

deals

2X monthly!

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March 11–March 24, 2026



Bob's Red Mill
Organic Gluten Free
Oats
selected varieties

\$6.79
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

\$5.29
16.5 oz



Navitas
Organic Cacao Powder

\$8.49
8 oz



PUR
Gum
selected varieties

4/\$5
9 ct



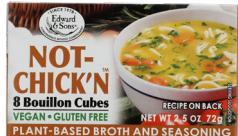
Amy's
Organic Soups
selected varieties

\$3.79
13.65–14.7 oz



Edward & Sons
Bouillon Cubes
selected varieties

\$2.19
2.2–3.1 oz



Bonafide
Organic Bone Broth
selected varieties

\$6.99
24 oz



Simply Organic
Organic Dip Mix
selected varieties

\$1.59
0.7–1.5 oz



Primal Kitchen
Mayo
selected varieties

\$7.99
12 oz



Graza
"Sizzle" Extra Virgin
Olive Oil

\$11.99
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

Wild Planet

WILD CAUGHT. WILD ENJOYED.

IT'S NOT WHAT WE CATCH.

IT'S WHAT WE DON'T.

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

- 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.
- Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 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.
- 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

**Gardein
Plant-Based Meat**

selected varieties

\$4.29

8.1-13.7 oz



\$6.99

1 dz

**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**



**Stonyfield
Organic Yogurt**
selected varieties

\$3.99

32 oz



**Cosmic Bliss
Organic Dairy-Free Frozen Dessert**
selected varieties



**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



\$1999

160 ct

Herbatint
Permanent Haircolor Gel
selected varieties



\$1499

5.75 oz

Natural Factors
Quercetin 500 mg

\$1999

60 vcap



Spry
Oral Rinse
selected varieties

\$799

16 oz



\$679

11.5 oz



Andalou Naturals
Shampoo or Conditioner
selected varieties

Every Man Jack
Deodorant
selected varieties



\$599

2.6–3 oz



\$529

4.25 oz



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Crispy Sheet Pan Ramen

40 MIN · SERVES 4 · TRADITIONAL

INGREDIENTS

$\frac{2}{3}$ 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 $\frac{1}{4}$ " thick pieces and halved
 $\frac{1}{2}$ pound broccoli, cut into $\frac{1}{2}$ " pieces
6 ounces sugar snap peas, trimmed
 $\frac{1}{4}$ pound carrots, peeled and sliced into $\frac{1}{8}$ " 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 $\frac{1}{4}$ " slices for fast cooking.



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