

Thousand Hills

100% Grass-Fed Beef **Sausages and Brats**

10 oz - Assorted Varieties

\$5.99

Regular Price \$6.69



Force of Nature

Bison Bacon Patties

100% Grass Fed 4 - 1/4 LB Patties

Regular Price \$12.99

Ground boar, venison, and bison are also on sale.

Food For Life

Ezekiel 4:9 Sprouted Grain Buns

\$5.49

Regular Price \$6.1





Other Food For Life products are also on sale.

Bubbies

Naturally Fermented Products

\$7.49

Regular Price \$8.49



Other Bubbies products are also on sale.

Field Day

Organic Beans 15-16 oz Cans

2 For \$4 Price \$2.39



Late July

Waterloo

Sparkling Water

\$4.99

Regular Price \$5.99





GoodPop

Frozen Treats

Assorted Varieties

20% Off Regular Price



Field Day

Organic Salsa

\$3.69 Harvest Values Price



\$4.19





2 For \$6 Harvest Values

Price \$3.99







Keep calm, grab some lemonade, and go on a picnic.

Organic Valley

Grass-Fed Milk

64 oz

\$5.99

Harvest Values Price \$6.49



Organic Valley

Organic **Egg Bites**

Assorted Varieties

\$3.99

Harvest Values Price \$4.59



Cleveland Kitchen

Kraut

Assorted Varieties

\$4.99 Regular Price \$6.19



Yucatan

Authentic Guacamole

\$3.59

Regular Price \$4.49

Other Yucatan products are also on sale.

Organic Kombucha

Select Varieties

\$2.89

Regular Price \$3.49



Probiotic Sodas







Kraut

Kraut

Elmhurst **Plant Based** Milks

\$4.69 Regular Price \$5.69



Elmhurst creamers are also on sale \$3.99

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Hummus Assorted Varieties

\$3.99 Regular Price \$4.99



Organic Hummus 2 For \$7

Regular Price \$4.29





Sour Cream or Dips

Dairy-Free

\$3.99

Regular Price \$4.89



Remedy Organics

Plant Based **Protein**

\$3.89 Regular Price \$4.69



Prebiotic Sodas 2 For \$4





Califia Farms **Dairy-Free** Creamer

2 For \$6 Regular Price \$3.69

Lemonade 2 For \$8 Regular Price \$4.99

Cold Brew Coffee 2 For \$9 Regular Price \$5.49

NON GMO



CALIFIA

Lightlife

Organic Tempeh

2 For \$6 Regular Price \$3.99





Vive Organic

Organic Wellness Shots

\$2.69 Regular Price \$339



REBBL

Super Herb Elixirs

2 For \$7







Sparkling Tonics

Regular Price \$2.29

Low sugar, fiber added



REBBL REBBL

REBBL









If you keep good food in your fridge, you will eat good food. Errick McAdams

Dr. Praeger's

Veggie **Burgers**

2 For \$7 Regular Price \$4.99



Coolhaus

\$3.99

Regular Price \$4.99

Other Dr. Praeger's products are also on sale.

Ice Cream Sammies

Gluten-Free Pot Pie

\$3.69 Regular Price \$4.99

Cinnamon Rolls are also on sale \$4.99.

Cosmic Bliss

Plant-Based Ice Cream

Assorted Varieties

Regular Price \$6.99







Other Cosmic Bliss products are also on sale.

Greek Yogurt Bars

\$4.99

Regular Price \$5.89



Let's Do and Let's Do Organics

Ice Cream Cones

30% Off

Regular Price



CRUNCH

COOL HAUS

Dairy-Free Frozen Dessert

\$4,49

Regular Price \$5.69



Alden's Organic

Organic Ice Cream

48 oz

\$7.99 Regular Price \$9.99







Catalina Crunch

KETO Friendly Cereals

Single Serve Varieties

2 For \$3



Other Catalina Crunch products are also on sale.

CRUNCH

Pamela's

All Pamela's Gluten-Free Products

20% Off

Regular Price









Bionaturae

All Bionaturae Products

30% Off Regular Price







Cheesy Rice

UM SEMOLINA

PENNE RIGATE

2 For \$7



AND THE REAL

Deliciou

Plant Based Meat Mix

\$5.99

Regular Price \$7.99



No preservatives, no soy, no added salt.

Field Day

Albacore Tuna

\$2.69 Harvest Values Price \$2.89





Annie's Homegrown

Organic Mac & Cheese

2 For \$6 Regular Price \$3.49





Regular Price \$3.99

Other Annie's Homegrown products are also on so

We must ketchup and relish these summer moments.

Kettle & Fire

Bone Broth and Soups

16.9 oz

\$5.99

Regular Price \$7.99



Field Day

Organic Extra Virgin Olive Oil

1 Liter

\$11,99

Harvest Values Price \$15.19





Kettle & Fire



Other Field Day Olive Oils are also on sale.

La Tourangelle

Culinary Oils 25% Off

Regular Price





NO.N

Bragg

Apple Cider Vinegar 32 oz

\$5.49 Regular Price \$6.29



Other Bragg products are also on sale.





Primal Kitchen

Dressings

Select Varieties

\$5.69 Regular Price \$6.69

Other Primal Kitchen products are also on sale.

Muir Glen

Organic Salsa

\$3.69 Regular Price \$4.89



Field Day

Organic Tea

16 Tea Bags

\$4,19





Perfect for Iced Tea.

think!

20G and KETOthink **Protein Bars**

\$2.29

Regular Price \$2.69



Bob's

Oat Bars Gluten-Free

4 For \$5 Regular Price \$1.79











3 For \$5 Regular Price \$1.89







Eat The Change

Cosmic Carrot Chews

\$3.69





Eat The Change Mushroom Jerky is also on sale.

Lakewood

Select Organic Juices

25% Off









Healthy citizens are the greatest asset any country can have. Winston Churchill

Chocolove xoxox Chocolate **Bars**

2 For \$5 Regular Price \$2.99



Harvest Values Price \$2.89



Lilv's Sweets

Chocolate Bars

Stevia Sweetened

\$3.29 Regular Price \$3.99





Eternal Water

Natural Alkaline Spring Water

1.5 LT

\$1,49

Regular Price \$1.99

Case of 12 is on sale for \$17.49.

Proud Source Water

Endangered Species

Chocolate

Rocky Mountain Spring Water

16 oz

3 For \$4 Regular Price \$1.99

Mountain Valley

Spring Water

Sparkling and Still

1 Liter

2 For \$4

Regular Price \$2.99

Other Mountain Valley products are also on sale.

Lifeaid Beverage

Functional Beverages

2 For \$4 Regular Price \$2.99



Hoplark

Sparkling HopTea

\$2.39



New Hoplark sparkling waters \$1.29

True North

Energy Seltzers

2 For \$4 Regular Price \$2.79



Oat Milk Lattes

Pop & Bottle

Regular Price \$3.19

Other Pop & Bottle products are also on sale.

Nixie

Organic Sparkling Water

Zero Calorie Soda

8/12 07

\$4,49 Regular Price \$5.69



6/12 oz

\$4,49

Harvest Values Price \$5.39

Only What You Need

OWYN **Proteins**

Assorted Varieties

2 For \$5 Regular Price \$3.49





Organic Vitamin

Enhanced Hydration \$1.89

Regular Price \$2.69



Fentimans

Tonic Water

4/6.7

\$4.99

Regular Price \$6.36

NON Simo



NAME OF THE PERSON Betty Buzz

Clean Mixers

\$1.59 Regular Price \$1.99

Real juice mixers.



Field Day

Plates

Made From Renewable Sugar Cane

\$3.99

Harvest Values Price \$4.39

Other Field Day picnic products are also on sale.

Recyclable **Aluminum Cups**

10 CT, 20 oz Recyclable Cups

\$4.99

Regular Price \$6.49

Colder, stronger, and fully recyclable.



Feeling Good From The Inside Out.®

From the Ground Up

Plant Based Snacks

2 For \$7 Regular Price \$4.29



Hippie Snacks

Real Food Snacks

2 For \$7 Regular Price \$4.89



Barnana

Plantain Snacks

2 For \$7 Regular Price \$4.99



Other Barnana products are also on sale.

Damana

The Good Crisp Company

Potato Crisps

2 For \$6 Regular Price \$3.69



Hippeas

Organic Chickpea Puffs

2 For \$6 Regular Price \$3.99



Cretors **Popcorn** Select Varieties

2 For \$7 Regular Price \$3.99



HIPPEA HIPPEAS IPPEAS

Beanfields

Bean **Chips** 2 For \$6 Regular Price \$3.99



Beanitos

Bean **Chips**

2 For \$5 Regular Price \$3.79



EPIC



2 For \$6 Regular Price \$3.99



Kettle



\$2.79 Regular Price \$3.49



A La Maison French Milled Bar Soaps Assorted Varieties

\$3.99

Regular Price \$4.99

Value 4 pack soaps are also on sale.

Plastic-Free

Hair Care

Assorted Varieties

\$9.99

Regular Price \$12.99



Plant Snacks

Cassava Chips

Assorted Varieties

2 For \$6 Regular Price \$3.99



Spudlove



2 For \$6 Regular Price \$4.49

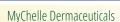


Gluten-Free Pretzels

Select Varieties

\$4,19 Regular Price \$5.49



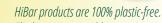


Sun Care **Formulas**

35% Off

Regular Price



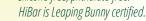


The box is compostable.

Long lasting formulas. One 3.2 oz shampoo bar lasts at least as long as 2 x 12 oz bottles of

Scents are a blend of essential oils.

Soap-free, sulfate-free, paraben-free, silicone-free, phthalate-free.

































Quinn ___





Health is a relationship between you and your body. Terri Guillemets

Sukin **Body Care**

30% Off Regular Price



All ACURE Formulas

30% Off Regular Price

100% Clean, vegan beauty.



Andalou Naturals

Body Care

30% Off Suggested Retail





Mad Hippie Cosmetics

30% Off Regular Price



Harvest Health Foods

Beauty Support & Essential Oils

25% Off

Suggested Retail



Country Life

Select Beauty Formulas

25% Of Suggested Retail



Liquid IV

Hydration Multiplyer

3 For \$5 Regular Price \$1.99

Liposomal Multivitamins

30% Off Suggested Retail



All Now Food Supplements

25% Off Regular Price



20% Off Regular Price

Select Multivitamin Formulas Alive! Alive!





Ancient Nutrition

Mushroom & Apple Cider Formulas

25% Off

Suggested Retail

Other Ancient Nutrition products are also on

All Carlson Labs Formulas

20% Off Suggested Retail



All American Health Formulas

25% Off Suggested Retail

Boiron **Blue Tube** Homeopathic Formulas \$5.59 Regular Price \$6.99



Healthy From The Outside Starts From The Inside.

+PlusCBD[™]

Plus CBD Pain Topicals

25% Off Suggested Retail

Pet formulas area also on sale.



Irwin Naturals

CBD Formulas

Softgels

30% Off

Suggested Retail



Wyld CBD

CBD Gummies and Sparkling Water

25% Off

Suggested Retail



Gaia Herbs

Adrenal and Stress Formulas

25% Off

25% UT Suggested Retail



Terry Naturally

Iodine And Thyroid Formulas

20% Off Regular Price



Herb Pharm

Sleep Support Formulas

25% Off

Suggested Retail



Nordic Natural

Select Omega-3 Formulas

25% Off

Regular Price



Vital Planet Formulas

25% Off

Suggested Retail



All Wiley's Finest

20% Off Regular Price



Organic Mushrooms

Mushroom Formulas

Select Capsules

\$20.99

Suggested Price \$29.99



Solgar

Active Life Formulas

30% Off

Suggested Retail





Garden Of Life

All Vitamin Code Formulas

30% Off

Suggested Retail





Garden Of Life

MD Proteins And KETO Formulas

30% Off

Suggested Retail

All Dr. Formulated products on sale.







We have three convenient locations in the Grand Rapids area.



1944 Eastern Ave. SE Grand Rapids (616) 245-6268 Mon-Sat 9-7 Closed Sundays

6807 Cascade Road SE Grand Rapids (616) 975-7555 Mon-Sat 9-8 Closed Sundays

4150 32nd Ave Hudsonville (616) 896-6630 Mon-Sat 9-8 Closed Sundays