



Sales list 5/1 - 5/14

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Dried Sweet Cranberries	Per Pound	5.69	
Frontier	Organic Ground Paprika	Per Pound	11.99	
Frontier	Organic Granulated Garlic	Per Pound	12.99	
Frontier	Organic Medium Grind Black Pepper	Per Pound	16.99	
Golden Temple	Granola	Per Pound	2.99	
Woodstock	Organic Dark Chocolate Almonds	Per Pound	11.99	
Woodstock	Milk Chocolate Malt Balls	Per Pound	6.99	

Refrigerated	Product Name	Size	Sale	Coupons
Chameleon	Organic Black Coffee Concentrate	32 oz	7.99	
Chobani	Lowfat Greek Yogurt	5.3 oz	5/\$5	
Chobani	Nonfat Greek Yogurt	5.3 oz	5/\$5	
Daiya	Vegan Cheese Shreds, Assorted Flavors	8 oz	3.69	
Daiya	Vegan Block Cheese, Assorted Flavors	7.1 oz	3.69	
Daiya	Vegan Cheese Slices, Assorted Flavors	7.8 oz	3.69	
Daiya	Cream Cheese Style Spread, Plain	8 oz	3.69	
Daiya	Non Dairy Greek Style Yogurt	5.3 oz	4/\$5	
Daiya	Non Dairy Greek Style Yogurt	16 oz	2.99	
Green Valley Organics	Organic Yogurt	24 oz	3.99	
Green Valley Organics	Organic Sour Cream	12 oz	2.99	
Healthade	Organic Kombucha	64 oz	9.99	
Honey Mama's	Cacao-Nectar Bars	2.5 oz	3.99	
Kevita	Organic Kombucha	15.2 oz	2/\$5	
Maya Kaimal	Fresh Simmer Sauces	11.5 oz	2.99	
Nancy's	Lowfat Plain Yogurt	32 oz	3.39	
Nancy's	Nonfat Plain Yogurt	32 oz	3.39	
Nancy's	Lowfat Cottage Cheese	16 oz	2.99	
Nancy's	Organic Sour Cream	8 oz	1.79	
Nancy's	Organic Sour Cream	16 oz	3.39	
New Barn	Organic Almond Milk	28 oz.	4.99	
Organic Valley	Organic Ultra-Pasteurized Half&Half	32 oz	3.99	
Organic Valley	Organic Ultra-Pasteurized Half&Half	16 oz	2.39	
Organic Valley	Organic Ultra-Pasteurized 2% Milk	32 oz	2.99	
Organic Valley	Organic Whole Milk	32 oz	2.99	
Revive	Organic Kombucha	12 oz.	2.79	
Straus	Organic Sour Cream	16 oz	3.99	
Greek Gods	Greek Yogurt, Assorted Flavors	24 oz	2/\$6	
Westsoy	Traditional Seitan	8 oz	3.39	
Wildbrine	Organic Sauerkraut	18 oz	5.69	

Frozen	Product Name	Size	Sale	Coupons
Daiya	Dairy-and Gluten-Free Pizzas	16-19.4 oz	7.39	
Gardein	Assorted Meatless Entrees and Snacks	9-14.1 oz	3.99	
PJ's	Organic Burritos	6 oz	2.99	



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

Frozen	Product Name	Size	Sale	Coupons
Quorn	Meatless Nuggets and Snacks	9.7-12 oz	3.99	
Sweet Earth	Vegetarian Burritos	6-7 oz	2/\$5	
Sweet Earth	Vegetarian Breakfast Sandwiches	9.6-9.9 oz	3.99	
Tandoor Chef	Chicken Tikka Masala Entrée	9 oz	2/\$7	
Tandoor Chef	Gluten Free Palak Paneer	10 oz	2/\$6	
Tandoor Chef	Naan Pizza	7.4-8.5 oz	2/\$5	
Tres Latin Foods	Stuffed Tortilla Snacks	4 pack	4.99	
Udi's	Gluten Free Pizzas	10-11 oz	4.99	
Udi's	Gluten Free Multigrain Bread	12 oz	3.99	
Udi's	Gluten Free Cinnamon Raisin Bread	12 oz	3.99	
Udi's	Gluten Free White Bread	24 oz	6.99	
Udi's	Gluten Free Multigrain Bread	24 oz	6.99	
Udi's	Gluten Free Muffins	12 oz	3.99	
Udi's	Gluten Free Classic Hot Dog Buns	6 pack	3.99	
Udi's	Gluten Free Rye Style Bread	16.3 oz	4.39	
Udi's	Gluten Free Bagels	5 pack	3.99	
Udi's	Gluten Free Whole Grain Hamburger Buns	4 pack	3.99	
Udi's	Gluten Free Millet Chia Bread	14.2 oz	3.99	
Udi's	Gluten Free Omega Flax & Fiber Bread	14.3 oz	3.99	

Grocery	Product Name	Size	Sale	Coupons
Alter Eco	Organic and Fair Trade Chocolate Bars	2.82 oz	2/\$5	
Alter Eco	Organic Quinoa	12 oz	5.39	
Annie's Homegrown	Graham Crackers	14.4 oz	3.99	
Annie's Homegrown	Mac & Cheese Dinners	5.25-6 oz	3/\$5	
Annie's Homegrown	Family Size Mac & Cheese	10.5 oz	2.69	
Annie's Naturals	Barbeque Sauce	12 oz	2.99	
Annie's Naturals	Organic Worcestershire Sauce	6.25 oz	2.99	
Annie's Naturals	Organic Mustard	9 oz	2.99	
Annie's Naturals	Organic Ketchup	24 oz	2.39	
Back to Nature	Crackers	4-8.5 oz	2/\$5	
Back to Nature	Organic Saltine Crackers	7 oz	3.39	
Barbara's	Cheese Puffs	7 oz	2/\$4	
Barbara's Bakery	Puffins Cereal	10-11 oz	3.39	
Barbara's Bakery	Organic Snackimal Cereal	9 oz	3.99	
Barnana	Organic Chewy Banana Bites	3.5 oz	2/\$7	
Bearitos	Organic Refried Beans	16 oz	1.99	
Bionaturae	Organic Gluten Free Pasta	12 oz	3.69	
Bionaturae	Organic Lasagna Noodles	12 oz	2.69	
Bionaturae	Organic Pasta	16 oz	1.99	
Bionaturae	Organic Whole Wheat Lasagna Noodles	12 oz	2.69	
Bionaturae	Organic Whole Wheat Pasta	16 oz	1.99	
Bionaturae	Organic Egg Pastas	8.8 oz	2.99	
Bionature	Organic Tomato Paste	7 oz	1.69	
Bionature	Organic Canned Tomatoes	24-28.2 oz	2/\$5	
Café Altura	Organic Instant Coffee	3.53 oz	7.99	
Chickpea	Organic Chickpea Pasta	8 oz	2.99	
Crofter's	Organic Just Fruit Spreads	10 oz	2.99	
Crofter's	Organic Premium Fruit Spreads	10 oz	2.69	
Crofter's	Organic Fruit Spreads	16.5 oz	3.69	
Crown Prince	Fancy White Crab Meat	6 oz	6.69	
Doctor in the Kitchen	Flackers Flax Chips	5 oz	3.99	
Earth's Best	Organic Baby Food Pouches	3.5-4.2 oz	4/\$5	



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Earth's Best	Organic Baby Cereal	8 oz	3.39	
Earth's Best	Organic Instant Maple & Brown Sugar Oatmeal	15.1 oz	4.99	
Eden Foods	Organic Original Soymilk	32 oz	2.99	
Eden Foods	Organic Vanilla Soymilk	32 oz	3.99	
Enjoy Life	Gluten Free Brownie Mix	14.5 oz	5.99	
Equal Exchange	Organic Teas	20 bags	2/\$6	
Equal Exchange	Organic and Fair Trade Chocolate Bars	2.8 oz	2/\$5	
Essentia	Electrolyte-Enhanced Bottled Water	33.8 oz	1.29	
Frontera	Slow Cook and Skillet Sauces	8 oz	1.79	
Garden of Eatin'	Taco Shells	5.5 oz	2.79	
Halfpops	Flavored Popcorn	4.5 oz	2/\$4	
HappyBaby	Organic Gentle Teether Biscuits	1.7 oz	3.69	
HappyBaby	Organic Superfood Puffs	2.1 oz	2/\$5	
Honest Tea	Organic Just Green Unsweetened Tea	59 oz	2.99	
Honest Tea	Organic Bottled Teas	16 oz	5/\$5	
Kettle	Potato Chips	5 oz	2/\$4	
Kind	Granola Bars	5 pack	2/\$5	
Larabar	Fruit and Nut Energy Bars	1.6-1.7 oz	5/\$5	\$1.00 off any 4 bars
Larabar	Organic Superfoods bars	1.6 oz	4/\$5	\$1.00 off any 4 bars
Late July	Organic Tortilla Chips	10-11 oz	2/\$5	
Lily's Sweets	Dark Chocolate Baking Chips	9 oz	5.39	
Lotus Foods	Organic Rice Noodles	8 oz	2.99	
Love Grown Foods	Cereal	7-10 oz	3.39	\$1.00 off any item
Lucini	Salad Dressing	8.5 oz	3.99	
Lundberg	Rice Chips	6 oz	2.39	
Maranatha Foods	Raw Unsalted Almond Butter	16 oz	9.99	
Muir Glen	Organic Pasta Sauce	25.5 oz	2/\$5	
Munk Pack	Oatmeal Fruit Squeeze	4.2 oz	1.49	
Napa Valley Naturals	Rich & Robust Olive Oil	25.4 oz	10.99	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	25.4 oz	8.99	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	16.9 oz	7.99	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	12.7 oz	5.69	
Napa Valley Naturals	Organic Extra Virgin Olive Oil	50.8 oz	19.99	
Napa Valley Naturals	Organic Balsamic Vinegar	12.7 oz	4.69	
Napa Valley Naturals	Organic White Wine Vinegar	12.7 oz	3.39	
Napa Valley Naturals	Organic Red Wine 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	3.99	
Nature's Path	Organic Eco-Pac Cereals	23-32 oz	5.99	
Newman's Own	Canned Cat Food	5.5 oz	2/\$3	
Newman's Own	Crème-filled Sandwich Cookies	13 oz	3.99	
Newman's Own	Organic Microwave Popcorn	3 pack	2.99	
Newman's Own	Organic Pretzels	7-8 oz	2.99	
Pamela's	Gluten Free Vanilla Cake Mix	21 oz	4.39	
Pamela's	Gluten Free Ultra Chocolate Brownie Mix	16 oz	4.69	
Pamela's	Gluten Free Chocolate Cake Mix	21 oz	4.69	
Pamela's	Gluten Free Chocolate Chip Cookie Mix	13.6 oz	4.69	
Pamela's	Gluten Free Frosting Mix	12 oz	3.69	
Pamela's	Gluten Free Sugar Cookie Mix	13 oz	3.69	
Pamela's	Gluten Free Dairy Free Spice Cake Mix	18 oz	4.39	
Primal Kitchen	Mayonnaise W/ Avocado Oil	12 oz	7.69	
Primal Kitchen	Avocado Oil Salad Dressing	8 oz	5.69	



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Grocery	Product Name	Size	Sale	Coupons
Probar	Fruit and Nut Nutritional Bars	3 oz	2/\$4	
Quinn	Classic Sea Salt Pretzels	7 oz	3.39	
Rudi's	Organic Hamburger Buns	18 oz	3.99	
Rudi's	Organic Hot Dog Buns	12 oz	2.99	
Knudsen	Just Black Cherry Juice	32 oz	4.69	
Knudsen	Organic Just Concord Grape Juice	32 oz	4.69	
San Pellegrino	Italian Fruit Sodas	6 pack	4.99	
San J	Asian Cooking Sauces	10 oz	2.99	
Simply Organic	Organic Spice Blends in Jars	1.1-2.3 oz	3.99	
Simply Organic	Organic Seasoning Blend Packets	.7-1.41 oz	1.39	
Simply Organic	Organic Simmer Sauces	8 oz	2.99	
So Delicious	Organic Coconut Milk	32 oz	2/\$4	
So Delicious	Cashew Milk	32 oz	2/\$4	
So Delicious	Coconut Milk Creamer	32 oz	3.69	
Tanka	Apple and Orange Peel Buffalo Bar	1 oz	2/\$5	
Tasty Bite	Rice	8.8 oz	1.79	
Tasty Bite	Indian-Inspired Spice & Simmer Sauces	9.5 oz	2.69	
Tasty Bite	Organic Rice	16 oz	2.99	
The Good Crisp Company	Potato Chips	5.6 oz	2.69	
Theo	Organic and Fair Trade Chocolate Bars	3 oz	2/\$5	
Theo	Organic and Fair Trade Chocolate Peanut Butter Cups	1.3 oz	2/\$3	
Triple Leaf Tea	Premium Green Tea	20 bags	1.99	
Triple Leaf Tea	Jasmine Green Tea	20 bags	1.99	
Triple Leaf Tea	Ginger Tea	20 bags	2.99	
Triple Leaf Tea	Blood Pressure Tea Blend	20 bags	2.99	
Triple Leaf Tea	Decaf Green Tea	20 bags	2.39	
Triple Leaf Tea	Detox Tea	20 bags	2.99	
Triple Leaf Tea	Jasmine Decaf Green Tea	20 bags	2.39	
Tru Roots	Organic Rice and Quinoa Blend	10 oz	3.99	
Tru Roots	Organic Sprouted Bean and Lentil Blend	9 oz	3.99	

Home & Pet	Product Name	Size	Sale	Coupons
Citra-Solv	Dish Liquid	25 oz	3.39	
Citra-Solv	Auto Dish Powder	45 oz	5.39	

Wellness	Product Name	Size	Sale	Coupons
Acure	Rejuvenating Rose Argan Oil	1 oz	5.99	
Acure	Rosehip Oil	1 oz	7.99	
Acure	Brightening Coconut Water Towelettes	30 ct	3.99	
Acure	Sweet Orange Body Oil	3 oz	7.99	
Acure	Dry Oil Body Spray	3 oz	7.99	
Acure	Pore Clarifying Facial Scrub	4 oz	7.99	
Acure	Red Clay Facial Mask	7.7 oz	8.99	
Acure	Rejuvenating Oil Free Serum	1 oz	11.99	
Acure	Contour Eye Gel	.5 oz	11.99	
Acure	Organic Dry Shampoo	1.7 oz	5.99	
Acure	Shampoo and Conditioner	12 oz	5.99	
Acure	Body Wash	12 oz	5.99	
Acure	Body Lotion	12 oz	5.99	
Acure	Facial Cleansing Gel	4 oz	5.99	
Acure	Brightening Facial Scrub	4 oz	5.99	
Acure	Radical Resurfacing Lotion	1.4 oz	10.99	



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Wellness	Product Name	Size	Sale	Coupons
Acure	Seriously Glowing Facila Serum	1 oz	12.99	
Acure	Eye Cream	1 oz	10.99	
Acure	Facial Cleansing Cream	4 oz	5.99	
Acure	Argan Oil	1 oz	5.99	
Acure	Brightening Facial Mask	1.7 oz	5.99	
Acure	Marula Oil	1 oz	9.99	
Acure	Sensitive Facial Cleanser	4 oz	5.99	
Acure	Mega Moisture Deep Conditioner	4 oz	7.99	
Acure	Sensitive Face Cream	1.7 oz	10.99	
Alaffia	Authentic Black Soap	32 oz	11.99	
Alaffia	Authentic Black Soap	16 oz	6.99	
Alaffia	Body Lotion	32 oz	9.99	
Alaffia	Shampoo and Conditioner	32 oz	9.99	
Alaffia	Shea Bubble Bath	32 oz	9.99	
Alba	Sunscreen	4 oz	6.99	
Aura Cacia	Mineral Bath, Relaxing Lavender	2.5 oz	2/\$4	
Aura Cacia	Relaxing Lavender Body Oil	4 oz	4.99	
Boiron	Arnica Cream or Gel	1.33-1.5 oz	5.99	
Boiron	Arnica Cream or Gel	2.5-2.6 oz	8.99	
Boiron	Arnicare Value Pack	2.5-2.6 oz	10.99	
Dr. Bronner's	Organic Hand Sanitizer	2 oz	2.99	
Dr. Bronner's	Organic Coconut Oil	14 oz	6.99	
Dr. Bronner's	Liquid Castile Soap	16 oz	6.99	
Dr. Bronner's	Liquid Castile Soap- Lavender	2 oz	1.99	
Dr. Bronner's	Liquid Castile Soap-Lavender	8 oz	3.99	
Dr. Bronner's	Organic Lavender Bar Soap	5 oz	2.99	
Evan Healy	Cleansing Milk	4 oz	27.99	
Evan Healy	Rose Face Care Kit	1 Kit	29.99	
Evan Healy	Lavender Facial Tonic HydroSoul	4 oz	21.99	
Evan Healy	Rose Vetiver Day Moisturizer	1.4 oz	34.99	
Evan Healy	Blue Chamomile Day Moisturizer	1.4 oz	34.99	
Evan Healy	Whipped Shea Butter with Olive	1.9 oz	27.99	
Evan Healy	Whipped Patchouli Vanilla Shea Butter	1.9 oz	27.99	
Evan Healy	Light Moisture Replenishing Fluid	2 oz	31.99	
Evan Healy	Pomegranate Repair Serum	.50 oz	34.99	
Evan Healy	Sea Algae Serum	.50 oz	31.99	
Evan Healy	Rosehip Facial Serum	.50 oz	23.99	
Evan Healy	Blemish Purifying Serum	.175 oz	15.99	
Evan Healy	Green Tea Clay	2.4 oz	23.99	
Evan Healy	Blue Face Care Kit	1 Kit	27.99	
Evan Healy	Blemish Face Care Kit	1 Kit	29.99	
Evan Healy	Argan Intensive Facial Serum	.50 oz	23.99	
Evan Healy	Whipped Shea Butter for Lips	7 gm	6.99	
Evan Healy	Wild Carrot Nourishing Eye Balm	.50 oz	18.99	
Evan Healy	Blue Cactus Beauty Elixir	.50 oz	31.99	
Giovanni	Shampoo and Conditioner	8.5 oz	5.99	
Himalaya	Toothpaste	150 gm	4.99	
Jason Natural Cosmetics	Powersmile Toothpaste	6 oz	2/\$6	\$1.00 off any item
Jason Natural Cosmetics	Sea Fresh Toothpaste	6 oz	2/\$6	\$1.00 off any item
Jason Natural Cosmetics	Mouthwash	16 oz	6.99	\$1.00 off any item
Rainbow Light	Food Based Calcium	180 ct	15.99	
Rainbow Light	Prenatal One Multivitamin	90 ct	27.99	
Redmond Clay	Earth Paste Oral Care	4 oz	4.99	
Redmond Clay	Mineral Clay Powder	10 oz	7.99	



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