

# Sobeys

## Time to get outside

Kickstart your Spring wellness goals



### Plant-based brekkie wins

Need dairy alternatives? These options taste great in coffee, cereal and more!



BUY MORE SAVE MORE

**4.49** ea when you buy 2 or more

SILK Beverages 1.75-1.89 L 5.49 ea



Your new daily routine

**49.99**

VEGA ONE Nutritional Shake 829-876 g

**Try this!**  
Add protein and Omega-3 and 6 to your breakfast



**6.99**

MANITOBA HARVEST Hemp Hearts 227 g

**25 PTS** when you buy 1

### Snack smart, snack happy

Portion control 101: Pour one serving into a separate container and put the package away!



**3.99**

QUESTBAR or QUEST Protein Chips 32-60 g



**3.99**

HUMBLE Potato Chips 135 g

**100 PTS** when you buy 1

### Make it a mocktail!

Just add a splash of kombucha, soda and fresh berries or herbs to make an elevated cocktail!



**7.99**

RISE Kombucha 1L



# Spring snack fling

Sips and snacks that'll help you feel great this season!

## Fuel more adventure

Pack in some protein

20 g of protein per 55 g serving



**3.99** LOVE GOOD FAT Protein Bars 55 g



**8.99**

ATKINS Endulge Bars 5 pk 48-60 g



**2/\$5** SIMPLY PROTEIN Bars 40 g



**5.49** TERRA Chips 141 g

**50 PTS** when you buy 2



### Did you know?

You can track your taters to discover the farm they came from at [kettlebrand.com](http://kettlebrand.com)

**3.49**

KETTLE BRAND Chips 156-198 g



Gluten-free with no artificial colours or flavours

**2/\$6**

SENSIBLE PORTIONS selected 120-142 g

**30 PTS** when you buy 2



# Thrive on hydration

Discover the power of drinks with added benefits

For the love of earth

**2/10.99** EARTH'S OWN Oat Barista 946 mL



**17.99** VEGA Protein Made Simple 259-271 g



**9.99** R.W. KNUDSEN Juice 946 mL



**2.50** ea when you buy 2 or more GUAYAKI Beverages 458 mL 3.99 ea

**200 PTS** when you buy 2



**3.99** BLUE MONKEY Juice 250 mL 4 pk



**6.99** REMEDY Kombucha 330 mL 4 pk

A refreshing bubbly beverage... with no sugar added. Great substitute for soda



# Quick, easy and part of a healthy lifestyle!

Stock up essentials for your meal prep



**2/\$7**  
SENSIBLE PORTIONS Pita Bites 142 g

**35 PTS**  
when you buy 2

No trans fat and cholesterol free



STARTING AT

**6 49**  
GARDEIN Meat Alternatives or Bowls 190-390 g



**6 49**  
PACIFIC FOODS Soup 946 mL or 1 L



**NEW**  
**5 49**  
SENSIBLE PORTIONS Tortilla Chips 170 g

**50 PTS**  
when you buy 2

**new products to add to your grocery list**

Contains protein and probiotics - but no dairy!

**5 99**  
SILK Plant-Based Yogurt 640-680 g



**NEW**



COVE Soda 355 mL

**100 PTS**  
when you buy 2



**Squeaky clean**

All natural, no harmful ingredients



**NEW**  
**8 99**  
DR. SQUATCH Soaps 141 g

# SHOP SMART CHOICES, EARN MORE POINTS

Quality you want at the price you expect



COMPLIMENTS Gluten-Free Cake Mixes 400 g

**200 PTS**  
when you buy 2



COMPLIMENTS Gluten-Free or Cauliflower Crust Frozen Pizza 330-360 g

**250 PTS**  
when you buy 2



COMPLIMENTS ORGANIC Frozen Fruit 450-600 g

**200 PTS**  
when you buy 2



COMPLIMENTS ORGANIC Peanut Butter 500 g

**200 PTS**  
when you buy 2



# Pamper your pet

Nutrient-rich products for your four-legged friends



From Canada

**10<sup>49</sup>**

HEALTHY PUP Superfood Dog Treats 113 g

**100 PTS** when you buy 1



Beef recipe made with prebiotic, turmeric and ginger for gut support



Lamb recipe made with mussel and collagen for joint care

## Find them at our stores first

We're proud to be the first grocer to offer these new Freshpet products

**NEW**

FRESHPET Refrigerated Dog Food Tender Chicken Recipe 2.49 kg



**Get 100 PTS**

When you buy any Freshpet product

**NEW**

FRESHPET Refrigerated Dog Food Chunky Beef 2.72 kg



# Good for you...and the planet

Overhaul your routine for Earth Day

Broad-spectrum and dermatologist-recommended

**17<sup>99</sup>** THINK Suncare 59-89 mL

**15% off**

HONEST CO Baby Toiletries 118-355 mL



**16<sup>99</sup>**

LEMONAIDE Laundry Eco Packs 1.5 L

Fragrance, dye, phosphate and chlorine free



**15% off**

THE UNSCENTED COMPANY Eco Packs hand, dish or laundry 2-4 L



**6<sup>49</sup>** MEYER'S Dish Soaps or Cleaners 370-473 mL

**200 PTS** when you buy 2

**15% off**

METHOD Cleaners or Hand Soaps 300-828 mL

**300 PTS** when you buy 2



# Clean spring cleaning

Products for a planet-friendly home refresh



Floor cleaner strips  
Bandes de nettoyage pour le sol



**9<sup>99</sup>**

NATURE CLEAN Laundry or Floor Cleaning Strips

**200 PTS** when you buy 1

Canadian-made, plant-based and readily biodegradable



**12<sup>99</sup>**

ECO MAX Laundry Detergent 3 L

Availability of certain products may be limited in some stores. Some products are available only while quantities last. Most products will be in-store March 21 - May 1, 2024. Stores reserve the right to limit quantities. Product packaging of some products found in-store may be different from packaging shown in the insert.



Refresh.  
Rejuvenate.  
Revive!

Rachelle Béry

wellness boutique

Shake up your morning sips

59<sup>99</sup>  
GARDEN OF LIFE  
ALL-IN-ONE SHAKES  
969-1017 G



NATURE'S WAY NUTRAVEGE  
ASSORTED SIZES 200-500 ML OR 30 PK

15% off  
100 PTS  
when you buy 1



Turmeric contains curcumin – a source of antioxidants.

25% off  
YOUTHEORY SUPPLEMENTS  
35-231 G, 45-180 PK



Tasty hydration for when you're on the go!

8<sup>99</sup>  
NUUN ELECTROLYTES 10 PK



OMEGA NUTRITION  
FLAX OILS  
355-946 ML  
20% off



Splash up your shower routine



NEW  
15% off  
NOW ESSENTIAL OILS OR  
BEAUTY LINE 10-118 ML



NEW  
15% off  
SEAWEED BATH CO. HAIR OR BODY CARE  
59-341 ML



10% off  
JASON'S HAIR OR BODY CARE 236-887 ML



19<sup>99</sup>  
MAPLE ORGANICS PLANT-BASED  
REMEDY CREAMS 25-118 ML

A selection of organic and natural products made to enrich your life



Browse a Rachelle Béry boutique at your local Sobeys store