

# deals

Now 2x monthly!

March 12–March 25, 2025

Scan to download!



**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

**\$4.29**

32 oz



**Crown Prince Natural Smoked Oysters**  
selected varieties

**\$2.79**

3 oz



**Bonafide Organic Bone Broth**  
selected varieties

**\$7.49**

24 oz



**wildbrine Kimchi**  
selected varieties

**\$5.99**

18 oz



**Bob's Red Mill Organic Gluten Free Oats**

**\$6.79**

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

## Edward & Sons Bouillon Cubes

selected varieties



# \$1.99

2.2-3.1 oz

## Gimme Organic Roasted Seaweed Snacks

selected varieties



# \$1.69

0.32-0.35 oz

## PUR Gum

selected varieties



# 4/\$5

0.44 oz

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## 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

- 1 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.
- 2 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.
- 3 Season with chili sauce and tamari. Serve with scallions sprinkled on top and with any other tasty toppings of your choice.



**Vita Coco  
Coconut Water**  
selected varieties

**2/\$4**

500 ml



**nutpods  
Dairy-Free Creamer**  
selected varieties

**\$2.79**

11.2 oz



**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.

**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



## Lemon Blueberry Cheesecake Pops

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

### INGREDIENTS

- |                                 |  |
|---------------------------------|--|
| 1 pint fresh blueberries        | 1 cup lemon-flavored yogurt  |
| ½ cup cane sugar, divided       | ½ cup granola  |
| 2 tablespoons water             | 8 paper cups and 8 wooden popsicle sticks or small reusable popsicle molds with sticks |
| 1 teaspoon lemon zest, optional |  |
| 16 ounces softened cream cheese |  |

### DIRECTIONS

- 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.
- 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.
- Spoon mixture into eight small paper cups leaving a quarter inch of space from the top of the cups.
- 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.
- To serve, peel away paper cup and enjoy.



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



**\$43<sup>99</sup>**

60 ct

**Trace Minerals  
ConcenTrace Mineral Drops**



**\$34<sup>99</sup>**

8 oz

**Yerba Prima  
Psyllium Husk Powder**



**\$11<sup>99</sup>**

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**



**\$20<sup>99</sup>**

60 vcap

**KAL  
Magnesium Glycinate 350**



**\$19<sup>99</sup>**

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

**\$15<sup>99</sup> \$18<sup>99</sup>**

8 oz

120 ct

**The Grandpa Soap Company Pine Tar Bar Soap**



**\$3<sup>29</sup>**

3.25 oz

**Andalou Naturals Shampoo or Conditioner**  
selected varieties



**\$6<sup>29</sup>**

11.5 oz

**derma e Anti-Wrinkle Renewal Cream**



**\$15<sup>99</sup>**

4 oz

**Herbatint Permanent Hair Color Gel**



**\$13<sup>99</sup>**

5.75 oz

## All-Purpose Citrus Spray Cleaner

2 WEEKS INFUSION • MAKES 5 CUPS

### INGREDIENTS

- 1 cup white vinegar
- Citrus peel from 4 oranges
- 4 cups water
- 1 teaspoon liquid castile soap
- 15 drops lemon essential oil

### DIRECTIONS

- 1 Place citrus peel and vinegar in a glass jar, close and allow to infuse for two weeks.
- 2 Strain vinegar and discard citrus peel.
- 3 Combine infused vinegar with water, castile soap and essential oils.
- 4 Store finished cleaner in spray bottles.



# 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.

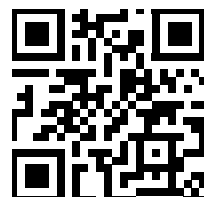


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