



January 2024



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

\$5.79

24 oz



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

2/\$3

5.25-6 oz

**Muir Glen
Organic Tomatoes**
(selected varieties)

2/\$3

14.5-15 oz



**Lesser Evil
Organic Popcorn**
(selected varieties)

2/\$6

4.6-6.4 oz



\$3.79

**Cascadian Farm
Organic
Potatoes**
(selected varieties)

16 oz



**Lundberg Family Farms
Organic Rice Cakes**
(selected varieties)

\$3.79

8.5-11 oz



**Cascadian Farm Organic
Organic Cereal**
(selected varieties)

2/\$7

8.6-14.6 oz



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

5/\$5

5.3 oz



841 S Ponce de Leon Blvd, St Augustine, FL 32084

January 2024

**Back to Nature
Crackers**
(selected varieties)



\$3.29

6 oz

**Purely Elizabeth
Granola**
(selected varieties)



\$5.79

8-12 oz

**Catalina Crunch
Keto Friendly
Cereal**
(selected varieties)



\$6.99

8-9 oz



2/\$5

2-2.3 oz

**GoMacro
Organic
MacroBar**
(selected varieties)



5/\$5

1.6-1.7 oz

**Larabar
Fruit & Nut Bar**
(selected varieties)

**Birch Benders
Organic Pancake
& Waffle Mix**
(selected varieties)



\$4.29

14-16 oz

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



\$7.99

12 oz

**Bonafide Provisions
Organic Broth**
(selected varieties)



\$3.49

32 oz

**Bonafide Provisions
Organic
Bone Broth**
(selected varieties)



\$7.49

24 oz

**Justin's
Almond Butter**
(selected varieties)



\$8.79

16 oz

**Once Again
Nut Butter
Organic Tahini**
(selected varieties)



\$7.49

16 oz

**Chosen Foods
Avocado Oil Spray**
(selected varieties)



\$4.99

4.7 oz

**Siete
Grain Free
Taco Shells**
(selected varieties)



\$4.29

5.5 oz

**Kettle & Fire
Bone Broth**
(selected varieties)



\$5.49

16.9 oz

**Big Tree Farms
Organic
Coconut Aminos**
(selected varieties)



\$5.29

10 oz

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**Barnana
Organic
Plantain Chips**
(selected varieties)



2/\$7
5 oz

**So Delicious
Organic
Coconutmilk**
(selected varieties)



\$2.79
32 oz



\$1.79
4 oz
**Cocojune
Organic
Dairy-Free
Coconut Yogurt**
(selected varieties)

**From The Ground Up
Crackers**
(selected varieties)



2/\$6
3.5-4 oz

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



\$4.29
8-10 oz

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



\$7.29
32 oz

**Navitas
Organic
Cacao Powder**
(selected varieties)



\$7.79
8 oz

**Yogi Tea
(selected varieties)**



2/\$7
16 ct

**Jovial
Organic
Einkorn Flour**
(selected varieties)



\$6.79
32 oz

**Lakanto
Monkfruit
Sweetener**
(selected varieties)



\$4.99
235 g

**SweetLeaf
Liquid Stevia**
(selected varieties)



\$6.99
2 oz

**Four Sigmatic
Organic
Mushroom Coffee**
(selected varieties)



\$13.99
12 oz

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



\$2.79
11.2 oz

**SmartSweets
Candy**
(selected varieties)



2/\$5
1.8 oz

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



\$2.79
3-3.5 oz

30% or MORE off of our Every Day Low Prices

January 2024



\$3²⁹ Ancient Harvest
Organic Polenta
18 oz

Pacific Foods
Organic Soup
(selected varieties)



\$4²⁹
32 oz

JonnyPops
Organic Pops
(selected varieties)



\$4⁷⁹
14.8 oz

Mori-Nu
Silken Tofu
(selected varieties)



\$2²⁹
11.5–12.3 oz

Tasty Bite
Indian Entrée
(selected varieties)



2/\$6
10 oz

Koyo
Ramen
(selected varieties)



\$1⁰⁹
2–2.1 oz



\$3⁹⁹ Miracle Noodle
Plant Based
Noodles
7 oz

Califia Farms
Oatmilk
(selected varieties)



\$4²⁹
48 oz

Bragg
Organic Apple Cider
Vinegar
(selected varieties)



\$5⁴⁹
32 oz

Manitoba Harvest
Organic
Hemp Hearts



\$12⁹⁹
12 oz

Muir Glen
Organic
Pasta Sauce
(selected varieties)



2/\$6
23.5 oz

Napa Valley Naturals
Organic Extra Virgin
Olive Oil



\$13⁹⁹
25.4 oz

R.W. Knudsen
Just Black Cherry
Juice



\$5²⁹
32 oz

Lakewood
Organic
Pure Cranberry
Juice
(selected varieties)



\$8⁹⁹
32 oz

Milkadamia
Macadamia Milk
(selected varieties)



\$4⁴⁹
32 oz

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

Violife
Just Like Feta Block



\$5²⁹

8.1 oz

wildbrine
Kimchi
(selected varieties)



\$6⁴⁹

18 oz

Against The Grain
Gourmet Pizza
(selected varieties)



\$10⁴⁹

24 oz

Organic Valley
Organic
String Cheese



\$5²⁹

8 oz



\$4²⁹ **Miyoko's**
Organic Vegan
Cream Cheese
(selected varieties)

8 oz

Base Culture
Sliced Bread
(selected varieties)



\$7⁴⁹

16-22 oz

Daiya
Dairy-Free Slices
(selected varieties)



\$3⁷⁹

7.8 oz



\$3⁹⁹ **Beyond Meat**
Beyond Burger
(selected varieties)

8 oz

Caramelized Onion & Aioli Beyond Burger

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!



30% or MORE off of our Every Day Low Prices

January 2024

Charlotte's Web
Hemp Extract
Gummy



\$34⁹⁹

60 ct

Natural Factors
WellBetX®
Berberine 500 mg



\$20⁹⁹

60 vcap

Ester-C
Ester-C® 1000 mg with
Citrus Bioflavonoids



\$23⁹⁹

90 cap

Lily of the Desert
Organic Aloe Vera
Juice



\$5⁷⁹

32 oz

Solaray
Mycrobiome
Women's Probiotic



\$30⁹⁹

30 ct

Nordic Naturals
Ultimate Omega



\$36⁹⁹

120 ct

Bluebonnet Nutrition
Whey Protein
Isolate



\$27⁹⁹

1-1.1 lb

Garden of Life
Organic
Sport Protein



\$29⁹⁹

806-840 g

Sovereign Silver
Bio-Active Silver
Hydrosol



\$19⁹⁹

4 oz

Gaia Herbs
Black Elderberry
Syrup



\$14⁹⁹

3 oz

Bach
Rescue Remedy



\$14⁹⁹

20 ml

Jarrow
Formulas
Methyl B12



\$10⁴⁹

100 tab

NOW Foods
D-Mannose 500mg



\$18⁹⁹

120 vcap

Carlson
Cod Liver Oil



\$26⁹⁹

250 ml

Vital Proteins
Collagen Peptides



\$20⁹⁹

10-13.5 oz

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**Health-Ade
Organic Kombucha**
(selected varieties)

\$2⁷⁹
16 oz



**Eternal
Naturally Alkaline
Spring Water**

2/\$4
1.5 lt



**Vita Coco
Coconut Water**
(selected varieties)

2/\$4
500 ml



**GT's
Organic Kombucha**
(selected varieties)

\$7²⁹
48 oz



**Just Ice Tea
Organic Ice Tea**
(selected varieties)

2/\$5
16 oz



**Essentia
Alkaline Water**

\$2¹⁹
1.5 lt



**Nixie
Organic
Sparkling Water**
(selected varieties)

\$4⁹⁹
8 ct



**Zevia
Zero Calorie Soda**
(selected varieties)

\$5⁴⁹
6 ct



**KeVita
Organic Kombucha**
(selected varieties)

2/\$5
15.2 oz



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

\$2⁷⁹
11 oz



**Harmless Harvest
Organic Coconut
Water**

\$4²⁹
16 oz



**Sambazon
Organic Energy Drink**
(selected varieties)

\$1⁷⁹
12 oz



**ROAR Organic
Organic Vitamin Enhanced
Beverage**

\$1⁷⁹
18 oz



**Goldthread
Plant Based Tonic**
(selected varieties)

\$2⁹⁹
12 oz



30% or MORE off of our Every Day Low Prices



Where Lower Prices
Come Naturally

Himalaya
PartySmart

\$1.99
1 ct



Seventh Generation
Dish Liquid
(selected varieties)

\$3.49
19 oz



Herbatint
Permanent
Hair Color Gel

\$13.99
4.56 oz



Desert Essence
Dental Floss

\$3.29
50 yd



Dr. Bronner's
Organic Toothpaste

\$5.29
5 oz



Boiron
Oscilloccinum
6 dose

\$11.99



THE NEW YOU MIRACLE BAND

**CHANGE YOUR FREQUENCY
CHANGE YOUR LIFE!**

PROTECTION FROM 5G
PAIN RELIEF THAT WORKS!

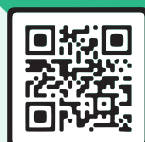


ALLEVIATES
ARTHRITIS PAIN
FIBROMYALGIA
CARPAL TUNNEL
JOINT ACHES
BODY ACHES
SEASICKNESS
IMPROVES
STRENGTH AND BALANCE



"If you could eliminate
certain outside
frequencies that
interfered in our body,
we would have greater
resistance toward
disease."

NIKOLA TESLA



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OUR WEBSITE**

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