



**NATURE'S PICK MARKET**  
The Elements Of Good Health

**Now 2x monthly!**

**deals**

January 15–January 28, 2025



**\$3.29**

**Mary's Gone Crackers Organic Crackers**  
selected varieties  
5–6.5 oz

**\$3.79**

**Wild Planet Wild Albacore Tuna**  
selected varieties  
5 oz

**\$3.79**

**Grab these deals on your favorite drinks**

**Essentia Water Alkaline Water**



**GT's Alive Ancient Mushroom Elixir**  
selected varieties



**So Delicious Organic Coconut Milk**  
selected varieties



**2/\$4**

1.5 lt

**2/\$6**

16 oz

**2/\$6**

32 oz

**LesserEvil Organic Popcorn**  
selected varieties



**Cascadian Farm Organic Potatoes**  
selected varieties



**Simple Mills Almond Flour Crackers**  
selected varieties



**2/\$6**

4.6–6.4 oz

**2/\$8**

16 oz

**\$3.79**

4.25 oz

**Muir Glen Organic Tomatoes**  
selected varieties



**Food For Life Organic Ezekiel 4:9® Bread**  
selected varieties



**Garden of Eatin' Taco Shells**  
selected varieties



**2/\$3**

14.5 oz

**\$5.79**

24 oz

**\$3.49**

5.5 oz



Look for new deals on **January 29!**

**Maya Kaimal  
Organic Everyday Dal**

selected varieties

**\$3<sup>29</sup>**

10 oz



**Mike's Mighty Good  
Craft Ramen**

selected varieties

**\$1<sup>89</sup>**

1.6-2.4 oz



**Muir Glen  
Organic Pasta Sauce**

selected varieties

**2/\$<sup>7</sup>**

23.5 oz



**Coconut Secret  
Organic Coconut Aminos**

**\$5<sup>29</sup>**

8 oz



**Good Health  
Avocado Oil Potato Chips**

**2/\$<sup>6</sup>**

5 oz



**Pacific  
FOODS.**

Stock your pantry with delicious organic soups and broths from Pacific Foods. Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.

**Pacific Foods  
Organic Soup**  
selected varieties

**\$3<sup>49</sup>**

16.1-16.5 oz



**Pacific Foods  
Organic Broth**  
selected varieties

**\$5<sup>79</sup>**

32 oz



**PRIMAL  
KITCHEN®**

Add bold, crave-worthy flavor to the real foods you love with Primal Kitchen Organic Unsweetened Ketchup, no-dairy Ranch Dressing, and Mayo with Avocado Oil. Our premium pantry staples are made with real ingredients like organic California-grown tomatoes and cage-free eggs for a classic taste that kids and parents love. No artificial sweeteners and no nonsense!



**Primal Kitchen  
Dressing**  
selected varieties

**\$5<sup>79</sup>**

8 oz



**Primal Kitchen  
Organic Ketchup**  
selected varieties

**\$4<sup>79</sup>**

11.3 oz



**Primal Kitchen  
Mayo with  
Avocado Oil**  
selected varieties

**\$8<sup>49</sup>**

12 oz



**A Promise for Goodness**

- Real, purposeful ingredients
- Mac made with organic pasta and 100% real cheese
- USDA Certified Organic snacks
  - Never, ever using artificial colors or flavors



**Annie's Mac & Cheese**  
selected varieties



**Annie's Organic Bunny Crackers**  
selected varieties

**2/\$3**

5.25-6 oz

**2/\$7**

7.5 oz

**Alter Eco Organic Chocolate Bar**  
selected varieties



**\$3.79**

2.65-2.82 oz

**Larabar Fruit & Nut Bar**  
selected varieties



**2/\$2**

1.6-1.7 oz

**The Ginger People Gin Gins® Ginger Candy**  
selected varieties



**\$2.49**

3 oz

**Barbecue Chicken**

30-40 MIN • SERVES 4 • DAIRY-FREE, GLUTEN-FREE

**INGREDIENTS**

- 2 tablespoons olive oil
- 8 chicken legs
- ¾ cup barbecue sauce
- Salt and pepper

**DIRECTIONS**

- 1 Preheat oven to 400°F.
- 2 Line a baking sheet with parchment paper and place chicken on tray.
- 3 Coat chicken with olive oil and season with salt and pepper.
- 4 Bake chicken for 15 minutes, then start to baste with barbecue sauce every 5-10 minutes thereafter. Continue to cook chicken until the internal temperature reaches 165°F.
- 5 Remove chicken from oven and allow to rest on a clean plate for 5 minutes before serving.





Organic India was born from determination to restore depleted land with traditional and regenerative organic farming practices. When the soil flourishes, when gardens flourish, when farmers flourish—we all flourish.



**Organic India Organic Tulsi Tea**  
selected varieties

**\$379**

18 ct



**Organic India Organic Psyllium Husk**

**\$1199**

12 oz

**One Degree Organics Organic Sprouted Cereal**  
selected varieties

**\$429**

8-10 oz



**Cascadian Farm Organic Cereal**  
selected varieties

**2/\$7**

8.6-14.6 oz



**Catalina Crunch Keto Friendly Cereal**  
selected varieties

**\$649**

8-9 oz



**Once Again Organic Tahini**

**\$699**

16 oz



**Navitas Organic Cacao Powder**

**\$899**

8 oz



**nutpods Dairy-Free Creamer**  
selected varieties



**\$279**

11.2 oz

**Jovial Organic Einkorn Flour**  
selected varieties

**\$699**

32 oz



**Spectrum Naturals Organic Shortening**

**\$849**

24 oz



**Santa Cruz Organic Organic Lime Juice**

**\$369**

16 oz



**R.W. Knudsen Organic Just Tart Cherry Juice**

**\$679**

32 oz



**Vita Coco**  
**Coconut Water**  
 selected varieties



**2/\$4**

500 ml

**Native Forest**  
**Organic Coconut Milk**  
 selected varieties



**\$2.79**

13.5 oz

**ROAR Organic**  
**Organic Vitamin Enhanced Beverage**  
 selected varieties



**\$1.79**

18 oz

**Zevia**  
**Zero Calorie Soda**  
 selected varieties



**\$5.79**

6/12 oz

**KeVita**  
**Organic Kombucha**  
 selected varieties



**\$2.79**

15.2 oz

**Califia Farms**  
**Barista Blend Oatmilk**  
 selected varieties



**\$3.49**

32 oz

**Brown Cow**  
**Cream Top Whole Milk Yogurt**  
 selected varieties



**5/\$5**

5.3 oz

**Earth Balance**  
**Organic Vegan Buttery Spread**  
 selected varieties



**\$4.99**

13 oz

**Rudi's**  
**Organic Bread**  
 selected varieties



**\$4.79**

22 oz

**Van's**  
**Waffles**  
 selected varieties



**\$3.99**

8-9 oz

## Hummus Veggie Melt

20 MIN • SERVES 2-4 • VEGETARIAN

### INGREDIENTS

4 thick slices of artisan sourdough bread	½ cup red onion, thinly julienned
½-¾ cup prepared hummus	½ teaspoon black pepper
8 tomato slices	1 cup prepared fresh salsa
8 slices of Havarti cheese (approx. 8 ounces)	

### DIRECTIONS

- 1 Toast bread slices to desired crispness.
- 2 To assemble, spread hummus on each slice. Top each toast with a quarter of the red onion, 2 tomato slices, 2 slices of cheese, and black pepper to taste.
- 3 Broil tartines on high until cheese has melted and cooked to desired doneness.
- 4 Allow tartines to cool slightly and serve with salsa.





# BEYOND MEAT®

The positive choices we make every day—no matter how small—can have a great impact on ourselves and the planet. At Beyond, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



**Beyond Meat  
Beyond Burger**

**\$4.79**

8 oz



**Beyond Meat  
Beyond Ground Beef**

**\$6.79**

16 oz



**Beyond Meat  
Beyond Sausage**  
selected varieties

**\$6.29**

14 oz

**Siete  
Grain Free Tortillas**

selected varieties

**\$6.79**

8 ct



**Field Roast  
Sausage**

selected varieties

**\$5.29**

9.3–12.95 oz



**Gardein  
Plant-Based Meat**

selected varieties

**\$3.99**

8.1–13.7 oz



## Caramelized Onion & Aioli Beyond Burger

30 MIN–1 HR • SERVES 4 • VEGAN

### INGREDIENTS

- 4 Beyond Burger patties (2 packages)
- 4 slices Daiya smoked gouda cheese
- 4 ciabatta buns
- Caramelized onions\*
- 3 cups arugula
- Garlic aioli

### DIRECTIONS

- 1 Cook Beyond Burger according to package instructions. 2–3 minutes before patty is finished cooking, add a slice of Daiya smoked gouda cheese and allow it to melt.
- 2 Toast ciabatta buns for 2–3 minutes. Top with Beyond Burger patty followed by caramelized onions and fresh arugula.
- 3 Spread garlic aioli on top ciabatta half and enjoy!

\*Allow 30 min–1 hr for onions to caramelize fully.



**Orgain**  
**Organic Vegan Nutritional Shake**  
selected varieties



**\$3<sup>29</sup>**

11 oz

**Beekeeper's Naturals**  
**Propolis Immune Support**  
**Throat Spray**



**\$10<sup>49</sup>**

30 ml

**Flora**  
**Super 8 Hi-Potency Probiotic**



**\$19<sup>99</sup>**

30 cap

**Garden of Life**  
**Dr. Formulated Probiotics**  
**Once Daily Women's**



**\$28<sup>99</sup>**

30 cap

**Natural Factors**  
**WellBetX® Berberine 500 mg**



**\$20<sup>99</sup>**

60 vcap

**Jarrow**  
**Saccharomyces Boulardii + MOS**



**\$25<sup>99</sup>**

90 vcap

**Bluebonnet**  
**Liquid Calcium Magnesium Citrate**



**\$15<sup>99</sup>**

16 oz

**RidgeCrest Herbals**  
**ClearLungs Extra Strength**



**\$17<sup>99</sup>**

60 ct

**Youtheory**  
**Shilajit**



**\$19<sup>99</sup>**

60 ct

**Andalou Naturals**  
**Age Defying Resveratrol Q10**  
**Night Repair Cream**



**\$17<sup>99</sup>**

1.7 oz

**Everyone**  
**Hand Soap**  
selected varieties



**Desert Essence**  
**Toothpaste**  
selected varieties



**\$5<sup>99</sup>**

6.25 oz

**DrTung's**  
**Dental Floss**



**\$3<sup>99</sup>**

30 yd

**\$3<sup>79</sup>**

12.75

# Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

## INGREDIENTS

- |  |                                    |
|--|------------------------------------|
| ½ medium sized sweet potato  | ¼ up shredded carrot               |
| 1 can (5 ounces) <b>Wild Planet Albacore Wild Tuna</b> , undrained | 1 teaspoon lemon zest              |
| 1 egg  | 1 tablespoon chopped fresh parsley |
| ¼ cup breadcrumbs  | Ground black pepper, to taste      |
| 2 tablespoons finely chopped green onion                           | 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 Planet Albacore Wild 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.



## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com) or scan this code.

