



## Sales list 7/16 - 7/30

<b>Bulk Department</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Bulk	Organic Red Quinoa	Per Pound	2.69	
<b>Refrigerated</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Bhakti Chai	Chai	16 oz	3.39	
Goodbelly	Organic Probiotic Juice	32 oz	2/\$5	
GT's Kombucha	Organic Kombucha	48 oz	5.99	
Harmless Harvest	Organic Coconut Water	16 oz	3.99	
Harmless Harvest	Organic Coconut Water	32 oz	7.69	
Just Mayo	Premium Vegan Mayo-Style Spread	16 oz	4.39	
LightLife	Organic Fakin' Bacon Strips	6 oz	3.99	
LightLife	Organic 3-Grain Tempeh	8 oz	2.69	
LightLife	Flaxseed Tempeh	8 oz	2.69	
LightLife	Tofu Pups	12 oz	2.99	
LightLife	Smart Deli Jumbo Dogs	13.5 oz	3.39	
LightLife	Gimme Lean Sausage Style Chub	14 oz	2.99	
Nancy's	Low-fat Plain Yogurt	32 oz	2.99	
Nancy's	Nonfat Plain Yogurt	32 oz	2.99	
Nancy's	Nonfat Vanilla Yogurt	32 oz	2.99	
Nancy's	Organic Nonfat Plain Yogurt	64 oz	8.69	
Nancy's	Organic Whole Milk Yogurt	64 oz	8.69	
Nancy's	Low-fat Cottage Cheese	16 oz	2.99	
Nancy's	Organic Sour Cream, Lactose Free	8 oz	1.69	
Nancy's	Organic Sour Cream, Lactose Free	16 oz	3.39	
Nancy's	Organic Cream Cheese	8 oz	2.69	
Organic Valley	Organic Baby Swiss, Pasteurized	8 oz	5.99	
Organic Valley	Organic Feta	8 oz	4.69	
Organic Valley	Organic Muenster, Pasteurized	8 oz	4.69	
Organic Valley	Organic Pepper Jack, Pasteurized	8 oz	4.69	
Organic Valley	Organic Provolone, Pasteurized	8 oz	4.69	
Organic Valley	Organic Mozzarella, Pasteurized	8 oz	4.69	
Rebbl	Organic Non-Dairy Herbal Elixir Beverages	12 oz	2.99	
Redwood Hill Farms	Goat Milk Yogurt, Plain or Vanilla	32 oz	4.99	
So Delicious	Coconut Milk, Original or Vanilla	64 oz	2.99	
So Delicious	Organic Coconut Milk, Original or Unsweetened	64 oz	2.99	
Tofurky	Beer Brats	14 oz	3.69	55¢ off any item
Tofurky	Italian Sausage	14 oz	3.69	55¢ off any item
Tofurky	Organic Soy Tempeh	8 oz	2.19	55¢ off any item
Tofurky	Organic 5 Grain Tempeh	8 oz	2.19	55¢ off any item
Wildbrine	Organic Arame Ginger Sauerkraut	18 oz	5.69	
<b>Frozen</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Alden's	Organic Orange Cream Bars	4 pack	3.99	
Sunshine Burger	Organic Meat Free Patties	3 pack	3.99	



**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.

<b>Frozen</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Talenti	Gelato and Sorbetto, Assorted Flavors	16 oz	2/\$7	55¢ off any item
Tofurky	Veggie Burgers	10.5 oz	4.69	
Woodstock	Organic Blueberries	10 oz	2/\$7	
Woodstock	Organic Raspberries	10 oz	2/\$7	
Woodstock	Organic Strawberries	10 oz	2/\$7	
Woodstock	Organic Mangoes	10 oz	2/\$7	
Woodstock	Organic Tropical Fruit Blend	10 oz	2/\$6	
Woodstock	Organic Dark Sweet Cherries	10 oz	2/\$7	
Woodstock	Organic Pomegranate Arils	8 oz	2/\$7	
Woodstock	Organic Banana Slices	8 oz	2/\$5	

<b>Grocery</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Almond Breeze	Almond Milk	32 oz	3/\$5	
Amy & Brian's	Coconut Juice	17.5 oz	2/\$3	
Aunt Patty's	Extra Virgin Coconut Oil	12 oz	5.99	
Bela-Olhao	Sardines	4.25 oz	2.49	
Blue Diamond	Nut Thins	4.25 oz	2/\$4	
Bragg's	Dressing	12 oz	4.69	
California Olive Ranch	Extra Virgin Olive Oil	16.9 oz	8.99	
Chickpea	Organic Chickpea & Lentil Pasta	8 oz	2.99	
Clif	Builder Bars	2.4 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	
Eden Foods	Toasted Sesame Oil	5 oz	4.39	
Eden Foods	Bonito Flakes	1.05 oz	5.39	
Eden Foods	Wasabi Powder	.88 oz	3.99	
Eden Foods	Agar Agar Flakes	1 oz	6.99	
Eden Foods	Organic Kuzu Root Starch	3.5 oz	6.69	
Eden Foods	Umeboshi Paste	7 oz	7.99	
Eden Foods	Ume Plum Vinegar	10 oz	3.39	
Field Day	Albacore Tuna	5 oz	2.39	
Guayaki	Organic Sparkling Yerba Mate	12 oz	2/\$4	
Kashi	Cereal	10-20 oz	2.99	
Kettle	Avocado Oil Potato Chips	4.2 oz	2/\$4	
Kind	Snack Bars	1.4 oz	5/\$5	
La Croix	Sparkling Water	8 pack	2.69	
Larabar	Snack Bars	1.6-1.7 oz	5/\$5	
Late July	Organic Tortilla Chips	11 oz	2/\$5	
Late July	Organic Multigrain Chips	5.5-6 oz	2/\$4	
Lily's Sweets	Stevia Sweetened Chocolate Bar	2.8-3 oz	3.39	
Mediterranean Organic	Olives, Assorted	8.1-8.5 oz	2.99	
Napa Valley Naturals	Grape Seed Oil	25.4 oz	7.69	
Napa Valley Naturals	Organic Golden Balsamic Vinegar	12.7 oz	4.69	
Napa Valley Naturals	Fruit Flavored Balsamic Vinegar	12.7 oz	3.69	
Nature's Path	Organic Granola	11.5 oz	3.39	
Newman's	Organic Dried Apricots	6 oz	4.49	
Newman's	Organic Dried Cranberries	4 oz	3.39	
Orgain	Organic Vegan Shake	11 oz	2/\$4	
Orgain	Organic Almond Milk	32 oz	3.99	
Orgain	Organic Nutritional Shake	14 oz	2.99	
Popchips	Potato Chips	5 oz	2.99	
Primal Kitchen	Avocado Oil Mayonnaise	12 oz	6.99	



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Primal Kitchen	Avocado Oil Dressing	8 oz	4.99	
Pro Bar	BASE Protein Bar	2.46 oz	2/\$4	\$1.00 off any two bars
R.W. Knudsen	Organic Veggie Juice	32 oz	2/\$5	
Rudi's	Organic Bread, Assorted Varieties	22 oz	3.99	
Rudi's	Organic Spelt Bread	20 oz	4.69	
Rudi's	Gluten Free Sandwich Breads	18 oz	4.99	
Rudi's	Organic Whole Wheat Hamburger Buns	18 oz	3.99	
Rudi's	Organic Wheat Hot Dog Buns	12 oz	2.99	
San Pellegrino	Sparkling Fruit Beverage	6 pack	4.99	
Santa Cruz	Organic Lemon or Lime Juice	16 oz	3.99	
Santa Cruz	Organic Lemonades	32 oz	2/\$3	
Spectrum	Organic Mediterranean Olive Oil	33.8 oz	9.99	
Tasty Bites	Assorted Indian Entrees	10 oz	2/\$5	
Tasty Bites	Assorted Thai Entrees	10 oz	2/\$5	
Tasty Bites	Assorted Rice	8.8 oz	1.79	
Tasty Bites	Spice & Simmer Mixes	9.5 oz	2.69	
Tasty Bites	Assorted Organic Rice	16 oz	2.99	
Zevia	Stevia Sweetened Soda	6 pack	3.99	

<b>Home &amp; Pet</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Citra-Solv	Liquid Dish Soap	25 oz	3.39	
Citra-Solv	Auto Dish Powder	45 oz	5.39	
Seventh Generation	Paper Towels	120 ct	1.99	
Seventh Generation	Unbleached Bath Tissue	12 ct	7.99	

<b>Wellness</b>	<b>Product Name</b>	<b>Size</b>	<b>Sale</b>	<b>Coupons</b>
Alaffia	Coconut Reishi Shampoo or Conditioner	8 oz	7.99	
Alaffia	Bergamot Deodorant	2.65 oz	4.99	
Alaffia	Coconut Reishi Shower Gel	2 oz	2/\$5	
Andalou Naturals	Micellar Facial Wipes	12 ct	2/\$5	
Andalou Naturals	Micellar Facial Wipes	35 ct	4.99	
Andalou Naturals	Hydration Facial Mask	.6 oz	3.29	
Andalou Naturals	Facial Clay Mask	.28 oz	2/\$5	
Boiron	Arnica Cream	2.5 oz	8.99	
Boiron	Arnicare Gel	2.6 oz	8.99	
Boiron	Arnicare Arthritis	60 ct.	8.99	
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	
Herb Pharm	Milk Thistle Tincture	1 oz	11.99	
Herb Pharm	Mullein Garlic Ear Oil	1 oz	9.99	
Herb Pharm	Stress Manager	1 oz	10.99	
Herb Pharm	Anxiety Soother	1 oz	10.99	
Herb Pharm	Turmeric	1 oz	10.99	
Herb Pharm	Relaxing Sleep	1 oz	10.99	
Jason	Powersmile Toothpaste	6 oz	2.99	
Jason	Mouthwash	16 oz	6.99	
MyChelle	Assorted Products		20% off	
Oregon's Wild Harvest	Organic Garlic	90 ct	8.99	
Schmidt's	Deodorant Stick	3.25 oz	6.99	
Schmidt's	Deodorant Stick for Sensitive Skin	3.25 oz	7.99	
Schmidt's	Natural Deodorant Jar	2 oz	6.99	



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