

NEW YEAR NEW YOU



Prices Effective January 3 to January 9, 2019.

100% BC Owned and Operated



20% off
Regular
Retail price

Genuine Health Greens+
Superfoods Powder
assorted varieties assorted sizes
reg price 29.99-129.99

25% off
Regular
Retail price

Renew Life Cleanse
Kits or Fibre Products
assorted varieties assorted sizes
reg price 19.99-46.99



5.99 500ml
9.99 1L

Chasers Fresh Juice
assorted varieties
+deposit +eco fee

25% off
Regular
Retail price

MegaFood
Multi-Vitamins

59.99
72 Tablet + 30
Tablet Free Shinks

MegaFood Daily Foods
Multis for Men or Women



30% off
Regular
Retail price

Organic Traditions
Superfoods
reg price 5.99-66.99



25% off
Regular
Retail price

Sproos Collagen
Powder and Bars
assorted varieties assorted sizes
reg price 2.49-49.99

20% off
Regular
Retail price

Garden of Life
Dr. Formulated Probiotics
assorted varieties assorted sizes
reg price 38.99-57.99



A. Vogel Echinaforce Throat
Spray, Tincture and Tablets
assorted varieties assorted sizes
reg price 13.99-19.99

20% off
Regular
Retail price

25% off
Regular
Retail price

Brad King's Supplements
assorted varieties assorted sizes
reg price 9.99-56.99



BioSil for Skin, Hair & Nails
assorted sizes
reg price 23.99-65.99

25% off
Regular
Retail price

GROCERY



Daiya Vegan Cheezy
Mac or Dressings
assorted varieties

3.79 Cheezy Mac 300g

3.99 Dressing 237ml



Tofurky Slices
and Tempeh
assorted varieties

2.99
Slices 156g

3.79
Tempeh 198g



Earth's Choice Organic Beans
assorted varieties
398ml

2/4.00



Kitchen Basics Cooking Stock
assorted varieties
946ml

2/5.00

Earth Balance Buttery Spreads



assorted varieties
assorted sizes
reg price 6.89-15.79

30% Off
regular retail



Glutino Frozen Sandwich
Loaf and English Muffins
gluten free
assorted varieties
400-485g

4.99



Barnes Naturals Manuka
Honey & Organic Apple
Cider Vinegar
assorted varieties
250g & 500ml
reg price 5.99-24.99

30% Off
regular retail



Crofter's Organic
Premium Spreads
assorted varieties
235ml

2/6.00



Stash Organic Tea
assorted varieties
18 Tea Bags

3/9.99



Nature's Path
Organic Hot Cereal
assorted varieties
6-8 pack

2.99 to 4.99



Barbara's Puffins Cereal
peanut butter
or cinnamon
285-312g

3.99



Silk Fresh Non-Dairy Creamers
assorted varieties
473ml

2/5.00

Made Good Granola Minis, Bars, Crispy Rice
Squares and Made Good Brown Rice Crisps Cereal
assorted varieties



2/7.00

Granola 100-132g/4-5 pack

4.99 Made Good
Brown Rice Crisps Cereal 284g



Sensible Portions Veggie Chips
assorted varieties
141-142g

2/5.00



Brew Dr. Kombucha
assorted varieties
414ml
+deposit +eco fee

3/9.99

Kind Fruit & Nut Bars
assorted varieties



3/5.00 40g

19.99 12 pack

Clif Kid Organic Z Bars



assorted varieties
4-5 pack

2/7.00



R.W. Knudsen Just Juice
select varieties
946ml
+deposit +eco fee

8.99

GROCERY

Earthbound Farm Frozen Organic Fruit
and Vegetables
assorted varieties
300-400g
reg price 4.69-8.79



30% Off
regular retail

Add
to your
smoothie
recipe!



Blue Diamond Almond
Breeze Beverages
assorted varieties
946ml Tetra

2/5.00

Tree Island Grass Fed Cream Top Yogurt



2 varieties
1.5kg

7.99



Danone Activia Yogurt
assorted varieties
650g or 8 pack

2/7.00

4.49

8 Pack Multipack

DELI

Choices' Own Organic Cheese



10% off

Rosstown Roasted Chickens



9.99

Choices' Own Green Salad
assorted
varieties



4.49 to 7.49



Habibi's
Hummus
assorted varieties
450g

7.49



Happy
Planet Soup
assorted varieties
500 & 650ml

5.99

MEAT



BC Extra Lean
Ground Beef
raised without antibiotics
value packs
19.82kg

8.99lb



Fort Hardy
Pork Back Ribs
heat and serve
583g

9.99



BC Fresh Steelhead
37.46kg

16.99lb



100% Grass Fed
Beef Stewing Meat
from Australia
value pack
15.41kg

6.99lb



Centre Cut Pork
Boneless Chops
or Roasts
raised without antibiotics
value pack
12.10kg

5.49lb



Choices' Own Grass
Fed Beef Meatballs
select varieties
made in-store
22.02kg

9.99lb



Choices' Own
Marinated Butterfly
Non GMO Chicken
made in-store

12.99 each

BAKERY

Choices' Own Alternative
Flour Baked Goods
assorted varieties assorted sizes



KETO

2.99 to 13.49



Choices' Own Scones
assorted varieties
package of 2

2.99



Choices' Own Multigrain Bread
530g

4.99

Let's Get Healthy!



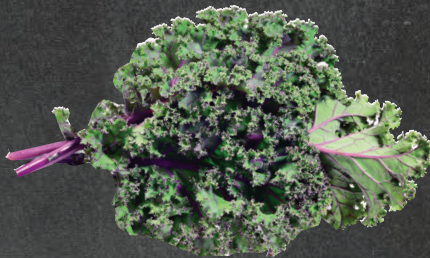
Organic Bunch Spinach
Imported from California

2/5.00 bunch



Organic Field
Cucumbers
from Mexico

4.37kg
1.98lb



Organic Red, Green
and Black Kale Imported

3/6.99 bunch



BC Grown Organic Bosc
Pears from Harvest Moon
1.36kg (3lb)

2.98



BC Grown Organic Fuji Apples
from Clapping Chimp
1.36kg (3lb) bag

4.98



Blue Jay Brand Large Navel
Oranges from California
3.04kg

1.38lb

Green Smoothie Recipe

With holiday indulgences behind us, you might be craving some lighter fare these days. Even better, if you've resolved to drink more green smoothies this year, here's an easy and delicious one to add to your rotation. New to green smoothies? Stick to mild-tasting greens like romaine and spinach for a while. Then experiment with others – baby kale, chard, and beet greens – the possibilities are endless!

1 serving Vega® One Vanilla
or your favourite Vanilla Vega plant-based protein powder

1 cup water or Silk® Original Unsweetened Almond Milk

1 big handful mixed baby greens, such as baby kale,
chard and spinach

1/3 cup tart green apple, cored and diced

1/3 cup diced pear

1/3 cup sliced cucumber

Juice of 1/2 lemon

6 to 8 ice cubes

1. Add all ingredients to the blender and blend until smooth.
2. Adjust the consistency with a little more almond milk or ice if needed.
3. Pour into a glass and serve.



Vega One All-in-One
Nutritional Shakes
assorted varieties 827-876g

Hot
Deal!

**Buy One, Get One
50% Off**

ENTER TO WIN

A Ninja Blender
See January's newsletter
for details!



Kitsilano 604.736.0009 Cambie 604.875.0099 Kerrisdale 604.263.4600 Yaletown 604.633.2392 Commercial Drive 604.678.9665 Kelowna 250.862.4864 South Surrey 604.541.3902 Burnaby Crest 604.522.0936 Burnaby Marine Way 778.379.5757 Abbotsford 604.744.3567 North Vancouver 604.770.2868

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