

HEALTHY START

Prices Effective January 2 to January 8, 2020.



100% BC Owned and Operated

withinUs Matcha Misto,
Coconut Creamer & Rehydrate



assorted varieties
assorted sizes
reg price 26.99-69.99

20% off



Progressive Vitamins
and Supplements
assorted varieties
assorted sizes
reg price 15.79-74.99

20% off

Wild Rose Herbal D-Tox Kit



37.99 1 Kit Detox

Wild Rose Liver D-Tox

42.99 1 Kit

Love Good Fats Shakes
chocolate or vanilla



24.99
400g



Whole Earth & Sea Greens
Proteins and Greens

51.99 390-438g

Whole Earth & Sea Greens

59.99 640-710g

Proteins and Greens



Nutiva Organic MCT Oil

19.99 473ml

33.99 946ml

Thomas Reid Organic Ground
White Meat Chicken **28.64kg**



12.99lb



Silk Dairy-Free Beverages and Creamers
assorted varieties

2/5.00
473ml Creamers

3.99
1.89L Beverages



3.98

Organic Lemons
California Grown
907g Bag

Nuts to You Almond Butter

assorted varieties
365g



8.99



1.48lb

Large Blue Jay Navel
Oranges from California
3.26kg



Organic Blueberries
Imported 170g package

3.98

GROCERY



Fatso High Performance
Peanut Butter
assorted varieties
500g

7.99



Califia Dairy-Free
Almond Beverages
assorted varieties
1.4L

4.49



Blue Diamond Almond Breeze
assorted varieties
946ml

2/4.00

Kind Granola Clusters and Breakfast Bars
assorted varieties



3.99

200g Breakfast Bars

4.99

312g Granola

Bakery on Main Oatmeal and Gluten-Free Granola
assorted varieties



4.99

300g Oatmeal

5.99

340g Granola



Anita's Organic Oats
assorted varieties
1kg

5.49

Shady Maple Organic Maple Syrup,
Cookies and Sugar
assorted varieties
assorted sizes
reg price 5.79-29.99



30% off

Stash Premium Tea



assorted varieties
18-20 Tea Bags

2/6.00

Elias Honey



assorted varieties
500g

6.99



Dairyland Organic Milk
assorted varieties
4L

7.99

Country Golden Yolk Large Free Range Eggs
1 Dozen



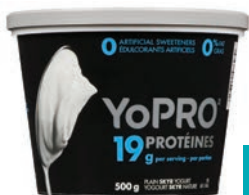
5.49

Dairyland Cottage Cheese
assorted varieties 500g



2.99

Danone YoPro Skyr Yogurt
plain or vanilla 500g



4.49

Silk Dairy-Free Yogurt
assorted varieties 640-680g



4.99

Riviera Set Style Yogurt
assorted varieties



3.99

750g

4.49

4 Pack

Earth Balance Dairy-Free Spreads
assorted varieties assorted sizes
reg price 6.99-15.99



30% off

Silver Hills Bread



select varieties
510 & 675g

2/7.00

Purex Toilet Paper



assorted varieties
15 pack

5.99

GROCERY



Hardbite Potato Chips
assorted varieties
128-150g

2/5.00

Smart Sweets Low Sugar Candy
assorted varieties
50g



2/6.00

Happy Planet Smoothies
assorted varieties
325ml
+deposit +eco fee



2/4.00

Fresh Is Best Tortilla Chips & Salsa
assorted varieties



4.49 375ml Salsa

4.99 300g Chips

Clif Energy Bars



assorted varieties
68g

10/10.00



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

2/7.00

Organic Traditions Superfoods



assorted varieties
assorted sizes
reg price 5.99-66.99

30% off

Nud Fud Organic Gluten-Free Paleo Snacks



assorted varieties
66g

4.49

Chasers Fresh Juice



assorted varieties
+deposit +eco fee

5.99 500ml

9.99 1L

Sezme Sesame Snaps



assorted varieties

3/1.00 Single

4.49 16 Pack

Sigdal Bakeri Crispbread



assorted varieties
190-220g

4.99



R.W. Knudsen Organic Juice
assorted varieties
750-946ml
+deposit +eco fee
reg price 6.99-15.99

30% off

Swerve Sugar Alternatives



assorted varieties
340g

7.99

RyVita Crispbread
assorted varieties
125-250g



2/5.00



Blue Monkey Coconut Water
with or without pulp
520ml
+deposit +eco fee

3/5.00

Amy's Organic Frozen Burritos
assorted varieties



2/5.00 170g

2/6.00 156g Gluten-Free

Coco Natura Organic Coconut Products



assorted varieties
assorted sizes
reg price 7.29-14.99

30% off

Boulder Clean Natural Cleaning Products



assorted varieties
assorted sizes
reg price 5.99-27.99

30% off

DELI

Choices' Own Ready to Eat
Green Salads
assorted varieties
assorted sizes



4.99 to 7.99

Rosstown
Roasted Chickens



9.99

Zorbas Guten-Free Spanakopitas
400g package of 2



7.99

Habibi's Cashew Dips
assorted varieties
200g



5.99 to 7.99



Happy Planet Soup
assorted varieties
500-650ml

5.49

Indianlife Baked Vegetable Samosas



2/4.00

Freshly Cut Italian
Grana Padano or
Reggiano Cheese



3.99 to 4.49/100g

Provolone Cheese
smoked or regular



2.99 to 3.49/100g



Tre Stelle
Romano Sheep's
Milk Cheese
200g

8.99

Babybel Cheese
120-129g package of 6



5.99

PRODUCE

Green Zucchini from Mexico
2.16kg



.98lb

Organic Sugar Bee Apples Imported
from Washington 8.77kg



3.98lb

Organic Broccoli Imported from California
4.37kg



1.98lb

MEAT

Organic Chicken Sausages
made in-store **24.23kg**



10.99lb

BC Whole Pork Tenderloin
raised without antibiotics **17.61kg**



7.99lb

BC Boneless Skinless Chicken Breasts
value pack **13.21kg**



5.99lb

100% Grass Fed Sirloin Tip Roasts
17.61kg



7.99lb

Boneless Duck Breast **33.05kg**



14.99lb

Duck Legs **24.23kg**



10.99lb

Thomas Reid Organic Ground
Dark Meat Chicken **26.43kg**



11.99lb

100% Grass Fed Lean Ground
Beef From Australia **15.41kg**



6.99lb

Sockeye Salmon Fillets
value pack **30.84kg**



13.99lb

Halibut Fillets
previously frozen **41.87kg**



18.99lb



Nourish Yourself
Bone Broth
assorted varieties
750ml

10.49 each



Beef Stir Fry Kit
made in-store

9.99 each

BAKERY

Choices' Own Multigrain Bread 530g



4.99

Choices' Own Scones
Cheese, Chocolate and Blueberry
package of 2



2.99

Choices' Own Low Carb Chocolate Chunk Cookies
80g and Choices' Own Paleo Nuts & Raisin Spice
Cookies 120g



5.49

Choices' Own Keto Donut Bites and Choices' Own
Keto Roasted Pepper & Cheddar "Corn" Bread
package of 6



3.19

WELLNESS



Prairie Naturals Keto Supplements and Bone Broth Proteins
assorted varieties
assorted sizes
reg price 18.99-65.99

20% off



Nuun Hydration Electrolytes-Sport, Boost, Immunity and Vitamin Tabs
assorted varieties

7.99 10 Tabs

BioSil, Womensense, and Vegiday Vitamins and Supplements



assorted varieties
assorted sizes
reg price 10.99-75.99

20% off



Prairie Doctor Herbal Tinctures
assorted varieties
assorted sizes
reg price 17.49-31.99

25% off

BULK

Assorted Beans and Rice

Bins and Random Weight Bags

20% off

GROCERY

Daiya Dairy-Free Cheezy Mac & Dressings



assorted varieties
assorted sizes

2/7.00

Rao's Pasta Sauce



assorted varieties
680ml

8.99

Wolfgang Puck Organic Soup



assorted varieties
398ml

2/5.50

Amy's Organic Soup



assorted varieties
398ml

2/6.00

Wildwood Organic Sprouted Tofu



firm & extra firm
2 pack

3.99

Lightlife Meat Alternatives



assorted varieties
assorted sizes

2.99 to 3.99

Parmela Creamery Nut Based Cheese



assorted varieties
198g

4.99

Armstrong Cheese Slices



assorted varieties
320-360g

6.49

Have Nutrition Questions?

Our Choices Nutrition Team Has the Answers!

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

Book a FREE Personalized Store Tour:

nutrition@choicesmarkets.com or choicesmarkets.com.



Kitsilano
604.736.0009

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South Surrey
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Burnaby Crest
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Abbotsford
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North Vancouver
604.770.2868

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