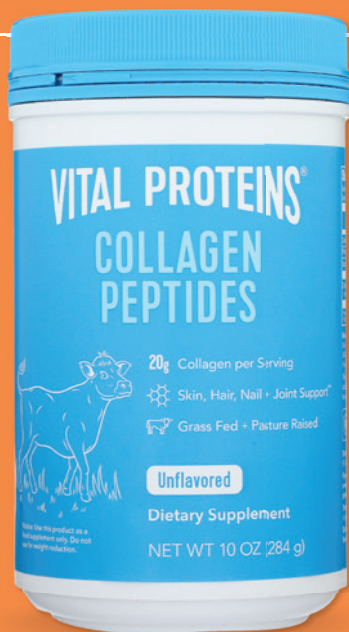


deals

2X monthly!

September 24–October 14, 2025

Scan to
download!



Martindale's
NATURAL MARKET

Vital Proteins
Collagen Peptides
selected varieties

\$19⁹⁹

10 oz



Vital Farms
Butter
selected varieties

\$3⁷⁹

8 oz

Double up on fall deals!

C2O
Coconut Water
selected varieties

2/\$4

17.5 oz



OLIPOP
Prebiotic Soda
selected varieties

2/\$4

12 oz



Health-Ade
Organic Kombucha
selected varieties

2/\$6

16 oz



Organic Valley
Organic Shredded Cheese
selected varieties

\$3⁹⁹

6 oz



Rao's
Pasta Sauce
selected varieties

\$6⁷⁹

24 oz



Beyond Meat
Beyond Beef Plant-Based Ground

\$7⁹⁹

16 oz



ROAR Organic
Organic Vitamin
Enhanced Beverage

\$1⁶⁹

18 oz



REBBL
Organic Functional
Beverage
selected varieties

2/\$7

12 oz



Almond Breeze
Almondmilk
selected varieties

\$2⁴⁹

32 oz



Look for new deals on **October 15!**

Chickapea
Organic Chickpea Pasta
selected varieties

\$3²⁹

8 oz



Maya Kaimal
Indian Simmer Sauce
selected varieties

\$4²⁹

12.5 oz



Kettle & Fire
Organic Bone Broth
selected varieties

\$5²⁹

16.9 oz



Maple Roasted Winter Squash

1 HR • SERVES 6-8 • VEGETARIAN

INGREDIENTS

5 pounds winter squash such as kabocha or butternut, seeded and cut into 1" pieces
1 medium red onion, chopped
½ cup walnut halves
¼ cup avocado oil
¼ cup maple syrup
1 teaspoon sea salt
1 teaspoon crushed red pepper flakes (or to taste)
½ cup crumbled feta

DIRECTIONS

- 1 Preheat oven to 400°F. Place winter squash, red onion, and walnut halves in a large mixing bowl.
- 2 In a separate bowl, whisk together the avocado oil, maple syrup, salt, and crushed red pepper flakes. Pour mixture over squash and toss until well coated.
- 3 Spread squash out on two parchment-lined baking pans in a single layer. Bake for 40 minutes or until squash is tender.
- 4 Place squash in a serving vessel and sprinkle on crumbled feta.



Primal Kitchen
Avocado Oil

\$11⁹⁹

16.9 oz



Napa Valley Naturals
Organic Extra Virgin Olive Oil

\$17⁹⁹

25.4 oz



Annie's

Hop into Savings:
Annie's is On Sale!



Annie's
Organic Bunny Crackers
selected varieties

\$3²⁹

7.5 oz



Annie's
Mac & Cheese
selected varieties

2/\$4

5.25-6 oz



Annie's
Organic Cheddar Cheesy Smiles

\$3²⁹

4 oz

Mi Niña
Tortilla Chips
selected varieties

\$4²⁹

12 oz



Inka Crops
Plantain Chips
selected varieties

\$2²⁹

3.25-4 oz



Siete
Kettle Cooked Potato Chips
selected varieties

2/\$6

5.5 oz



Manitoba Harvest
Organic Hemp Hearts

\$10⁹⁹

12 oz



Teeccino
Herbal Tea
selected varieties

\$4⁴⁹

10-12 ct



EPIC
Snack Strip
selected varieties

4/\$5

0.8 oz



SunButter
Organic Sunflower Butter

\$7⁹⁹

16 oz



Choice Organics
Organic Tea
selected varieties

\$3²⁹

16 ct



EPIC
Meat Snack Bar
selected varieties

2/\$4

1.3 oz



Lily's
Baking Chips
selected varieties

\$6⁷⁹

9 oz



Four Sigmatic
Organic Coffee with Mushrooms
selected varieties

\$12⁹⁹

10 oz



Pacific
FOODS.

Pacific Foods' organic soups and chilis are consciously crafted with a bounty of organic, non-GMO ingredients and feature a range of vibrant, globally inspired flavors. Stock up on Pacific for options that are distinctly satisfying and worth savoring every spoonful.

Laird Superfood Superfood Creamer

selected varieties

\$6⁷⁹

8 oz



Minor Figures Organic Barista Oat Milk

\$2⁹⁹

32 oz



Three Trees Organic Almondmilk

selected varieties

\$5⁴⁹

28 oz



Goldthread Plant Based Tonic

selected varieties

\$3²⁹

10.5 oz



GoMacro Organic MacroBar

selected varieties

2/\$5

2.3 oz

GoMacro MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are Certified Organic, Vegan, Gluten-Free, Kosher, Non-GMO, C.L.E.A.N., and Soy-Free.

Kite Hill Almond Milk Ricotta Alternative

\$6⁹⁹

8 oz



Chocolate Chia Seed Pudding

5 MIN PREP • 2-4 HR CHILLING TIME • SERVES 2-3 • VEGETARIAN

INGREDIENTS

- 1 cup milk (whole, almond, oat, etc.)
- ½ cup plain yogurt
- 1 teaspoon vanilla extract
- ¼ cup chia seeds
- 2-4 tablespoons agave syrup
- 3 tablespoons cocoa powder, sifted
- 1 teaspoon mushroom powder
- Pinch of salt
- Shaved chocolate, for garnish
- Sliced almonds, for garnish
- Mint leaves, for garnish

DIRECTIONS

- Whisk together all ingredients through salt in a mixing bowl until smooth. Adjust sweetness to taste and place in the refrigerator for 2-4 hours to thicken.
- Spoon pudding into serving dishes and garnish with shaved chocolate, sliced almonds, and mint leaves.



Gardein Plant-Based Meat

selected varieties

\$3⁷⁹

8.1-13.7 oz



Van's Waffles

selected varieties

\$3²⁹

9 oz



**Beekeeper's Naturals
Propolis Immune Support
Throat Spray**

\$9⁹⁹

30 ml



**Boiron
Oscillococcinum**

\$18⁹⁹

12 ct



**MegaFood
Whole Body Turmeric Curcumin**

\$17⁹⁹

60 ct



**Alaffia
Pure Unrefined Shea Butter**
selected varieties

\$9⁹⁹

11 oz



**Garden of Life Organics
Women's Once Daily
Multivitamin**

\$21⁹⁹

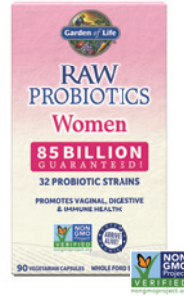
30 tab



**Garden of Life
RAW Probiotics
Women**

\$37⁹⁹

90 cap



Empowering
Extraordinary Health®.
It's the sole purpose
of Garden of Life—to
empower consumers
with the tools necessary
to achieve extraordinary
health by offering clean,
traceable, clinically
studied ingredients in
the most sustainable
way possible.

**Renew Life
3-Day Cleanse**

\$6⁴⁹

12 ct



**Traditional Medicinals
Organic Lozenges**
selected varieties

\$3⁷⁹

16 ct



**Everyone
3-in-1 Soap**
selected varieties

\$8⁴⁹

32 oz



**Caboo
Bamboo Baby Wipes**

\$4⁴⁹

72 ct



**National Bike
and Walk to
School Day**

OCTOBER 1, 2025



Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

INGREDIENTS

2 tablespoons olive oil
½ small yellow onion or 1 large shallot, minced
12 ounces red potatoes, ½" inch cubes
3–4 ears corn on the cob or 10 ounces frozen corn
3 cups miso broth*
½ cup canned coconut milk*
½ teaspoon sea salt
¼ teaspoon coarse ground black pepper
Salt and pepper to taste
Sliced chives or green onions, optional
Toasted sesame oil, optional

DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.

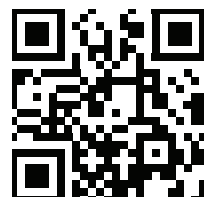


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NE-A