



**Organic Valley Organic Shredded Cheese**  
selected varieties

**\$3.79**

6 oz

**Make this tonight!**  
Recipe on back.



**Perfect Bar Protein Bar**  
selected varieties

**\$2.79**

1.94–2.5 oz

## Spring flavors, big savings!

**Panda Licorice Chews**  
selected varieties

**2/\$7**

7 oz



**poppi Prebiotic Soda**  
selected varieties

**2/\$4**

12 oz



**Late July Organic Tortilla Chips**  
selected varieties

**2/\$7**

10.1 oz



**Chocolove Chocolate Bar**  
selected varieties

**2/\$7**

3.1–3.2 oz



**GimMe Health Foods Organic Seaweed Snack**  
selected varieties

**\$4.49**

6 ct



**Boulder Canyon Kettle Style Potato Chips**  
selected varieties

**2/\$6**

5.25–6.5 oz



**Quinn Snacks Pretzel Nuggets**  
selected varieties

**\$3.99**

5.8–7 oz



**Bachan's Japanese Barbecue Sauce**  
selected varieties

**\$6.79**

16–17 oz



**Stacy's Pita Chips**  
selected varieties

**2/\$6**

7.33 oz



Look for new deals on **May 13!**



Celebrate culture and community gathered around the grill with Siete Foods! Enjoy delicious heritage-inspired foods made with thoughtfully selected ingredients like avocado oil, organic beans, and organic corn. ¡Buen Provecho!



**Siete Corn Tortilla Chips**  
selected varieties

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

7.5 oz



**Siete Seasoning**  
selected varieties

**2/\$4**

1-1.31 oz



**Siete Refried Beans**  
selected varieties

**2/\$4**

15.5-16 oz

**Annie's Organic Mac & Cheese**

selected varieties

**2/\$5**

6 oz



**Lotus Foods Rice Ramen**

selected varieties

**\$1<sup>79</sup>**

2.8 oz



**Ancient Harvest Organic Polenta**

selected varieties

**\$2<sup>79</sup>**

18 oz



**Cinco de Mayo Burrito Bowl**

30 MIN • SERVES 4

**INGREDIENTS**

- 1 can black beans, drained
- 1 can sweet corn, drained
- 3 cups cooked white rice
- 1 ¼ cup salsa (divided)
- ¾ cup crumbled queso fresco (or substitute grated Monterey jack cheese)
- 1 large romaine, shredded
- ½ small red onion, thinly sliced
- 2 pounds protein of choice

**Chipotle Cream Dressing**

- 1 cup sour cream
- ¼ cup salsa
- 2 chipotles in adobo, finely minced
- ¾ teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼-½ teaspoon sea salt

**DIRECTIONS**

- 1 Prepare burrito bowl ingredients as described above.
- 2 Stir together dressing ingredients together, adjust seasonings to taste, and set aside.
- 3 Cook protein of choice with desired method (grill, bake, sauté).
- 4 To assemble, place warmed rice in the bottom of four serving bowls and arrange ingredients on top. Serve with salsa and chipotle cream dressing drizzled over the top or on the side.



**Nick's Sticks  
Meat Snack Sticks**

selected varieties



**2/\$5**

1.7 oz

**Enjoy Life  
Chocolate Chips**

selected varieties



**\$6.49**

9 oz

**GT's  
Kombucha**

selected varieties

**2/\$6**

16 oz



**Hippeas  
Chickpea Puffs**

selected varieties



**\$3.29**

3.75-4 oz

**Crunchmaster  
Crackers**

selected varieties



**\$3.29**

3.54-4 oz

**Vita Coco  
Coconut Water**

selected varieties

**2/\$5**

500 ml



**Three Wishes  
Grain Free Cereal**

selected varieties



**\$4.79**

8.6 oz

**Made in Nature  
Organic Apricots**



**\$4.49**

6 oz

**Essentia  
Ionized Alkaline  
Water**

**\$1.69**

1 lt



**Lakewood  
Organic Pure  
Pomegranate Juice**

**\$9.99**

32 oz



**West Life  
Organic Soymilk**

selected varieties

**\$3.49**

32 oz



**Malk  
Organic Oat Milk**

selected varieties

**\$4.79**

28 oz



**Forager Project  
Organic Cashew & Coconut  
Yogurt Alternative**

selected varieties

**\$5.29**

24 oz



**cocojune  
Organic Coconut Yogurt**

selected varieties

**\$5.99**

16 oz



**Bubbies  
Kosher Dill Pickles**



**\$6.79**

33 oz

**Canyon Bakehouse  
Gluten Free Bread**

selected varieties



**\$5.79**

18 oz

**Udi's Gluten Free  
Hamburger Buns**

selected varieties



**\$4.29**

10.4 oz



We believe feeling good starts with what you eat. That's why we use clean, simple, plant-based ingredients that are free from GMOs, synthetic colors, animal products, or added hormones. Because clean bodies start with clean, nutritious food and simple choices.



**Beyond  
Beyond Burger**

**\$4.49**

8 oz



**Beyond  
Beyond Sausage**

**\$6.29**

14 oz

**Dr. Praeger's  
Veggie Burgers**

selected varieties



**\$4.79**

10-11 oz

**Feel Good Foods  
Dumplings**

selected varieties



**\$5.79**

10 oz



**Soul to Skin Beauty  
Since 1969.**

For over 50 years, Heritage Store has believed that beauty is more than skin deep—it emanates from within. We call that soul-to-skin beauty.



**Heritage Store  
Rosewater Facial Mist**  
selected varieties

**\$9.99**

8 oz



**Heritage Store  
Organic Castor Oil**

**\$17.99**

16 oz

**Van's  
Waffles**

selected varieties



**\$3.99**

9 oz

**JonnyPops  
Organic Pops**

selected varieties



**\$4.79**

14.8 oz

derma e  
Vitamin C  
Concentrated Serum



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

2 oz

derma e  
Anti-Wrinkle Renewal Cream



**\$16<sup>99</sup>**

4 oz

NOW  
D-Mannose 500 mg



**\$18<sup>99</sup>**

120 vcap

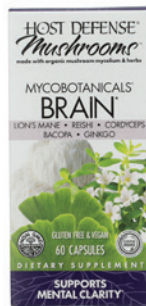
ChildLife  
Liquid Multi  
Vitamin & Mineral



**\$13<sup>99</sup>**

8 oz

Host Defense Mushrooms  
Mycobotanicals Brain



**\$23<sup>99</sup>**

60 ct

Aura Cacia  
Lavender Essential Oil



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

0.5 oz



Break free from what's trending.  
Reach for what's clinically proven.

**CLEAN. EFFECTIVE.**  
**DERMATOLOGIST RECOMMENDED SKINCARE.**



# Easy Chicken Enchiladas

45 MIN • SERVES 4-6 • GLUTEN-FREE, TRADITIONAL

## INGREDIENTS

- 1 rotisserie chicken, pulled
- 1 teaspoon chili powder
- ½ teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 tablespoons olive oil, divided
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 1 small onion, julienned
- ¼ teaspoon red pepper flakes
- 16 ounces shredded Mexican cheese blend
- 18 taco sized corn tortillas
- 2 15-ounce cans red enchilada sauce
- 1 15-ounce can black or pinto beans, rinsed and drained

## DIRECTIONS

- 1 Preheat oven to 350°F. Toss pulled chicken with chili powder, oregano, salt, pepper and 2 tablespoons olive oil in a large bowl.
- 2 In a large skillet, sauté bell peppers, onions, and red pepper flakes with remaining olive oil over high heat until tender crisp and starting to char. Season with salt and pepper to taste. Set aside to cool.
- 3 To assemble, place a quarter of the sauce on the bottom of a 9"x13" baking dish. Layer ingredients as follows: 6 tortillas, half of the chicken, beans, and cooked pepper and onions. Pour on a quarter of the sauce followed by a third of the cheese and repeat one more time. Top with the remaining tortillas, sauce, and finish with the rest of the cheese.
- 4 Cover assembled enchilada with foil and bake for 30 minutes. Remove foil and continue to bake until bubbling and cheese is starting to brown.

Serve with sour cream if desired.

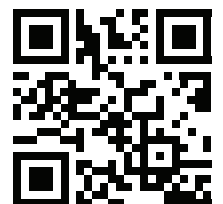


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