

# deals

## 2X monthly!

January 28–February 10, 2026

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The Good Crisp Company  
Potato Crisps  
selected varieties

**2/\$6**  
5.6 oz



GT's  
Synergy Kombucha  
selected varieties

**2/\$5**  
16 fl oz



## Savor the Season's Sweetest Finds

Traditional Medicinals  
Organic Tea  
selected varieties



**\$4.49**

16 ct

The Ginger People  
Organic Ginger  
selected varieties



**\$4.79**

6.7 oz

Siete  
Maiz Corn  
Tortilla Chips  
selected varieties



**\$3.79**

7.5 oz

Clif Bar  
Energy Bar  
selected varieties



**2/\$3**

1.69-2.4 oz

Crunchmaster  
Multi-Seed  
Crackers  
selected varieties



**2/\$6**

4 oz

Chocolove  
Chocolate Bar  
selected varieties



**2/\$7**

2.9-3.2 oz

Quinn Snacks  
Filled Pretzel  
Nuggets  
selected varieties



**\$4.29**

5.8-7 oz

Oatly  
Oatmilk  
selected varieties



**\$3.99**

64 oz

Vital Farms  
Organic  
Pasture-Raised Large Eggs



**\$8.99**

1 dz



Look for new deals on **February 11!**

**Annie's  
Organic  
Mac & Cheese**  
selected varieties

**2/\$5**

6 oz



**Chickapea  
Organic Pasta**  
selected varieties

**\$3.29**

8 oz



California Olive Ranch is committed to high-quality Extra Virgin Olive Oil. Our award-winning Olive Oil is crafted by the world's best olive growers, offering a balanced flavor that's perfect for everyday cooking.



**California Olive Ranch  
Global Blend Extra Virgin Olive Oil**

**\$15.99 \$11.99**

25.4 oz

16.9 oz

**Muir Glen  
Organic Tomatoes**  
selected varieties

**2/\$6**

28 oz



**Rao's  
Pasta Sauce**  
selected varieties

**\$6.99**

15-24 oz



**Dr. McDougall's  
Ramen**  
selected varieties

**2/\$4**

1.8-1.9 oz



## Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

### INGREDIENTS

- |  |                                    |
|--|------------------------------------|
| ½ medium sized sweet potato  | ¼ cup shredded carrot              |
| 1 can (5 ounces) <b>Wild Planet Wild Albacore Tuna</b> , undrained | 1 teaspoon lemon zest              |
| 1 egg  | 1 tablespoon chopped fresh parsley |
| ¼ cup breadcrumbs  | Ground black pepper, to taste      |
| 2 tablespoons finely chopped green onion                           | 1 teaspoon olive oil               |

### DIRECTIONS

- 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.
- Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- Scoop out the inside of the sweet potato half into a bowl and add the **Wild Planet Wild Albacore Tuna**, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 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.





# Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

## INGREDIENTS

2 tablespoons olive oil  
 ½ small yellow onion or 1 large shallot, minced  
 12 ounces red potatoes, ½" cubes  
 3–4 ears corn on the cob or 10 ounces frozen corn  
 3 cups miso broth\*  
 ½ cup canned coconut milk\*  
 ½ teaspoon sea salt  
 ¼ teaspoon coarse ground black pepper  
 Salt and pepper to taste  
 Sliced chives or green onions, optional  
 Toasted sesame oil, optional

## DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

\*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.



## Nick's Sticks Meat Snack Sticks

selected varieties



**2/\$6**

1.7 oz

## Kettle Potato Chips

selected varieties



**2/\$6**

5 oz

## Angie's BoomChickaPop Popcorn

selected varieties



**2/\$5**

5-7 oz

## Cocomels Organic Coconut Milk Caramels

selected varieties



**\$3<sup>79</sup>**

3-3.5 oz

## Magic Organic Chocolate Bar

selected varieties



**2/\$6**

2.93-3 oz

## Tate's Bake Shop Cookies

selected varieties



**\$4<sup>29</sup>**

6.5-7 oz

## YumEarth Organic Giggles

selected varieties



**\$4<sup>49</sup>**

5 oz

## Steaz Organic Iced Green Tea

selected varieties



**2/\$3**

16 oz

## C2O Coconut Water

selected varieties



**\$3<sup>99</sup>**

33.8 oz



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Here at LILY'S, we LOVE  
sweets. We think they  
should be for everyone,  
regardless of your lifestyle.  
Certified Gluten Free, No  
Sugar Added, Fair Trade  
Certified goodness.



**Lily's  
Chocolate Bar**  
selected varieties

**\$3<sup>79</sup>**

2.8-3 oz



**Lily's  
Baking Chips**  
selected varieties

**\$7<sup>29</sup>**

9 oz

**Enjoy Life  
Chocolate Chips**  
selected varieties



**\$5<sup>79</sup>**

9 oz

**Minor Figures  
Organic Barista  
Oat Milk**  
selected varieties



**\$3<sup>79</sup>**

32 oz

**West Life  
Organic Soymilk**  
selected varieties



**\$3<sup>29</sup>**

32 oz

**Native Forest  
Organic Coconut Milk**  
selected varieties



**2/\$6**

13.5 oz

**Earth Balance  
Organic Whipped  
Plant Butter Spread**



**\$4<sup>79</sup>**

13 oz

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local independent grocer.



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## Nancy's Organic Cream Cheese

selected varieties



# \$379

8 oz

## Daiya Dairy-Free Slices

selected varieties



# \$349

7.8 oz

## Sweet Loren's Cookie Dough

selected varieties



# \$579

12 oz

## BelGioioso Parmesan Cheese Wedge



# \$249

5 oz

## Amy's Pizza

selected varieties



# \$849

13-14 Oz



It takes effort to make our kind of cheese. The kind made with organic milk from pasture-raised cows. But once you taste our ooey-goey mozzarella, or our flavorful 3 Cheese Mexican Blend, you'll know it was well worth it.



## Organic Valley Organic Shredded Cheese

selected varieties

# \$379

6 oz

## Buffalo Chicken Stuffed Avocados

15 MIN • SERVES 4 • GRAIN-FREE, KETO

### INGREDIENTS

- 2 ripe avocados
- 1 cup shredded chicken
- 1 ½ tablespoons mayonnaise or Greek yogurt
- 1 tablespoon buffalo hot sauce
- ¾ cup cheddar cheese, shredded
- 1 green onion, thinly sliced
- ½ cup cilantro

### DIRECTIONS

- 1 Preheat oven to 350°F. Prepare the buffalo chicken by whisking together mayonnaise and buffalo sauce in a small bowl. Fold in chicken and season with salt and pepper to taste.
- 2 Cut avocados in half and discard pit. Place avocados in an oven safe baking dish.
- 3 Spoon chicken salad on top of avocado halves and sprinkle with shredded cheese.
- 4 Bake for three to five minutes or until cheese has melted.
- 5 Place avocados on a serving tray and garnish with green onion and cilantro.





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TESTS**

**EVERY MONTH**

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[nowfoods.com](http://nowfoods.com)

## Feel Good Foods Dumplings

selected varieties

**\$6<sup>29</sup>**

10 oz



## Flax4Life Mini-Muffins

selected varieties

**\$5<sup>79</sup>**

14 oz



## Boiron Chestal

selected varieties

**\$9<sup>99</sup>**

6.7 oz



## NOW D-Mannose 500 mg

**\$18<sup>99</sup>**

120 vcap



## Carlson The Very Finest Fish Oil

**\$25<sup>99</sup>**

200 ml



## Natural Factors Organic Oil of Oregano

**\$13<sup>99</sup>**

1 oz



## Enzymedica Digest Gold

**\$20<sup>99</sup>**

45 cap





**ACURE  
Brightening  
Facial Scrub**

**\$7<sup>99</sup>**

4 oz



**Heritage Store  
Rosewater Facial Mist**

**\$9<sup>99</sup>**

8 oz



**DrTung's  
Smart Floss**  
selected varieties

**\$4<sup>29</sup>**

30 yd



**Pranarom  
Organic Frankincense  
Essential Oil**

**\$8<sup>99</sup>**

2 ml



**Kyolic  
Blood Pressure  
Health Formula 109**

**\$21<sup>99</sup>**

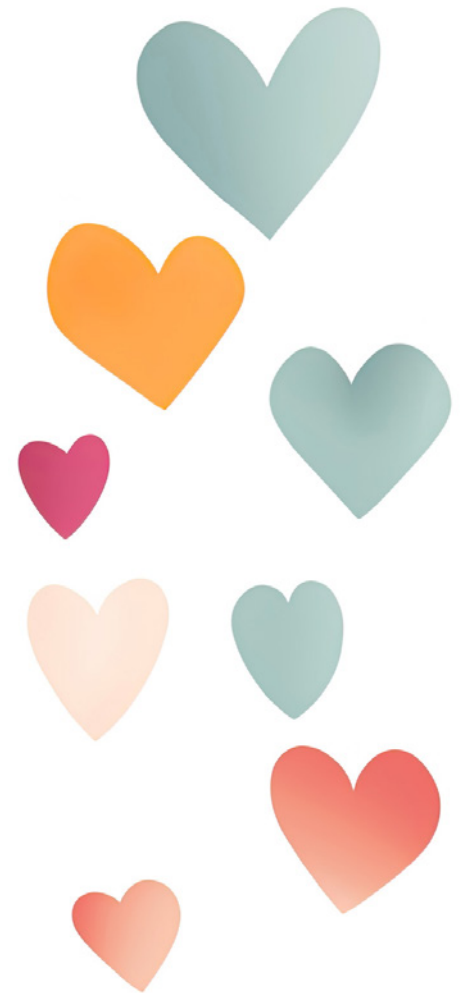
80 ct



**Caboo  
Bamboo  
Baby Wipes**

**\$4<sup>49</sup>**

72 ct



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**Aura Cacia  
Lavender Essential Oil**

**\$7<sup>99</sup>**

.5 oz



**Aura Cacia  
Organic Castor Oil**

**\$3<sup>79</sup>**

4 oz

# Peanut Butter Cookies

35 MIN • MAKES 16 COOKIES • GLUTEN-FREE

## INGREDIENTS

1 cup creamy peanut butter, unsalted  
2/3 cups cane sugar  
1 large egg  
1 teaspoon vanilla extract  
1/4 teaspoon sea salt

## DIRECTIONS

- 1 Preheat oven to 350°F. Line two baking sheets with parchment paper.
- 2 In a medium-size mixing bowl, add all ingredients and stir until well combined. Allow mixture to stand for 10 minutes.
- 3 Portion dough into tablespoon size amounts and roll into balls. Place dough balls onto the parchment lined baking sheets and press the tines of a fork to flatten. If desired, sprinkle with extra cane sugar.
- 4 Bake cookies for 11 minutes. Remove from oven and allow cookies to cool before handling.

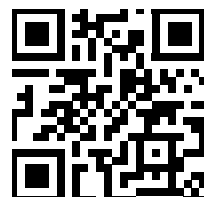


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