



Sales list 7/3 - 7/16

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Steel Cut Oats	Per Pound	0.99	
Bulk	Organic Raw Almonds (Unpasteurized)	Per Pound	9.99	
Bulk	Organic Red Lentils	Per Pound	1.99	
Bulk	Grandy Oats Organic Granola	Per Pound	8.99	

Refrigerated	Product Name	Size	Sale	Coupons
Bhakti Chai	Chai	16 oz	3.39	
Chobani	Low-fat and Nonfat Greek Yogurt, Assorted Flavors	5.3 oz	5/\$5	
Farmhouse	Organic Horseradish Leek Kraut	16 oz	4.99	
Green Valley Organics	Organic Lactose Free Kefir, Assorted Flavors	32 oz	4.39	
Green Valley Organics	Organic Sour Cream, Lactose Free	12 oz	2.99	
Kevita	Organic Kombucha, Assorted Flavors	15.2 oz	2/\$5	
Nancy's	Organic Nonfat Plain Yogurt	16 oz	2.39	
Noosa	Australian-Cultured Yogurt	8 oz	2/\$4	
Sweet Earth	Traditional Seitan Slices	8 oz	3.39	
Wildbrine	Organic Arame Ginger Sauerkraut	18 oz	5.69	

Frozen	Product Name	Size	Sale	Coupons
Alexia	Organic Yukon Puffs	16 oz	2/\$5	
Alexia	Organic Fries, Assorted Varieties	15-16 oz	2/\$5	
Alexia	Golden Onion Rings w/ Sea Salt	11 oz	2/\$6	
Alexia	Parmesan Garlic Red Wedges	15 oz	2/\$5	
Alexia	Organic Hash Browns	16 oz	2/\$5	
Alexia	Crispy Potato Puffs	19 oz	2/\$5	
Alexia	Organic Sweet Potato Fries	15 oz	2/\$6	
Alexia	Truffle Fries	15 oz	2/\$6	
Beyond Meat	Beef Free Beyond Burger	8 oz	4.99	
Beyond Meat	Chicken Free Strips	9 oz	3.99	
Beyond Meat	Beef Free Beast Burgers	8 oz	4.99	
Beyond Meat	Beefy Crumble	10 oz	3.99	
Hilary's Eat Well	Organic Burgers	6.4 oz	2/\$5	
Sambazon	Organic Acai, Original	4 pack	4.99	
Sambazon	Organic Acai Berry Sorbet	16 oz	4.99	
Sambazon	Organic Acai, Protein Superfood Smoothie Add-In	4 pack	5.99	
So Delicious	Cashew Milk Ice Cream, Assorted Flavors	Pint	2/\$7	
So Delicious	Coconut Milk Ice Cream, Assorted Flavors	Pint	2/\$7	
So Delicious	Almond Milk Ice Cream, Assorted Flavors	Pint	2/\$7	
So Delicious	CocoWhip Nondairy Dessert Topping	9 oz	2.69	
Solero	Pineapple-Strawberry Fruit Pops	18 oz	3.99	
Solero	Organic Fruit Bars	11 oz	3.99	
Straus	Organic Ice Cream, Assorted Flavors	Pint	3.99	
Sweet Earth	Breakfast Sandwiches	9.6 oz	3.69	
Tofurky	Veggie Burgers	10.5 oz	4.69	
Udi's	Gluten Free Classic Hot Dog Buns	6 pack	3.99	
Udi's	Gluten Free Whole Grain Hamburger Buns	4 pack	3.99	

55¢ off any item



But wait, there's more! Look for more than 100 additional deals on our shelves!

Not all sales items are listed. Not every item may be available.

Grocery	Product Name	Size	Sale	Coupons
Ahhh!laska	Organic Chocolate Syrup	22 oz	4.69	
Annie's	Organic Vegan Pasta & Creamy Sauce	6 oz	2/\$4	
Annie's	Organic Mac & Cheese, Assorted Varieties	6 oz	2/\$4	
Annie's	Organic Family Size Shells & Cheddar	10.5 oz	3.99	
Annie's	Organic Cheddar Squares	6.75 oz	3.39	
Annie's	BBQ Sauce	12 oz	2.69	
Annie's	Organic Worcestershire Sauce	6.25 oz	2.69	
Annie's	Organic Mustards	9 oz	2.69	
Annie's	Organic Ketchup	24 oz	1.99	
Beanfields	Bean Chips	5.5 oz	2/\$5	
Bearitos	Refried Beans	16 oz	1.99	
Blue Sky	Soda	6 pack	2/\$4	
Blue Sky	Organic Soda	6 pack	2.69	
Boulder	Potato Chips	5.25-6.5 oz	2/\$4	
Chocolove	Chocolate Bar	2.9-3.2 oz	2/\$5	
Clif	Filled Snack Bars	1.76 oz	4/\$5	
Crown Prince	Kippers	3.25 oz	2.69	
Crown Prince	Smoked Oysters	3 oz	2.99	
Crown Prince	Baby Clam	10 oz	2.99	
Epic	Meat Snack Bars	1.3-1.5 oz	2/\$4	
Foodstirs	Organic Chocolate Chip Cookie Mix	14.5 oz	3.99	
Foodstirs	Organic Simply Sweet Vanilla Cake Mix	20 oz	3.99	
Foodstirs	Organic Brownie Mix	13.9 oz	3.99	
Foodstirs	Organic Sugar Cookie Mix	15.6 oz	3.99	
Garden Of Eatin	Tortilla Chips	16 oz	2/\$7	
Green Mountain Gringo	Salsa	16 oz	3.99	
La Tourangelle	Organic Sunflower Coconut Oil	25.4 oz	6.99	
Lovegrown	Cereal	6.5-10 oz	3.39	\$1.00 off any item
Lucini	Dressing	8.5 oz	3.99	
Lundberg	Organic Chocolate Rice Cakes	3.2 oz	2/\$5	
Lundberg	Organic Brown Rice Thin Stackers	5.9 oz	2/\$5	
Napa Valley Naturals	Rich & Robust Extra Virgin Olive Oil	25.4 oz	11.99	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	25.4 oz	9.99	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	16.9 oz	7.99	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	50.8 oz	18.99	
Napa Valley Naturals	Organic Balsamic Vinegar	12.7 oz	4.39	
Napa Valley Naturals	Organic Red Wind Vinegar	12.7 oz	3.39	
Napa Valley Naturals	Spanish Sherry Vinegar	12.7 oz	4.99	
Napa Valley Naturals	Grand Reserve Balsamic Vinegar	12.7 oz	6.99	
Napa Valley Naturals	Champagne Vinegar	12.7 oz	4.39	
Nature's Path	Organic Qia Chia Cereal	10 oz	2.99	
Nature's Path	Organic Cereal	10.6-14 oz	2.99	
Newman's	Organic Dried Apricots	6 oz	4.49	
Newman's	Organic Dried Cranberries	4 oz	3.39	
Once Again	Organic Nut or Seed Butter Squeeze Packet	1.15 oz	0.59	
Peeled Snacks	Organic Peas Snack	3.3 oz	1.99	
Pro Bar	BASE Protein Bar	2.46 oz	2/\$4	\$1.00 off any two bars
R.W. Knudsen	Just Black Cherry Juice	32 oz	4.69	
R.W. Knudsen	Just Cranberry Juice	32 oz	5.39	
R.W. Knudsen	Organic Tart Cherry Juice	32 oz	5.39	
R.W. Knudsen	Organic Just Concord Grape Juice	32 oz	4.69	
Rudi's	Organic Whole Wheat Hamburger Buns	18 oz	3.99	
Rudi's	Organic Wheat Hot Dog Buns	12 oz	2.99	



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Grocery	Product Name	Size	Sale	Coupons
Soy Vay	Assorted Sauces	20-21 oz	3.99	
Spectrum	Organic Mayonnaise	16 oz	3.99	
Spectrum	Organic Soy Mayonnaise	32 oz	6.99	
Spectrum	Canola Mayonnaise	32 oz	5.99	
Spectrum	Organic Unrefined Coconut Oil	14 oz	6.99	
Stacy's	Pita Chips	7.33 oz	2.39	
Surf Sweets	Assorted Gummy Snacks	2.75 oz	3/\$5	
Think	Assorted Bars	1.41-2.1 oz	3/\$4	
Westbrae	Assorted Beans	15 oz	3/\$5	
Wholesome!	Organic Delish Fish	2 oz	3/\$5	
Wild Planet	Alaskan Pink Salmon	6 oz	3.39	
Wild Planet	Sockeye Salmon	6 oz	5.39	

Home & Pet	Product Name	Size	Sale	Coupons
Ecos	Oxo Brite	2 lb	5.69	
Ecos	Liquid Laundry	100 oz	8.99	
Seventh Generation	Auto Dish Gel	42 oz	4.39	
Seventh Generation	Liquid Dish Soap	25 oz	2/\$6	

Wellness	Product Name	Size	Sale	Coupons
Alba Botanica	Pineapple Enzyme Cleanser	8 oz	7.99	
Alba Botanica	Coconut Milk Facial Wash	8 oz	7.99	
Alba Botanica	Aloe Green Tea Moisturizer	3 oz	11.99	
Alba Botanica	Jasmine Vitamin E Moisture Cream	3 oz	11.99	
Alba Botanica	Hawaiian Sunscreen, Aloe Vera SPF 30	4 oz	7.99	\$1.00 off any sunscreen
Alba Botanica	Hawaiian Hair Care Anti Frizz Serum	2 oz	5.99	
Alba Botanica	Hawaiian Kikui Nut Body Oil	8.5 oz	6.99	
Alba Botanica	Hair Wash or Conditioner	12 oz	6.99	
Alba Botanica	Hawaiian Coconut Milk Body Cream	6.5 oz	8.99	
Alba Botanica	Hawaiian Skin Care Detox Scrub	9 oz	5.99	
Alba Botanica	Hawaiian Skin Care Detox Mud Mask	4 oz	7.99	
Avalon	Shampoo or Conditioner	11 oz	5.99	
Dr. Bronner's	All-One Peppermint Toothpaste	5 oz	3.99	
Dr. Bronner's	Peppermint Liquid Soap	16 oz	6.99	
Dr. Bronner's	Peppermint Liquid Soap	2 oz	2/\$4	
Dr. Bronner's	Peppermint Liquid Soap	8 oz	3.99	
Dr. Bronner's	Peppermint Bar Soap	5 oz	2.99	
Dr. Bronner's	Peppermint Lip Balm	.15 oz	2/\$4	
Dr. Tung	Smart Floss	30 yd	2.99	
Dr. Tung	Oil Pulling Concentrate	1.7 oz	12.99	
Dr. Tung	Toothbrush Sanitizer	2 pack	3.99	
Evan Healy	Rose Geranium Facial Tonic	4 oz	21.99	
Evan Healy	Rosehip Facial Serum	.5 oz	23.99	
Evan Healy	Argan Serum	.5 oz	23.99	
MyChelle	Assorted Products		20% off	
Shikai	Shampoo or Conditioner	12 oz	5.99	
Shikai	Henna Gold Shampoo or Conditioner	12 oz	6.99	
Shikai	Tea Tree Shampoo or Conditioner	12 oz	6.99	
Shikai	Color Reflect Shampoo or Conditioner	8 oz	6.99	
Weleda	Diaper Care	2.8 oz	8.99	\$3.00 off any baby item
Weleda	Calendula Shampoo & Body Wash	6.8 oz	7.99	
Ancient Nutrition	Bone Broth Protein - Chocolate, Pure, Vanilla	445-504g	35.99	
Ancient Nutrition	Bone Broth Protein - Turmeric	460 g	39.99	
Himalaya	Boswellia Joint Support	60 ct	10.99	



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