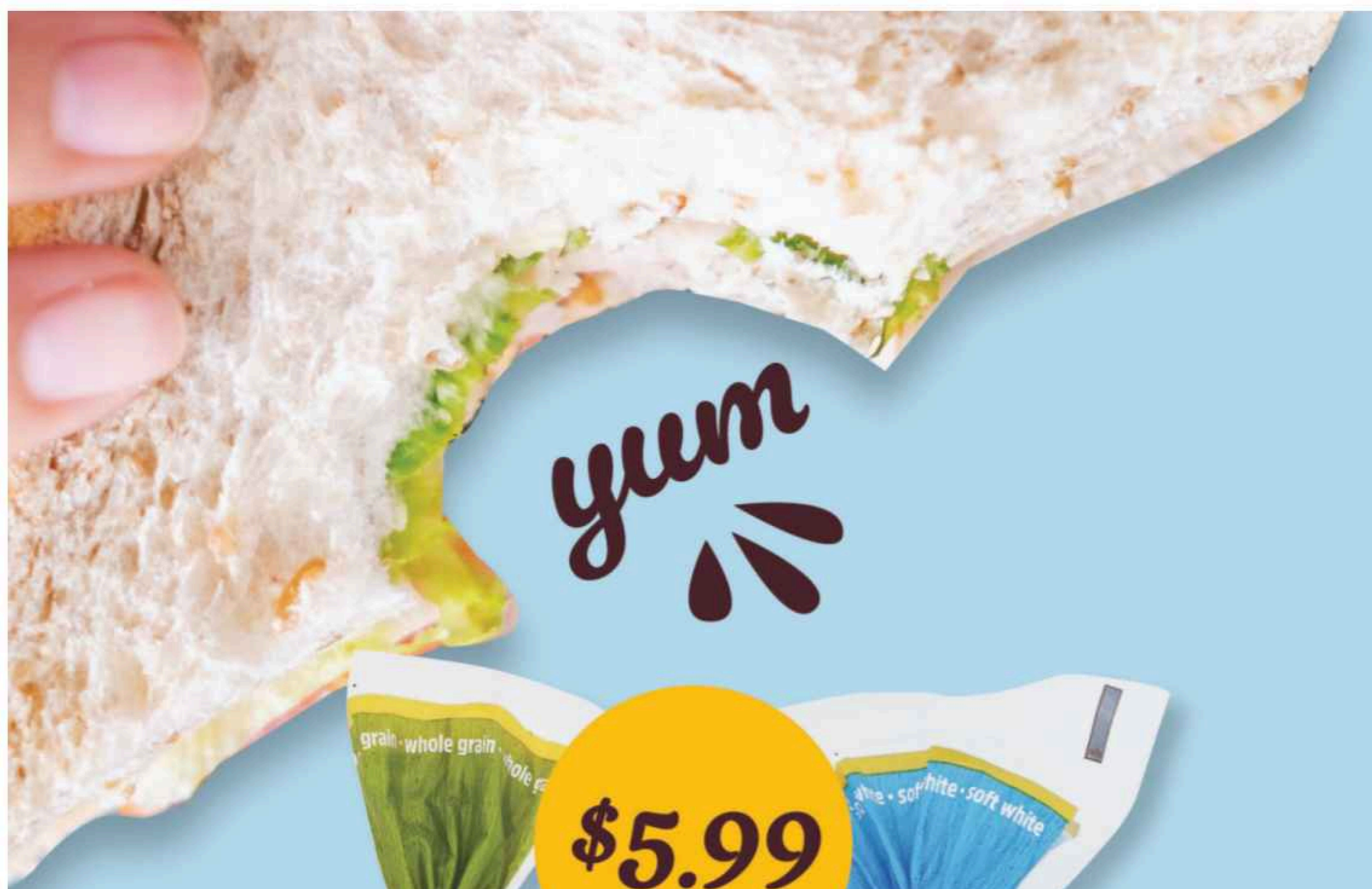
**Select Kashi®
Cereals**

Selected Varieties Available

excellent
source of
fiber

2/\$10





Goodbye Gluten
hello delish sammie



\$4.29



2/\$7



2/\$8



\$9.49



\$4.29



\$3.79



\$6.79

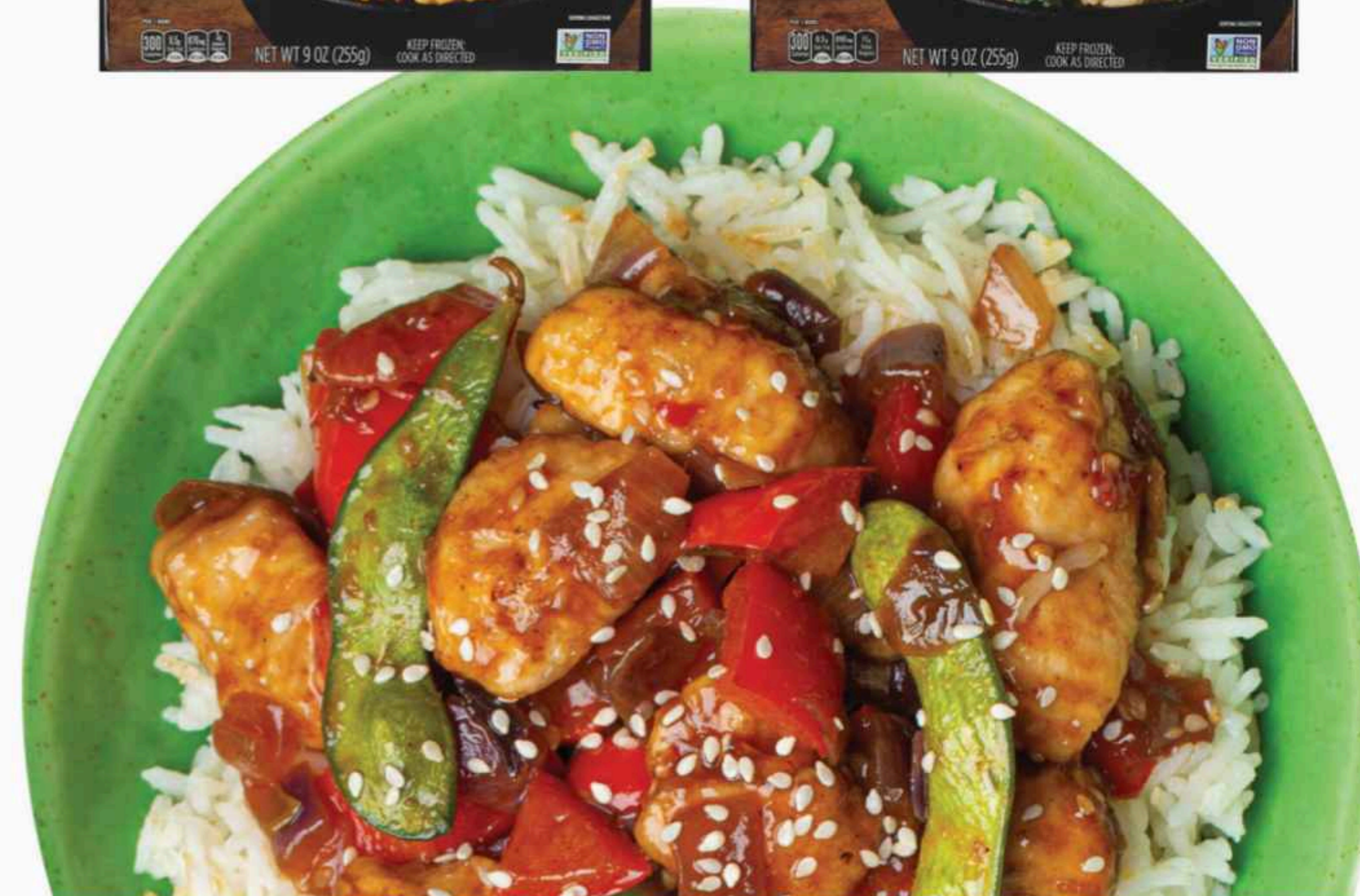


2/\$8

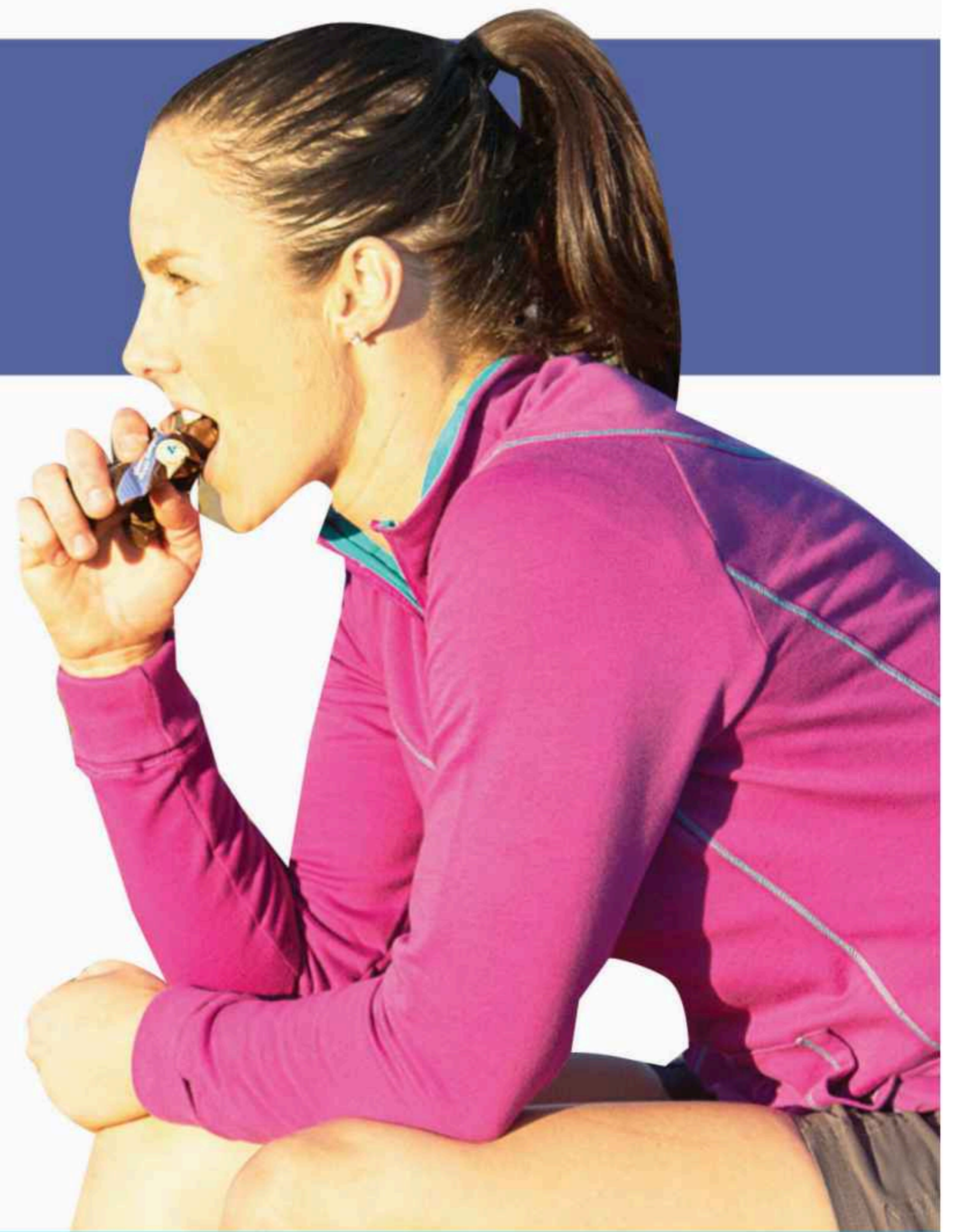
Go Meatless
and don't miss a thing



\$3.79



Plant-Based Food for Everyday Adventures



Meal Bars
2/\$5

Selected Varieties



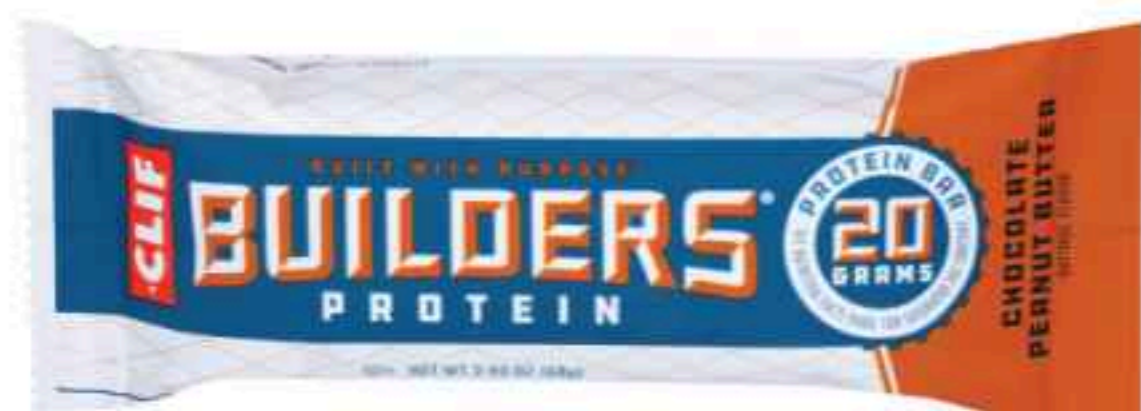
Bobo's Oat Bars
Protein Bar
Peanut Butter
Chocolate Chip
2.2 OZ

GF
\$2.29



Think!
High Protein Bar
Brownie Crunch
2.1 OZ
Selected Varieties

GF
\$2.29



Clif Bar
Builders
Protein Bar
2.4 OZ
Selected Varieties

\$1.79



Gomacro
Organic MacroBar
Oatmeal Chocolate Chip
2.3 OZ
Selected Varieties

GF
USDA ORGANIC
NON-GMO VERIFIED
\$2.79



Honey Cinnamon
Peanut Butter
5/1.9 OZ
Selected Varieties

GF
\$8.29



2/\$4 **GF**

Protein or
Protein Bar
Blueberry
1.9 OZ
Selected Varieties



\$5.99

Natierra
Organic Freeze-Dried
Strawberries
8 OZ
Selected Varieties



Feed Your Inner Bear

Wildly Delicious Granola



\$2.79

Mavuno Harvest
100% Organic Dried Fruit
Tropical Mix
2 OZ
Selected Varieties



\$4.49

Manitoba Harvest
Organic Hemp Yeah!
Granola
Honey & Oats
10 OZ
Selected Varieties



2/\$10





Equal Exchange
Organic Dark Chocolate Bar
Panama Extra Dark
2.8 OZ
Selected Varieties

\$3.09



2/\$8
Choice Organics
Organic Herbal Tea
Mint Sage
16 BAG
Selected Varieties



\$5.79
Prince Of Peace
Organic Tea
Green Jasmine
100 BAG
Selected Varieties



2/\$4
Steaz
Organic
Yerba Mate
Peach Please
16 FL OZ
Selected Varieties



Mary's Gone Crackers
Organic Crackers
Original
6.5 OZ
Selected Varieties

\$4.99



\$3.49
R.W. Knudsen
Juice
Beverage
Morning Blend
32 FL OZ
Selected Varieties



2/\$5
Vita Coco
Coconut Water
Original
500 ML
Selected Varieties



\$9.29
Mineragua
Sparkling
Water
9/12.5 Z



**Ahi Tuna
Poke Bowl**

Scan for Recipe



3/\$5



2/\$6



100% Organic
Seaweed Wraps
Sushi Nori
\$3.29



\$4.79



\$3.29



Organic • Keto • Paleo • Non-GMO • Gluten-Free



\$13.99

La Tourangelle
Avocado Oil
Delicate
16.9 FL OZ



\$2.79

Seeds of Change
Organic Super
Grains
Tuscan Herbs
8 OZ
Selected Varieties



\$4.29

Jovial
100% Organic
Gluten Free Pasta
Stelline
12 OZ
Selected Varieties



\$5.99

Emerald Cove
Organic Sushi
Nori Sheets
Toasted
10 SHT



\$10.79

Spectrum Naturals
Avocado Oil
Unrefined
16 FL OZ
Selected Varieties



2/\$9

Rustic Crust
Ready-Made
Pizza Crust
Cauliflower
9 OZ



\$2.29

Siete
Taco Seasoning
Mild
1.31 OZ
Selected Varieties



\$19.99

Nielsen-Massey
Pure Vanilla
Bean Paste
Madagascar Bourbon
4 OZ



RICE HAS NEVER LOOKED SO DARN GOOD



\$3.29
5.5-6 oz



\$5.99
17.3 oz

\$3.29
8oz

A NEW recipe that's even tastier and **BETTER** for you than before! Because when it comes to making snacks, or taking care of the planet, Lundberg gives a chip.

- NEW** Fiery Hot flavor
- NEW** 3g plant protein & 2g fiber per serving
- NEW** Organic chia + plant power from navy beans and pea protein
- ✔ STILL gluten-free
- ✔ STILL 13g+ of whole grains per serving
- ✔ STILL made with California-grown organic brown rice!

Lundberg's overachieving Ready-to-Heat Rice isn't just delicious and ready in as little as 90 seconds. It's also made with bonafied Regenerative Organic Certified® rice, which means it's a force of land-restoring, habitat-preserving, community-building wonder. And if they care this much about how it's grown, just imagine how much they care about how it tastes.

- ✔ Regenerative Organic Certified® Rice
- ✔ Fair Trade Certified™ Rice
- ✔ USDA Certified Organic
- ✔ Non-GMO Project Verified

\$4.99

Seventh Generation
Glass Cleaner
Sparkling Seaside
23 FL OZ



\$5.49

Seventh Generation
Disinfecting
Multi-Surface Cleaner
26 FL OZ



See this month's in-store bonus circular
featuring sustainable finds for a
Greener Earth Month

Orgain

youththeory



Amy's



If You Care
Parchment Baking Paper
70 SQ FT

GF \$5.79

\$3.99

Biobag
Compostable
Food Scrap Bags
Small 3 Gallon
25 CT



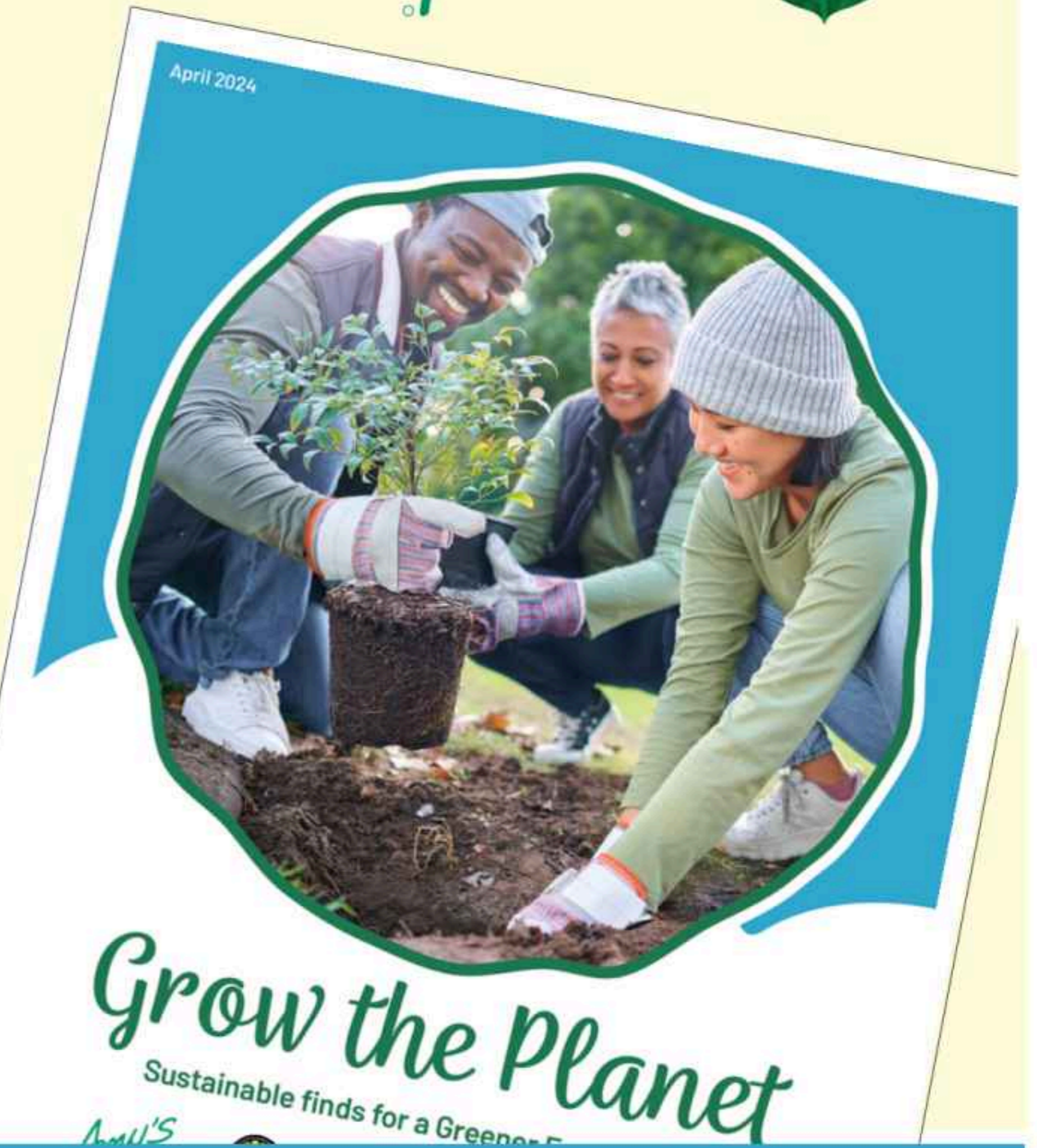
\$11.99

Green Forest
Bathroom Tissue
2-Ply
12 PK



\$2.49

Green Forest
Bathroom Tissue
2-Ply
4 PK



save when you
buy in
bulk



Organic Dates
Large Medjool
\$6.59/lb

Organic Chocolate Chips
Dark
\$6.89/lb

Organic Oats
Regular Rolled
\$1.79/lb

100% Organic Almonds
Raw
\$7.89/lb

100% Organic Chia Seeds
Black
\$2.89/lb

Organic Raisins
Flame
\$3.19/lb

Organic Farro
Pearled
\$2.69/lb

100% Organic Quinoa
White Royal
\$2.29/lb

Organic Walnuts
Halves & Pieces
\$6.29/lb

Organic Almonds
Tamari
\$12.69/lb



\$5.99

Hyland's
Organic Baby
Soothing Gel
Nighttime
.53 OZ



\$5.99

Hyland's
Organic Baby
Soothing Gel
Daytime
.53 OZ



\$32.99

Bulletproof
Collagen
Peptides
Unflavored
14.3 OZ



\$13.49

Nature's Way
Alive! Multivitamin
Gummies
Women's 50+
75 CHEW
Selected Varieties



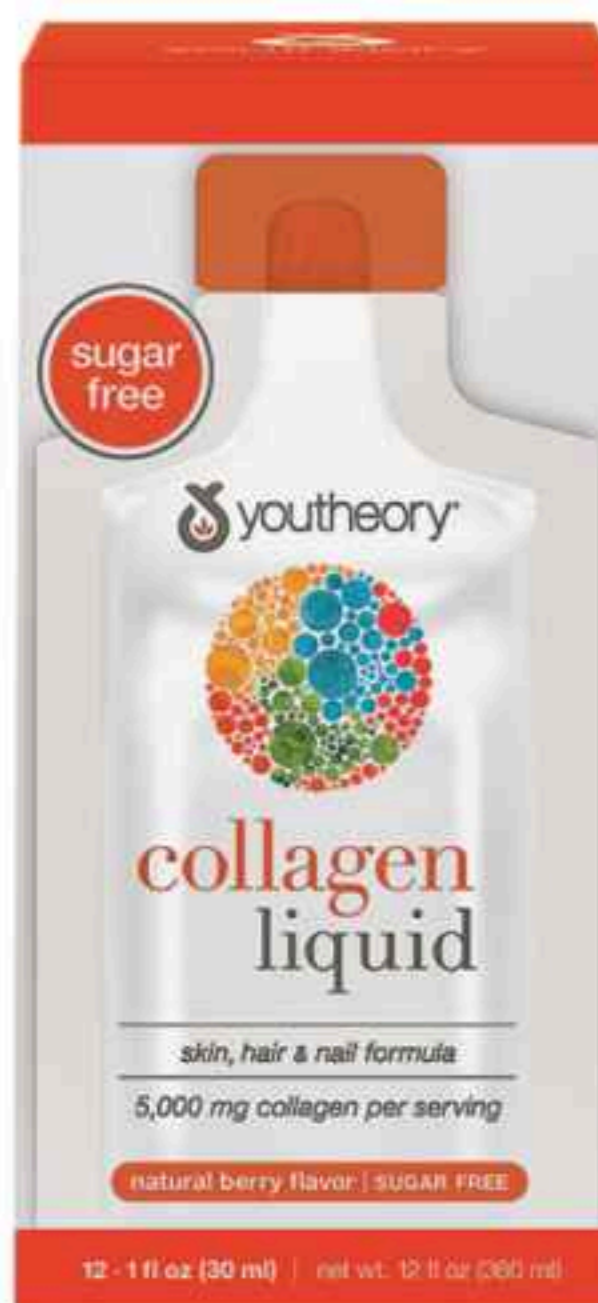
\$9.49

Boiron
Allergy Calm
Meltaway
Tablets
60 TAB



\$27.49

Amazing Grass
Superfood
Greens Blend
The Original
8.5 OZ
Selected Varieties



4/\$5

Youtheory
Collagen Liquid
Berry
1 OZ



\$16.99

Liquid I.V.
Sugar Free Hydration
Multiplier Drink Mix
Lemon Lime
4.58 OZ
Selected Varieties



\$38.99

Orgain
Organic Sport
Protein Powder
Vanilla
2.01 LB
Selected Varieties



ANDALOU
NATURALS

Brightens and promotes
a more **even skin tone** with
Vitamin C and antioxidants



\$18.99

Andalou Naturals
Brightening
Dark Spot Corrector
with 5% Vitamin C
1 FL OZ



Statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.
CBD items may not be available as restrictions vary by state and are subject to change. See store for details.

FRESHLY SQUEEZED
— POMELO —
PINK LEMONADE



SYNERGY[®]
raw kombucha

2/\$7



There's a Flavor For Everyone