



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

**\$6.49**  
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**

**\$8.99**  
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

**\$7.49**  
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

**Amore  
Tomato Paste**

selected varieties



**\$2.79**

4.5 oz

**Miso Master  
Organic Mellow White Miso**



**\$6.49**

8 oz

**Crown Prince Natural  
Smoked Oysters**

selected varieties



**\$3.29**

3 oz



**WILD CAUGHT.  
WILD ENJOYED.**

**IT'S NOT WHAT WE CATCH.  
IT'S WHAT WE DON'T.**

# 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

## Rishi Tea Organic Tea

selected varieties



**\$6.49**

15 ct



**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

**\$3.99**

4 oz



## Mary's Gone Crackers Organic Crackers

selected varieties

**2/\$7**

4 oz

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



**nutpods**  
**Dairy-Free Creamer**  
 selected varieties

**\$2.49**

11.2 oz



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

**2/\$6**

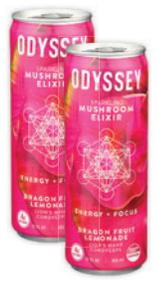
16 oz



**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

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

160 ct



Natural Factors  
Quercetin 500 mg

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

60 vcap



Bulletproof  
Brain Octane C8 MCT Oil

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

14 oz



Spry  
Oral Rinse  
selected varieties

**\$7<sup>99</sup>**

16 oz



Andalou Naturals  
Shampoo or Conditioner  
selected varieties

**\$6<sup>79</sup>**

11.5 oz



Every Man Jack  
Deodorant  
selected varieties



Herbatint  
Permanent Haircolor Gel  
selected varieties

**\$14<sup>99</sup>**

5.75 oz



Crystal  
Mineral Deodorant Stick

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

4.25 oz



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

2.6-3 oz



**USING BUSINESS AS A  
FORCE FOR GOOD.**

**THERE'S A BETTER WAY TO DO BUSINESS.**

Certified B Corporations™ are mission-driven companies that balance purpose and profit. B Corps™ are part of a global community of businesses that meet high standards of social and environmental impact.

So you can buy better, work better, and do better every day.

# Crispy Sheet Pan Ramen

40 MIN • SERVES 4 • TRADITIONAL

## INGREDIENTS

- 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 1/4" thick pieces and halved
- 1/2 pound broccoli, cut into 1/2" pieces
- 6 ounces sugar snap peas, trimmed
- 1/4 pound carrots, peeled and sliced into 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 1/4" slices for fast cooking.



## 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.



SE-A