# NAM DAE MUN Farmers Market

WE ARE OPEN 7DAYS A WEEK **9AM~9PM**

**SPECIAL SENIOR HOUR** 9:00AM~10:00AM

**5% Discount for Our Seniors!**

**NDMMARKET.COM**
WEEKLY ADs, RECIPES AND MORE

Download our APP or Visit our Website for even more Savings!

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# Grape Tomato Chicken Curry

**Ingredients** 600G Chicken (or 600g Chicken Breast), 3 Potatoes, 1 Carrot, 2 Onions, Curry Powder, Pepper, 3 Tbsp Cooking Wine, Grape Tomato 1PK **Recipe** Organize The Ingredients (7 Flower Buns, Beef, Onion, Paprika, Green Bell Pepper, Red Bell Pepper, Yellow Bell Pepper, Asparagus, Shiitake, Bamboo Shoot (If There Is Not, It Can Be Removed). Pour The Chili Oil Into The Pan And Add The Beef. Stir-Fry. When The Meat Is Half Cooked, Add All The Vegetables. Then Add The Sauce And Stir-Fry. Put The Buns In The Microwave For About 2 Minutes. You Just Need To Heat It Up. Serve In A Bowl.

CHICKEN BL BREAST **2.49 LB**

CHICKEN BL THIGH **2.49 LB**

CHICKEN LEG QUARTER 10LB **6.99 BAG**

CHICKEN BL TENDERLOIN **2.99 LB**

BAY SCALLOPS 1LB **9.99 PK**

**Namdo Ginger Candy** **2/$3**
Ginger, Extra Ginger, Lemon & Orange

NORWAY MACKEREL **2.49 LB**

CUT CLAB 1LB **9.99 PK**

BABY COOKED CLAMS **5.99 LB**

## DAIRY AND FROZEN

CHOBANI GREEK YOGURT
SELECT VARIETIES 4.5-5.3OZ **4 FOR 4**

DANNON DANIMAL YOGURT SMOOTHIE
SELECT VARIETIES 18.6OZ 6PK **3.49**

DANNON YOGURT
SELECT VARIETIES 32OZ **3.49**

YOCRUNCH
SELECT VARIETIES 16OZ **3.49**

DIGIORNO CLASSIC PIZZA
SELECT VARIETIES 19.1-20.8OZ **4.99**

SILK ALMOND MILK
SELECT VARIETIES 64OZ **25 FOR 5**

IGA SHREDDED·CHUCK CHEESE
SELECT VARIETIES 8OZ **2 FOR 4**

APP CARD
**Namdaemun Market's Special Membership Mileage Service with App Card**

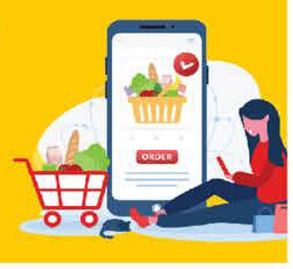
**Save up to 1,000 Points**
for new membership customers
Saving $1 → 1P

Get a lot of mileage by signing up for membership after shopping!
※ Please contact customer service for more information

## ORDER & PICK UP

Shop Online for Curbside Pickup
Now available at Select Locations.

**FREE PICKUP! ON 1ST ORDER**
& ANY ORDERS OVER $25




**PRICE EFFECTIVE : APRIL 26TH, 2024 THROUGH MAY 2ND, 2024**

Prices and product availability are subject to change without notice. We reserve the right to limit quantities on promotion products. NDM Market is not responsible for pricing, typographical, or other errors.

# SWEET, JUICY FRUITS

ONLY FRI.SAT.SUN SALE

JACKFRUIT 0.99 LB

RED/WHITE SEEDLESS GRAPE 3.49 LB

CANTALOUPE 2.99 EA

JUMBO HONEY DEW 3.99 EA

MANDARINE 3LB 3.99 BAG

RED GRAPEFRUIT 3LB 3.99 BAG

CALIFORNIA ORAGE 0.59 EA 21 FOR 1 4LB 4.99 BAG

GRAPEFRUIT 1.99 EA

GREEN KIWI 0.79 EA 3 FOR 1.99 2LB 6.99 PK

POMEGRANATE 5.99 EA

LIME 0.49 EA 51.99 FOR

RED DELICIOUS APPLE 0.99 LB

FUJI, RED, GOLDEN APPLE 3LB 2.99 BAG

# SPECIAL!

COCA COLA DRINK
SELECT VARIETIES
16.9OZ 6PK
3 FOR 13

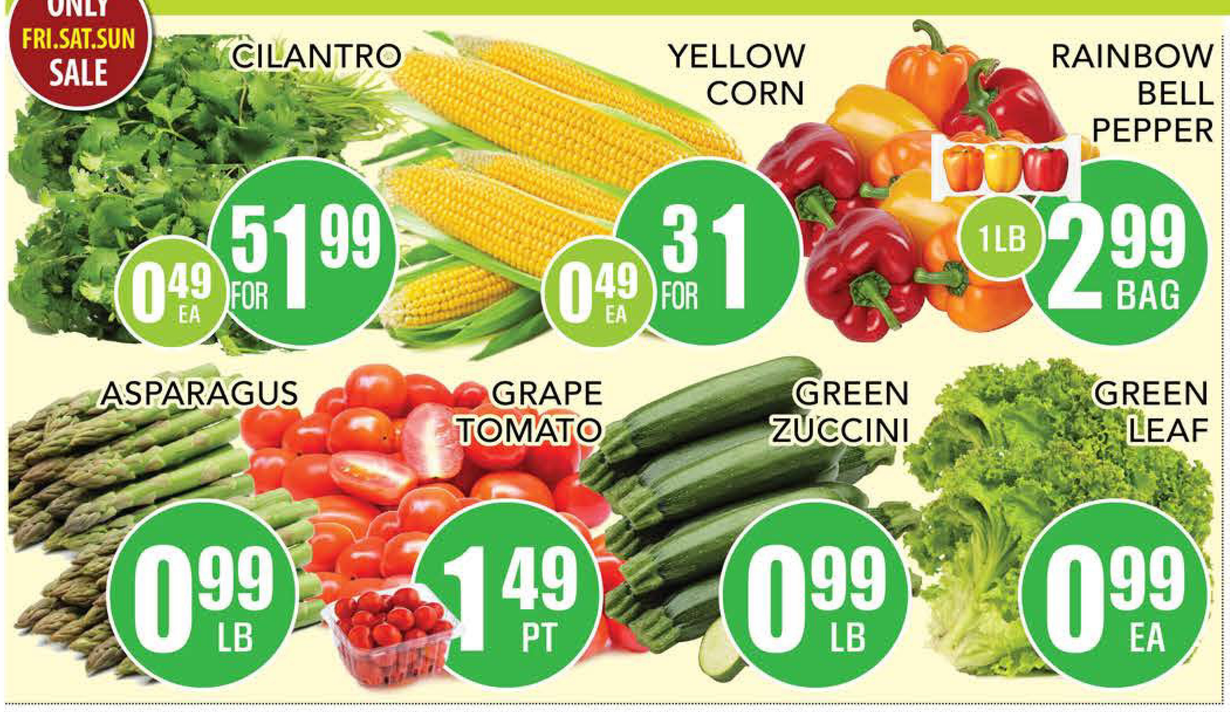
COCA COLA DRINK
SELECT VARIETIES
7.5OZ 6PK
3 FOR 13

MONSTER ENERGY DRINK
SELECT VARIETIES
16OZ 4PK
7.99

POWERAID SPORTS DRINK
SELECT VARIETIES
28OZ
4 FOR 5

# FARM FRESH VEGETABLE

ONLY FRI.SAT.SUN SALE



SHANGHAI BOK CHOY 1.99 LB

YELLOW ONION 3LB 1.99 BAG



PEELED GARLIC 1LB 2.99 PK



ROMAIN HEART LETTUCE 3PK 3.99 BAG

HYDRO CUCUMBER 0.99 EA

CAULIFLOWER 2.99 EA

GREEN CHAYOTE 0.99 LB

TAIWAN CABBAGE 0.59 LB

BABY SPINACH 2LB 4.99 BAG

RED BELL PEPPER 1.99 LB

YUCA
KOREAN SWEET POTATO 0.99 LB

MALANGA COCO 0.99 LB

IDAHO POTATO 10LB 4.99 BAG

BEET LOOSE
GHANA YAM 1.99 LB

CELLO CARROT 2LB 1.99 BAG

ALOE LEAF 0.99 EA

## 6 Ways to Increase Your Self-Esteem

**1. Focus on the Present :** Self-esteem increases when you focus on the present moment without ruminating on the past or dwelling on the future.

**2. Accept Yourself as You are :** it's important to accept yourself for who you are, without conditions.

**3. Act Responsibly :** To increase self-esteem, you must take self-responsibility. Self-responsibility means an accepting, positive, and voluntary attitude toward one's actions and their consequences. No one is in charge of life. Never forget that you are valuable and important enough to take charge of your own life.

**4. Speak up for Your Opinions :** You may think that assertiveness does not show consideration for others, and you may follow the arguments of others by putting your own opinions on the back burner. However, there is a big difference between sharing each other's ideas and insisting that only your own ideas are correct. Everyone's opinion should be respected for what it is. This is why if you want to say something, you should speak up.

**5. Set Goals :** A sense of purpose is a key way to get out of the idea that you are worthless. The more days you achieve your achievable goals, the higher your self-esteem and the stronger your belief in yourself.

**6. Live with Integrity :** You can increase your self-esteem just by having the habit of living your daily life faithfully. In order to improve your self-esteem, you must first develop a heart that loves you and do your best in what you want to do. Exercising regularly can also help.

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KOOLAID DRINK
SELECT VARIETIES
10PK 60OZ
**2.99**

CAPRISUN DRINK
SELECT VARIETIES 10PK 60OZ
**2 FOR 6**

HAWAIIAN PUNCH
3KINDS 1GAL
**2.99**

LITTLE HUG DRINK
SELECT VARIETIES 160OZ
**3.99**

GOGO SQUEEZ APPLESAUCE
SELECT VARIETIES 3.2OZ
**2.99**

LOTTE CHOCO PIE
ORIGINAL 12PK
**2.99**

LOTTE CUSTARD 12PK
LOTTE MONCHER DREAM 2KINDS 12PK
**5.99**

PURE LIFE WATER
24PK/405.60OZ
**4.99**

KWANGDONG CORN SILK TEA 1.5L
ORIENTAL RAISIN TEA 1.5L
**2 FOR 3**

KWANGDONG VITA 500 10X100ML
**3.99**

SHIRAKIKU PURE SESAME OIL 56OZ
**12.99**

IGA VEGETABLE OIL 32OZ
**2.99**

IGA WHITE VINEGAR 64OZ
**1.99**

SURIG ESSIG ESSENZ VINEGAR 13OZ
**2 FOR 4**

WISHBONE DRESSING
SELECT VARIETIES 24OZ
**4.49**

DYNASTY JASMINE RICE
20LB
**16.99**

S&B GOLDEN CURRY
4KINDS 7.8OZ
**3.99**

DOMINO GRANULATED SUGAR 4LB
**2.99**

IGA SUGAR 10LB
**6.99**

HERDEZ SALSA
SELECT VARIETIES
15.3-16OZ
**2.99**

OTTOGI JIN RAMEN
2KINDS 4PK
**3.99**

MR.HOO CUP RICE NOODLE
2KINDS 3.25OZ
**2 FOR 3**

BADABON KELP CUP RICE NOODLE
3KINDS 93G
**2 FOR 4**

BADABON CUP SEAFOOD TTEOKBOKKI
3KINDS 116-118G
**1.99**

COOKTOK CUP TTEOKBOKKI
3KINDS 135-140G
**1.99**

NDM VEGETABLE DUMPLING
1KG **5.99**
2KG **11.99**

MALT O MEAL CEREAL
SELECT VARIETIES
22-30OZ
**3 FOR 10**

GENERAL MILLS CEREAL
SELECT VARIETIES
20-27.2OZ
**5.99**

IGA CORN CAN
3KINDS 14.75-15.25OZ
**0.79**

ORION JIN NONGSHIM RAMEN MULTI
4KINDS 4PK
**3.99**

NONGSHIM SNACK PK
6KINDS 45-75G
6K/45-75G **2 FOR 3**
4K/170-400G **5.99**

NS ONION RING
50G **2 FOR 3**
90G **1.99**
140G **4.99**

RITZ CRACKER
10.3OZ
**2 FOR 8**

PRINGLES CHIP
SELECT VARIETIES 6.8-10.3OZ
**2 FOR 5**

PHILLSBURY CAKE MIX
SELECT VARIETIES 15.25OZ
**2 FOR 5**

# MORE SAVINGS EVERYDAY!

SCOTT MEGA PAPER TOWEL
6CT
**5.99**

SCOTT 1000 BATH TISSUE WHITE 12CT
**10.99**

BOUNTY ESSENTIAL PAPER TOWEL
6CT
**5.99**

BOUNTY DOUBLE ROLL PAPER TOWEL WHITE 6CT
**12.99**

KINGFORD CHARCOAL THE ORIGINAL
16LB
**10.99**

## Visit Our NDM Market Locations

**DULUTH** 3825 Shackleford Rd, Duluth, GA 30096
**LAWRENCEVILLE** 850 Dogwood Rd. Lawrenceville, GA 30044
**LILBURN** 4805 Lawrenceville Hwy. Lilburn, GA 30047
**MORROW** 1940 Mt. Zion Rd. Morrow, GA 30260
**NORCROSS** 6131 S. Norcross Tucker Rd. Norcross, GA 30093
**STONE MOUNTAIN** 5158 Memorial Dr. Stone Mtn, GA 30083
**SMYRNA(EAST)** 2350 Spring Rd. Smyrna, GA 30080
**SMYRNA(WEST)** 2148 South Cobb Dr. Smyrna, GA 30080

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04.26.2024~ 05.02.2024

# PRODUCE
# WEEKLY SALE

*Choose Your Best Vegetables !*

## BOX SALES ONLY !

**<ALL ITEMS ARE BOX PRICES>**

SALE PRICE

**$31.00**

SUPER PRICE

### CUCUMBER PERSIAN 20LB

As with all cucumbers, Persian cucumbers are extremely low in calories, with around 18 per 100g serving, and are also fat free. They have a high water content, at around 95%, which makes them a great way to stay hydrated, and they also provide a good source of fibre, antioxidants, vitamins C and K, magnesium, potassium and manganese.

SALE PRICE

**$25.00**

SUPER PRICE

### GREEN LEAF 24CT

Green leaf is an excellent source of beta carotene (vitamin A) which is needed for healthy skin, bones, and eyes. Lettuce is a fair source of folate, which is needed for healthy cells and the healthy growth of babies during pregnancy in order to prevent neural tube defects.

SALE PRICE

**$30.00**

SUPER PRICE

### KOREAN SWEET POTATO 40LB

Sweet potatoes can boost your intake of important vitamins, minerals, and antioxidants. Also, sweet potatoes may help with inflammation, blood sugar spikes, and blood pressure..

SALE PRICE

**$39.00**

SUPER PRICE

### MANDARINS 22LB

Not only are mandarins delightfully sweet and easy to prepare, but they are also loaded with vitamins, minerals, and antioxidants. Your body needs these elements to stay healthy. Beta-carotene and beta-cryptoxanthin are compounds that give citrus fruits like tangerines and mandarins their deep orange color. They are antioxidants that may also help reduce your risk of developing some cancers.

SALE PRICE

**$21.00**

SUPER PRICE

### TAIWAN CABBAGE

Reduced risk of heart disease and stroke. The antioxidants in cabbage help reduce inflammation, which is linked to heart disease. Cabbage also contains something called anthocyanins. Several studies have found these compounds can lower blood pressure and reduce the risk of heart attack and stroke.

SALE PRICE

**$18.00**

SUPER PRICE

### PEPPER RED BELL [MEX] 11LB

Technically a fruit, red peppers are more common as a staple in the vegetable produce section. They're also an excellent source of vitamins A and C. Each half cup of raw red pepper provides you with 47 percent of your daily recommended intake of vitamin A and 159 percent of your vitamin C.