

deals

2X monthly!

March 11–March 24, 2026

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

\$6⁷⁹

28–32 oz



**Perfect Bar
Protein Bar**
selected varieties

2/\$5

1.94–2.5 oz

Spring savings start here!

**Crofter's
Organic Fruit Spread**
selected varieties

\$5²⁹

16.5 oz



**Navitas
Organic Cacao Powder**

\$8⁴⁹

8 oz



**PUR
Gum**
selected varieties

4/\$5

9 ct



**Amy's
Organic Soups**
selected varieties

\$3⁷⁹

13.65–14.7 oz



**Edward & Sons
Bouillon Cubes**
selected varieties

\$2¹⁹

2.2–3.1 oz



**Bonafide
Organic Bone Broth**
selected varieties

\$6⁹⁹

24 oz



**Simply Organic
Organic Dip Mix**
selected varieties

\$1⁵⁹

0.7–1.5 oz



**Primal Kitchen
Mayo**
selected varieties

\$7⁹⁹

12 oz



**Graza
“Sizzle” Extra Virgin
Olive Oil**

\$11⁹⁹

750 ml



Look for new deals on **March 25!**

Wild Planet
Wild Albacore Tuna
 selected varieties



\$3.99

5 oz

Mike's Mighty Good
Craft Ramen
 selected varieties



\$1.79

1.6-2.4 oz

Tasty Bite
Organic Indian Entrée
 selected varieties



\$3.49

10 oz

Pacific Foods
Organic Soup
 selected varieties



\$3.79

16.1-16.5 oz

Miso Master
Organic Mellow White Miso



\$5.49

8 oz

Crown Prince Natural
Smoked Oysters
 selected varieties



\$3.29

3 oz



Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

- ½ medium sized sweet potato
- 1 can (5 ounces) wild albacore tuna, undrained
- 1 egg
- ¼ cup breadcrumbs
- 2 tablespoons finely chopped green onion
- ¼ cup shredded carrot
- 1 teaspoon lemon zest
- 1 tablespoon chopped fresh parsley
- Ground black pepper, to taste
- 1 teaspoon olive oil

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut a sweet potato in half lengthwise and place one half flat side down on the parchment paper.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 Scoop out the inside of the sweet potato half into a bowl and add the wild albacore tuna, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 4 Heat olive oil in a frying pan over medium heat. Shape about ¼ cup of the tuna mixture into a small round cake and cook in the heated frying pan for two to three minutes on each side or until golden brown. Repeat with the rest of the tuna mixture.



Let's Do Organic Organic Shredded Coconut

selected varieties

\$3.29

8-8.8 oz



Lily's Chocolate Bar

selected varieties

\$3.79

2.8-3 oz



nutpods Dairy-Free Creamer

selected varieties

\$2.49

11.2 oz



**Crunchy crackers
made with signature
ingredients:**

brown rice, quinoa,
flax and sesame seeds.
Great textured with
toasty flavors. Gluten
free, plant based and
organic.



Mary's Gone Crackers Organic Superseed Crackers

selected varieties

\$3.79

4 oz



Mary's Gone Crackers Organic Crackers

selected varieties

2/\$7

4 oz

Celebrate
**WOMEN'S
HISTORY
MONTH**
MARCH 2026



GT's
Alive Ancient Mushroom Elixir
 selected varieties



2/\$6

16 oz

Odyssey
Energy Drink
 selected varieties



2/\$5

12 oz

Vita Coco
Coconut Water
 selected varieties



2/\$5

500 ml

Vital Farms
Pasture-Raised Large Eggs



\$6.99

1 dz

Stonyfield
Organic Yogurt
 selected varieties



\$3.99

32 oz

Gardein
Plant-Based Meat
 selected varieties



\$4.29

8.1-13.7 oz

Cosmic Bliss
Organic Dairy-Free Frozen Dessert
 selected varieties



\$5.29

14 oz

GoodPop
Organic Dairy-Free Frozen Pops
 selected varieties



\$4.29

10 oz

Egg Bites

45 MIN • MAKES 12 BITES

INGREDIENTS

- 8 large eggs
- 1 ½ cup shredded cheese, such as cheddar or pepper jack
- 2 cup cottage cheese
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 cups ready to eat ingredients, such as cooked proteins, vegetables, and herbs

DIRECTIONS

- 1 Preheat oven to 350°F. In a mixing bowl, combine eggs, shredded cheese, cottage cheese, salt, and pepper.
- 2 Customize egg bites by stirring in approximately 2 cups of pre-cooked and cooled add-ins to the egg mixture.
- 3 Grease 12 cupcake wells with nonstick cooking spray or softened butter or use cupcake liners.
- 4 Divide egg mixture evenly into 12 pan wells and place in oven.
- 5 Bake for 35 minutes or until centers are set. Cool for a few minutes then carefully turn them out onto a cooling rack.



**Kal
Magnesium Glycinate 350**



**Natural Factors
Quercetin 500 mg**



**Spry
Oral Rinse**
selected varieties



\$19⁹⁹

60 vcap

\$7⁹⁹

16 oz

**Andalou Naturals
Shampoo or Conditioner**
selected varieties



\$6⁷⁹

11.5 oz

**Every Man Jack
Deodorant**
selected varieties



\$19⁹⁹

160 ct

**Herbatint
Permanent Haircolor Gel**
selected varieties



**Crystal
Mineral Deodorant Stick**



\$5²⁹

4.25 oz

\$5⁹⁹

2.6-3 oz



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Crispy Sheet Pan Ramen

40 MIN • SERVES 4 • TRADITIONAL

INGREDIENTS

⅔ cup teriyaki sauce or your favorite stir fry sauce
2 teaspoons sriracha hot sauce
1 teaspoon chicken bouillon, optional
6 tablespoons avocado oil
4 packages ramen noodles
1 pound boneless, skinless chicken breast, sliced into ¼" thick pieces and halved
½ pound broccoli, cut into ½" pieces
6 ounces sugar snap peas, trimmed
¼ pound carrots, peeled and sliced into ⅛" slices
4 scallions, cut into 1" pieces

DIRECTIONS

- 1 Preheat oven to 450°F. Whisk together teriyaki sauce, sriracha, optional chicken bouillon, and oil until smooth.
- 2 Cook ramen noodles based on the package instructions. Drain and rinse.
- 3 Place chicken, broccoli, snap peas, carrots, scallions, cooked noodles and half of the sauce mixture in a mixing bowl and toss to combine.
- 4 Evenly spread mixture on one or two unlined sheet pans. Rearrange chicken pieces so they are on the top of the noodles and veggies.
- 5 Bake for 15 minutes then turn the broiler on high and continue to cook until chicken has cooked through, approximately 3–5 minutes, and to desired crispness.
- 6 Remove from oven and drizzle with remaining sauce as needed.



*Chicken can be substitute for another protein of choice. Proteins should be cut into ¼" slices for fast cooking.

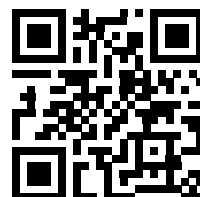


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