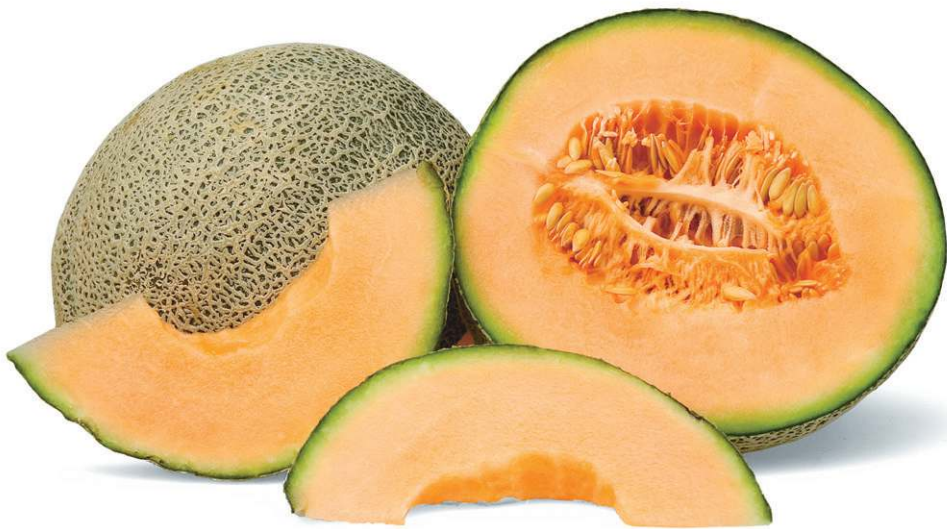


New
Frontiers[®]
 natural
 marketplace

FRESH SAVINGS



ORGANIC CANTALOUPE

79¢ lb.

Sweet and flavorful



Bio K PROBIOTICS

25% off

Selected varieties and sizes



Smart Chicken

WHOLE CHICKEN THIGHS

\$2.99 lb.

Bone-in

Air chilled for freshness and flavor



Made fresh in our kitchen

CHEESE ENCHILADAS

\$1.00 off lb.



Chloe's

FRUIT POPS

\$3.29

Selected varieties - 4 pk., 2.5 oz. ea.



My Brother's Salsa

SALSA

\$5.29

Selected varieties - 16 oz.



ORGANIC VINE RIPE TOMATOES

\$1.99 lb.
Juicy and flavorful

Doctor in the Kitchen ORGANIC FLACKERS

\$4.29
Selected varieties - 5 oz.



Mexico WHITE SHRIMP

\$9.99 lb.
Wild caught



Luxe Beauty SKIN CARE

25% off
Selected varieties & sizes



New Frontiers Deli FRESH SALSA

50¢ off lb.
Made fresh in-house
Regular or Medium



LifeSeasons REMEDIES

30% off
Selected varieties & sizes



Canyon Bakehouse GLUTEN FREE BREAD

\$4.29
Selected varieties
15-18 oz.



Van's WAFFLES

\$2.79
Selected varieties - 8-9 oz.



ORGANIC LARGE MANGOES

4 for \$5

Nutritionally rich - Amazing tropical flavor

Hope ORGANIC HUMMUS

\$2.79
Selected varieties - 8 oz.



Jeff's Garden PEPPERS

\$2.79
Selected varieties - 12 oz.



Back to Nature CRACKERS

2 for \$6
Selected varieties - 3.5-8.5 oz.



CoYo COCONUT YOGURT

\$2.99
Selected varieties - 5.3 oz.



Quorn MEALS

\$3.99
Selected varieties - 7.05-12 oz.



Ancient Harvest

ORGANIC GLUTEN FREE PASTA

\$2.79
Select varieties - 8-9.6 oz.

Kicking Horse Coffee ORGANIC COFFEE

\$8.99
Select varieties - 10 oz.

Organic Valley ORGANIC CHEESE

\$4.29
Selected varieties - 6 oz.

CLIF OR LUNA BARS

4 for \$5
Selected varieties
1.59-2.4 oz.

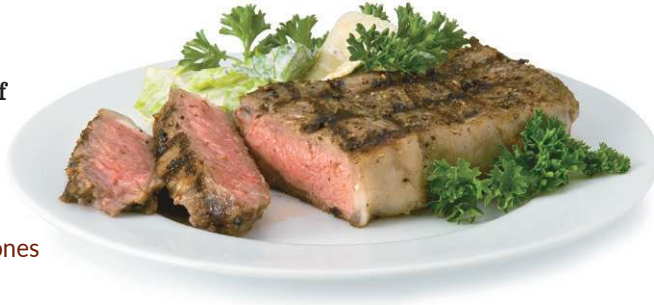
Golden Temple GRANOLA

\$3.39 lb.
In the Bulk section

New Frontiers Natural Beef
NEW YORK STEAK

\$14.99 lb.

No antibiotics or added hormones
Lean, tender and so flavorful



New Frontiers Deli

ORGANIC COLD BREW COFFEE

50¢ off ea.

Rich, pure flavor
16 fl. oz.



Siggi's
ICELANDIC YOGURT

\$1.29

Selected varieties - 5.3 oz.



ORGANIC BROCCOLI

2 lbs. for \$3

Fresh, packed with nutrients



Applegate Farms
GREAT ORGANIC UNCURED BEEF HOT DOG

\$5.99 pkg.

Humanely raised - 10 oz. package



SIGGI'S LEMON BLUEBERRY POUNDCAKE

- 1 ½ cups + ½ tablespoon, all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, at room temperature
- 3/4 cup sugar
- 1/2 teaspoon salt
- 4 large eggs, at room temperature
- 1 teaspoon vanilla extract
- 1 tablespoon lemon zest
- 1/4 cup fresh lemon juice
- 1 4 oz. container Siggi's Vanilla Skyr
- 1 cup blueberries, washed and dried

Preheat oven to 350° F. Line a loaf pan with parchment paper; set aside.

In a medium bowl, whisk together 1 1/2 cups flour, baking powder, and baking soda. Set aside.

Using a mixer, beat together the butter, sugar, and salt until fluffy, about 5 minutes. On low speed, add the eggs one at a time. Mix in vanilla extract, lemon zest, and lemon juice. Mix in the dry ingredients and Siggi's, alternating until the batter is well combined.

Toss blueberries with the remaining flour to coat. Fold berries into the batter gently. Pour the batter into the prepared loaf pan and bake for about 40-50 minutes, or until a toothpick or cake tester comes out clean. Cool in the pan for 10 minutes, then remove to cool completely.

Original Sprout
BODY & HAIR CARE

35% off

Selected varieties & sizes



Honest Tea
ORGANIC ICED TEA

4 for \$5

Selected varieties - 16 fl. oz.



MegaFood
VITAMINS

30% off

Selected varieties & sizes



Ener-C
VITAMIN C

30% off

Selected varieties - 30 ct.



Bulk
ALMOND BUTTER

\$6.99 lb.

Organic Valley
ORGANIC LARGE EGGS

\$4.99

Dozen

Stahlbush Island Farms
FROZEN VEGGIES

\$2.69

Selected varieties - 10 oz.

Muir Glen
ORGANIC TOMATOES

4 for \$5

Selected varieties
14.5-15 oz.

Bulk
ORGANIC SUNFLOWER SEEDS

\$3.79 lb.

New Frontiers
natural marketplace

May 2019

			1	2	3	4
5	6	7	8	9	10	11
12	13	14				



Beyond Meat
BEYOND BURGER
\$4.99

Plant-based burger patties
Soy free, gluten free - 8 oz.



Garden of Life
ENTIRE PRODUCT LINE

35% off
Save 35% on all products



TWO LAYER KEY LIME TORTE

50¢ off slice
A brightly flavored refreshing treat

Barbara's
CHEESE PUFFS
\$2.29
Selected varieties
5.5-7 oz.



Silk
PLANT-BASED MILK
\$3.59
Selected varieties
64 fl. oz.



Goddess Garden Organics
BODY CARE
30% off
Selected varieties & sizes



Illy Caffè
COFFEE
\$13.99
Selected varieties - 8.8 oz.



Daiya
PLANT-BASED PIZZA
\$6.99
Select varieties - 15.7-19.4 oz.



Alden's
ORGANIC ICE CREAM
\$6.99
Selected varieties - 48 oz.



Newman's Own
NEWMAN-O'S
\$4.99
Selected varieties - 13 oz.



Stonyfield
ORGANIC YOGURT
\$3.99
Selected varieties - 32 oz.



Alter Eco
ORGANIC CHOCOLATE
2 for \$6
Selected varieties - 2.82 oz.

