

# WEEKLY SPECIALS

Prices Effective January 10 to January 16, 2019.

100% BC Owned and Operated



**3.99lb**

Choices' Own Chicken  
raised without antibiotics  
8.80kg



**2.98**  
each

Fair Trade Organic  
Long English Cucumbers  
Imported from Mexico



**2.98**

Texas Rio Star Grapefruit  
from USA  
1.36kg (3lb) bag



**4.49 to 5.99**

Choices' Own Cookies  
assorted varieties  
assorted sizes includes Keto  
and Paleo friendly



Choices' Own  
Vegetable Lasagna

**1.69/  
100g**

Choices' Own Roasted  
Tomato, Beef or  
Vegetable Stew  
710ml

**7.99**

from Deli Dept.

Nature's Farm Omega-3 Organic Large Eggs



**3.49**  
1/2 Dozen

**5.99**  
1 Dozen

**New!**



Avalon Organic Probiotic Yogurt  
assorted varieties

**3.99**  
650g

**8.99**  
1.75 Kg



Progressive Vitamins and  
Sports Nutrition Supplements  
assorted varieties  
assorted sizes  
reg price 15.69-69.99

**20% off**  
Regular  
Retail Price



Platinum Naturals Vitamin  
D3 and Oregano 8  
assorted varieties  
assorted sizes  
reg price 9.79-49.99

**20% off**  
Regular  
Retail Price



# GROCERY



Wolfgang Puck Organic Soup  
assorted varieties  
398ml

**2/5.50**

Amy's Frozen Burritos  
assorted varieties



**2/6.00**  
Regular 170g

**2/7.00**  
Gluten Free 156g

Daiya Vegan Non-Dairy Cheeze



blocks, shreds,  
slices & spreads  
assorted varieties  
200-227g

**3.99**



Pacific Organic Soup  
assorted varieties  
320 & 472ml

**3.99**

Europe's Best Frozen Riced Cauliflower,  
Beets and Mango  
Berry Smoothie  
assorted varieties  
400-500g



**3.99** Riced  
Cauliflower/Beets

**5.99** Smoothie

Dairyland Cottage Cheese



assorted varieties  
500g

**2.99**



Little Northern Bakehouse  
Gluten Free Sprouted Breads  
2 varieties  
567g

**5.99**

Udi's Gluten Free Muffins and Cookies



assorted varieties  
260g/4 pack

**4.99**

Nature's Path Organic Breakfast Bars



and Toaster Pastries  
assorted varieties  
assorted sizes

**3.99**



Joyya Ultrafiltered Milk  
assorted varieties  
1L

**3.49**



Califia Non-Dairy Beverages  
assorted varieties  
1.4L  
+deposit +eco fee

**4.99**



Nature's Path Gluten  
Free Organic Granola  
assorted varieties  
312g pouches

**4.99**



Olympic Organic Kefir  
assorted varieties  
2L

**7.99**



Anita's Organic Breakfast  
Boost, Pancake Mix  
and Morning Rush  
assorted varieties  
assorted sizes  
reg price 5.99-12.49

**30% Off**  
regular retail



Bakery on Main  
Gluten Free Cereal  
assorted varieties

**4.99** Oatmeal 300g

**5.99** Granola 340g



Four O'clock Herbalist Tea  
assorted varieties  
20 tea bags

**4.99**

Nuts To You Organic Peanut Butter



smooth or crunchy  
500g

**5.99**

Prana Chia Seeds



assorted varieties  
200-300g

**5.99**



# PRODUCE

Fair Trade Organic Snow Peas Imported from Mexico 170g package



**3.98**

Organic Red Tomatoes on the Vine Imported from Mexico **8.77kg**



**3.98lb**

Cara Cara Red Navel or Blood Oranges from California **4.37kg**



**1.98lb**

Organic Romaine Lettuce Imported from USA



**1.98** each

# DELI

Grimm's Old Fashioned Ham



**1.89/100g**



Summer Fresh Hummus Toppers assorted varieties 283g

**4.99**



Bothwell Non-GMO Medium or Aged Cheddar Cheese 250g

**6.99 to 7.99**

# MEAT

Choices' Own Bone-In Chicken Breast or Thighs raised without antibiotics, value pack **14.31kg**



**6.49lb**

Wild-Caught Ahi Tuna Loin Steaks Sashimi Grade **44.07kg**



**19.99lb**

100% Grass Fed Top Sirloin Steaks or Roasts from Australia **17.61kg**



**7.99lb**

Pork Side Ribs Regular or Sweet and Sour **15.41kg**



**6.99lb**

# BAKERY

Choices' Own Multiseed Bread or Seeded Stoneground Bread 530-600g



**4.99**

Choices' Own Banana Bread assorted varieties 180-454g



**3.49 to 5.99**

Free Range Loin Lamb Chops from New Zealand raised without antibiotics **30.84kg**



**13.99lb**



# WELLNESS



Nutiva Organic MCT Oil and Powder

**19.99** 473ml

**33.99** 946ml

**23.99** 300g Powder



Purica Supplements Recovery, Provascin, Menopause and Various Mushroom Supplements  
assorted varieties assorted sizes  
reg price 21.99-129.99

**20% off**  
Regular Retail Price

New Chapter Zyflamend and Bone

Strength Supplements  
assorted varieties assorted sizes  
reg price 36.99-82.99



**20% off**  
Regular Retail Price



Garden of Life Proteins  
assorted varieties

**41.99** Raw Fit &  
Raw Organic 396-664g

**49.99** All in One  
& Sport 652-1017g



Sisu Ester C Supplements

**17.99** 500mg Chewables

**24.99** 600mg 120 Capsules

**29.99** 1000mg 120 Tablets

**32.99** Supreme 120 Capsules

Natren Probiotics

assorted varieties assorted sizes  
reg price 26.99-99.99



**20% off**  
Regular Retail Price

# GROCERY



Smart Sweets Gummies  
kick sugar, keep candy  
assorted varieties 50g

**2/6.00**



Hardbite Root Chips  
assorted varieties  
150g

**2/7.00**



Home Grown Living Foods  
Seeds, Nuts and Rawgles  
assorted varieties 120-150g  
reg price 5.79-13.99

**30% Off**  
regular retail



Prana Premium Nut Mixes  
assorted varieties 150g  
reg price 3.79-8.79

**30% Off**  
regular retail



FreeYumm Gluten Free  
Bars and Cookies  
assorted varieties  
135g & 154g

**2/7.00**

Edward & Sons Rice Toasts and Snaps  
assorted varieties



**2/7.00**  
Rice Snaps 100g

**2.79** Rice  
Toast 65g



Zevia Sodas  
assorted varieties  
+deposit +eco fee

**.79** Singles 355ml

**4.49** 6 Pack



Bremner's Juice  
assorted varieties  
946ml  
+deposit +eco fee

**6.99 to 11.99**



Cha's Organics Fruit in Juice  
assorted varieties  
400ml

**4.49**



Cascades Fluff Bathroom Tissue  
2 varieties  
12 rolls

**8.99**

## Have Nutrition Questions?

**The Choices Nutrition Team Has the Answers!**

- Learn about specialized diets
- Get simple, healthy home cooked meal ideas
- Learn how to make simple steps to improve your daily diet.

**Book a FREE one-on-one consult with our team today.**

Email [nutrition@choicesmarkets.com](mailto:nutrition@choicesmarkets.com) or visit our website at [choicesmarkets.com/nutrition](http://choicesmarkets.com/nutrition)



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