deals

2X monthly!

March 11–March 24, 2026

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Bob's Red Mill Organic Gluten Free Oats
selected varieties

$6.79

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

$8.49

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

$6.99

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

Miso Master
Organic Mellow White Miso

$5.49

8 oz

Crown Prince Natural
Smoked Oysters
selected varieties

$3.29

3 oz

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

nutpods Dairy-Free Creamer

selected varieties

$2.49

11.2 oz

ORGANIC MARY'S GONE CRACKERS™

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

$3.79

4 oz

Mary's Gone Crackers Organic Crackers

selected varieties

2/$7

4 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

$19.99

160 ct

Natural Factors
Quercetin 500 mg

$19.99

60 vcap

Spry
Oral Rinse
selected varieties

$7.99

16 oz

Andalou Naturals
Shampoo or Conditioner
selected varieties

$6.79

11.5 oz

Every Man Jack
Deodorant
selected varieties

$5.99

2.6–3 oz

Herbatint
Permanent Haircolor Gel
selected varieties

$14.99

5.75 oz

Crystal
Mineral Deodorant Stick

$5.29

4.25 oz

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Crispy Sheet Pan Ramen

40 MIN · SERVES 4 · TRADITIONAL

INGREDIENTS

⅔ 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 ¼" thick pieces and halved
½ pound broccoli, cut into ½" pieces
6 ounces sugar snap peas, trimmed
¼ pound carrots, peeled and sliced into ⅛" 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 ¼" slices for fast cooking.

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