

Offers valid May 29 to June 25, 2024 at Sprouts stores, excluding Chula Vista, CA and Sprouts Express on High Street Phoenix, AZ.

# YOUR GUIDE TO WHAT'S INSIDE

Click to explore each department's best deals



SUMMER GRILLIN'
GUIDE



FROZEN



NEW FOR YOU EXCLUSIVE



DAIRY



NEW & UNIQUE FINDS



SPROUTS CELLAR PICKS



FIELD GUIDE: FRESH / INNOVATION



MEAT & SEAFOOD



JUNE IS NATIONAL CANDY MONTH!



DELI



BULK



BAKERY



FUEL YOUR SUMMER



**BODY CARE** 



SUMMER BBQ DIGITAL COUPONS



SOLARAY



ZAB'S HOT SAUCE



MARYRUTH'S



GROCERY



VITAMINS

# SUMMER GRILLIN' GUIDE

# Bust out the grilling tongs and hand Dad a cold one because this year you can be the grill master with these flavor-packed essentials.

### STEP 1: PICK YOUR PROTEIN

Smell the sizzle and choose high-quality, grass-fed beef, responsibly sourced shrimp and more.



Goodness Grazecious Grass-fed Organic Ground Beef



Sprouts Back Pork Ribs



Sprouts Cilantro Lime Chicken Skewers



Sprouts Super Colossal EZ Peel Shrimp



Meati Carne Asada

Add the freshest, peak-season produce bursting with summer flavor.



Sweet Corn



Sweet Onion



Large Avocados



Mini Seedless Watermelon



Yellow Peaches

### STEP 3: PUT OUT SNACKS, SIPS & SWEETS

Finish your cookout spread with zero-sugar soda, better-for-you chips and more.



Kettle Jalapeño Air Fried Potato Chips



Sprouts Chocolate Chip Cookies



Whisps Parmesan Cheese Crisps



Zevia Caffeine Free Cola Soda



JonnyPops Strawberries & Oat Milk Frozen Bars

FIRE UP THE GRILL

Invite your friends and family and celebrate all season with better BBQ favorites.

LEARN MORE





**\$9.99** ea. Everyday low price | 8.9 oz.

- Made with real black cherries for a fruity burst of flavor
- No artificial colors or flavors





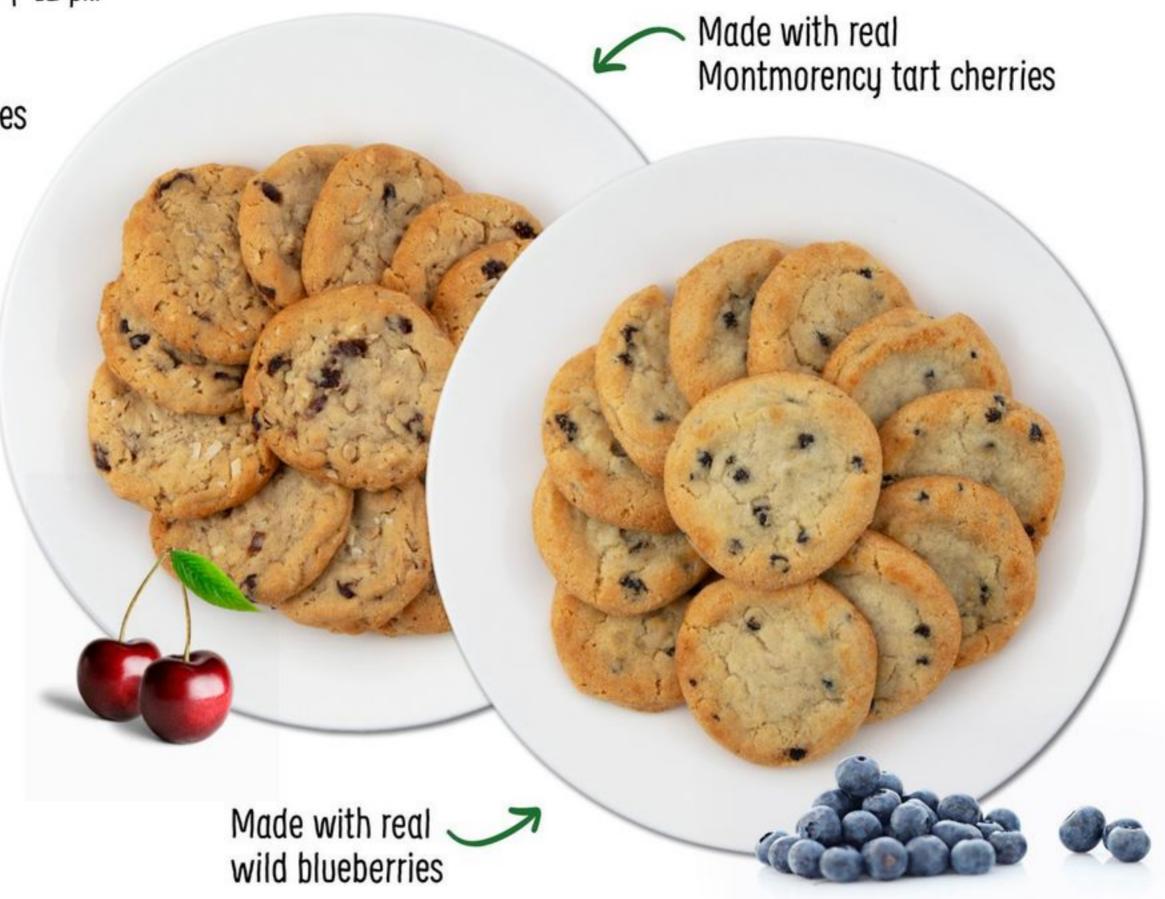
# **SPROUTS**BLUEBERRY LEMON OR VEGAN CHERRY GRANOLA COOKIES

\$5.69 ea. Everyday low price | 12 pk.

No artificial colors, flavors or preservatives

Baked fresh in-stores daily

While supplies last



# SPROUTS CHERRY BALSAMIC SALMON ONE PAN MEAL







- Made with dried cherries, Romanesco, cauliflower and feta
- Responsibly sourced
- Ready to bake, chef-created recipe

SPROUTS CHERRY BALSAMIC CHICKEN
ONE PAN MEAL

\$7.99 lb. | No added hormones or steroids!

- Made with dried cherries, Romanesco, cauliflower and feta
- Ready to bake, chef-created recipe
- ✓ No antibiotics, ever!





## FORCE OF NATURE 100% GRASS-FED CLASSIC ANCESTRAL BEEF MEATBALLS





- 100% grass-fed and finished
- No antibiotics, ever!
- Made with Beef, Beef Liver and Beef Heart

### FORCE OF NATURE 100% GRASS-FED HOMESTYLE BISON & BEEF MEATBALLS

\$14.99 ea. | Raised on regenerative pastures, no sugar, frozen, 14 oz.



- 100% grass-fed and finished
- ✓ No antibiotics, ever!
- Fully cooked



# ALL-NATURAL GOURMET BEEF CHUCK & BRISKET BLEND BURGERS

\$6.99 lb. Available in the service case | Prepared fresh in-store daily, select varieties





# **SPROUTS**CHERRY CHOCOLATE GELATO OR SOUR CHERRY SORBET

\$5.99 ea. Everyday low price | 16 fl. oz.

- Incredible taste and quality
- Dairy-free options
- Packed with real fruit







- \$5.99 ea. Everyday low price | Select varieties, 16 fl. oz.
  - Incredible taste and quality
  - Dairy-free options
    - Packed with real fruit



### THERE'S ALWAYS SOMETHING NEW AND UNIQUE TO EXPLORE



THE NUE C<sup>©</sup>

Select varieties, 30-60 caps

20% off regular retail



# THE NUE COMPANY Multivitamin

- Made with clean and sustainable ingredients
- ✓ Vitamins and minerals to fill the gaps in your diet
- May support a boost in energy and mood

# JARROW FORMULAS Multi+ High Potency Multivitamin

- Support and promote optimal health
- Tested for quality
- ✓ High potency multivitamin







Select varieties, 60 tabs







60 v-caps

regular retail



### ANCIENT NUTRITION

Fermented Multivitamin

- Formulated with vitamins, minerals and superfoods
- Optimized for absorption
- May support energy, focus and a healthy memory



MegaFood 55+ One Daily Mutlivitamin

Select varieties, 90 tabs



20% off regular retail



Sprouts
Organic Probiotic Shots
Blueberry or Tart Cherry, 2 fl. oz.









ShiKai Magnesium Spray or Cream

3.75 or 4.5 fl. oz.



regular retail



Badger Mineral Sunscreen

regular retail



Moon Valley Lip Balm

Select varieties, 0.15 oz.







Rael Miracle Clear Cream or Cleanser

1.8 or 5 fl. oz.



regular retail



Heritage Store Brow & Lash Castor Serum

0.42 fl. oz.





Attitude Mineral Sunscreen Stick

Select varieties, 0.7-2.1 oz.

regular retail



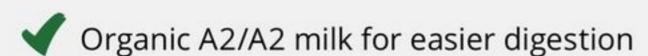
**Immi** Plant-Based Ramen

Select varieties, 2.4 oz.





### ALEXANDRE ECO DAIRY Organic A2/A2 Milk



From cows raised on a Certified Regenerative Dairy







Select varieties, 59 fl. oz.



# FIND YOUR HEALTHY: FIELD GUIDE

Discover something new and exciting this season—from refrigerated breakfast favorites to fresh produce and portable snacks, there's always something unique to bring with you on all your summer adventures.



# BETTER-FOR-YOU CANDY TO SWEETEN UP SUMMER

Delight in lightened-up versions of your favorite sweets for a healthier treat that can't be beat.

### JUNE IS NATIONAL CANDY MONTH!





Ethically sourced and lightly sweetened with pure organic monk fruit extract or coconut sugar.

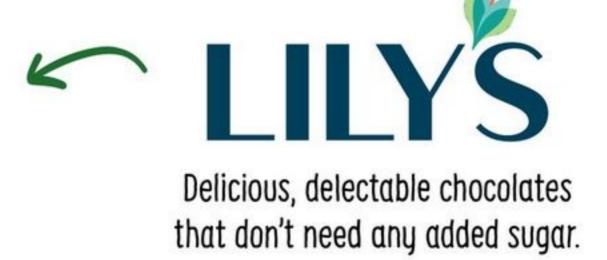
ORGANIC PREMIUM CHOCOLATE



Inspired by real fruit flavors! Made with natural flavors and colors from real fruits, vegetables and superfoods.







# BIG PACKS, BIGGER SAVINGS

Crack open value and quality in every bite with large pack snacks for wherever summer takes you.



# ALBANESE True to Fruit Gummi Bears

Savor the sweetness of summer with innovative fruit-flavored gummies featuring banana, Mandarin orange, Bing Cherry and more!





# FLAVORFUL FINDS TO FUEL YOUR SUMMER

SHOP NOW

Discover top picks for grillin', chillin', snackin' and relaxin' all season long!





Animal-free protein made from MushroomRoot™

### Yerbaé PLANT-BASED ENERGY

A cleaner, plant-based swap for coffee or energy drinks with 0 calories or sugar.







Full-flavor seasoning without salt, additives or MSG

# purely elizabeth.

Delicious breakfast cereals, made with superfood grains, nuts and seeds.





### PRIMAL KITCHEN

New recipe, smoother pour, same ingredients



Deliciously refreshing and fermented with organic water kefir







Satisfyingly crunchy, gluten and lactose-free with protein from real cheese



Delicious, refreshing & actually good for you







Honestly sourced with no preservatives, artificial ingredients or added sugar

### GORGIE

All natural sparkling energy drink with green tea caffeine, zero sugar and added benefits







A healthy snack made from real California milk with 12 g. of protein per serving

# SUMMER BBQ DIGITAL COUPONS



Click to clip your coupons and save big on sizzlin' summer brands.



**SAVE \$1.00** 

on ONE (1) Good Foods Guacamole, Dip, Avocado Mash or Salsa

Expires 7/14/24









# HIPPEAS

SAVE \$1.00

on HIPPEAS Limited Edition Flavored Puffs

When you buy ONE (1) HIPPEAS Limited Edition Flavored Puffs (Churro or Mexican Street Corn, 3.75 oz.)

Expires 7/15/24







### 50¢ OFF

ONE (1) 19.2oz can of Liquid Death sparkling water

Expires 7/14/24









**SAVE \$1.50** on ONE (1) Straus Family **Creamery**<sup>™</sup> **Organic Ice Cream** 

Expires 7/31/24







**SAVE \$3.00** 

on NotCo™ NotChicken™ **Patties or Tenders** 

When you buy any ONE (1) NotCo™ NotChicken™ Patties or Tenders (12 oz.)

Expires 7/15/24







# ZAB'S HOT SAUCE BRINGS THE SLOW HEAT

Equal parts friendly and a bit fiery, settle in for a delicious "slow burn".





Bob's Red Mill Granola or Muesli Select varieties, 11 or 18 oz.



Poppi Prebiotic Soda

Select varieties, 4 pk., 12 fl. oz.

+CRV in CA



Safe Catch Tuna or Salmon Pouches or Cans

Select varieties, 2.6-5 oz.

regular retail

USDA ORGANIC



low price

Guayaki Organic Sparkling Yerba Mate Tea Select varieties, 12 fl. oz.



+CRV in CA



Mooala Aseptic Milk

Select varieties, 32 fl. oz.





+CRV in CA





Country Archer Grass-Fed Beef Jerky Select varieties, 2-2.5 oz.

Saratoga

28 fl. oz.

Spring Water



Bocce's Bakery Dog Treats Select varieties, 6-13 oz.





Spectrum Cooking Oils Select varieties, 16-32 fl. oz.

regular retail

Honey



regular retail



Real Mini Cookie Poppers Select varieties, 4.5 oz.





Stryve Biltong Air-Dried Beef Slices Select varieties, 2.25 oz.





The Blue Buffalo Co. All Items





Fresh Press Farms All Items









Wild Planet Anchovies or Sardines

Select varieties, 4.4 oz.



All Items

All Items

Off
regular retail
+CRV in CA

USDA ORGANIC



Yo Mama's Foods Pasta Sauce

Select varieties, 25 oz.



\$599



Pompeian Organic Extra Virgin Olive Oil Select varieties, 16 fl. oz.





Lemon Perfect Organic Hydrating Lemon Water

Select varieties, 15.2 fl. oz.









Planet Oat
Oatmilk
Select varieties, 32 fl. oz.

2 \$7



Eat the Change Just Ice Tea Organic Iced Tea

Select varieties, 16 fl. oz.



+CRV in CA



Living Intentions
Organic Superfood Popcorn

Select varieties, 4 oz.

Waiakea

33.8 fl. oz.

Alkaline Water



\$49 eq. Not available in all locations



WAINTER WANTER W





Flow Alkaline Spring Water Select varieties, 33.8 fl. oz.

2 for 4



Navitas Organics All Items

Select varieties, 1.05 oz.

25% off regular retail





2 for



Barnana Organic Ridge Cut Plantain Chips

Select varieties, 5 oz.





From the Ground Up All Items





Maille All Items





Salad Dressing Select varieties, 8 fl. oz.

Primal Kitchen



**Zab's Hot Sauce** Select varieties, 6 fl. oz.



Toto Plant-Based Cookies Select varieties, 2.5 oz.





BelliWelli Snack Bars Select varieties, 1.41 oz.





Select varieties, 9-9.5 oz.

BUY I GET'I

of equal or lesser value

# REVINS CLUTEN-PRIE CHICKEN BURRITO BOW The season The

KEVIN'S NATURAL FOODS

Frozen Entrées

- Fully cooked and ready to heat and eat
- Featuring tender protein and mouthwatering sauces
- Made with clean, fresh ingredients





GoodPop Frozen Bars or Sandwiches

Select varieties, 4 pk., 2.25 fl. oz.





GoodPop Frozen
Dessert Pops
Select varieties, 4-8 ct.

\$499 ed.



Van Leeuwen Frozen Novelties Select varieties, 3-4 ct.

\$499 ed.



Diana's Frozen Chocolate Banana Bites or Halves

Select varieties, 8 or 9.2 oz.





Delizza Patisserie Frozen Mini Eclairs or Mini Cream Puffs 7.58 or 7.76 oz.

\$**5**99 ea.



Van Leeuwen Ice Cream or Non-Dairy Frozen Dessert Select varieties, 14 fl. oz.





JonnyPops Frozen Dessert Pops Select varieties, 4 pk., 2.06 fl. oz.







Mauna Loa Frozen Macadamia Milk Desserts

Select varieties, 1 pint











FudgyPop Frozen
Dessert Bars
Select varieties, 5 pk., 1.75 fl. oz.





\$599 en



JonnyPops Freezer Pops 24 pk., 1.35 fl. oz.



Ice Cream Bars
Select varieties, 3 pk., 2.7 fl. oz.



Tucson Tamale Frozen Tamales Select varieties, 5 oz.

2 \$6 for 6



Red's Frozen Turkey Sausage Egg'Wich 2 pk.

\$599 ea.

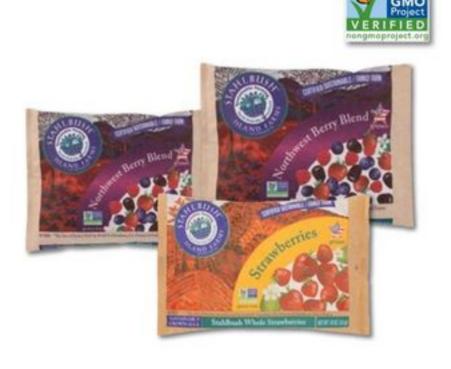


Red's Frozen PB&J'Wich Sandwiches Select varieties, 4 ct.

\$499 en







Stahlbush Island Farms
Frozen Fruit
Select varieties, 10 oz.

\$499 ea.



Atlantic Sea Farms
Frozen Kelp Cubes
Select varieties, 8 ct., 0.6 oz.

\$499 ed.



Atlantic Sea Farms
Frozen Ready-to-Eat Kelp 55 99
2 ct., 6 oz.



Stahlbush Island Farms Frozen Vegetables

Select varieties, 10 oz.



Alexia Frozen Potatoes
Select varieties, 15-19 oz.

\$599 ea.



Alexia Frozen Vegetable Sides

Select varieties, 9-12 oz.







Alexia
Frozen Vegetables
Select varieties, 11-14 oz.





Atlantic Sea Farms
Frozen Sea-Veggie Burgers
Select varieties, 4 ct., 2.5 oz.





Deep Indian Kitchen Frozen Entrées Select varieties, 9-10 oz.





Milton's Frozen
Cauliflower Crust Pizza
Select varieties, 10-11 oz.



Select varieties,

13-15.75 oz.

### URBAN PIE PIZZA CO.

Frozen Roman Style Pinzza

- Crisped crust with a fluffy interior, just like in Rome
- Made with authentic ingredients
- Ready to cook and eat





Chobani Complete Greek Yogurt Drink Select varieties, 10 fl. oz.

2 for \$5



Icelandic Provisions Skyr Yogurt

Select varieties, 4.4-5.3 oz.

3 for 5





Zeal Creamery Fresh Grass-Fed Whole or Chocolate Milk 64 fl. oz.



\$599 ea.



Maple Hill Creamery Organic Grassfed Milk Select varieties, 64 fl. oz.



USDA ORGANIC

USDA ORGANIC



Forager Project Organic Dairy-Free Creamer or Half & Half Select varieties, 20 fl. oz.



\$499 ed. +CRV in CA



Forager Project
Organic Plant-Based Milk
Select varieties, 28 fl. oz.





Good Culture
Probiotic Cream Cheese Spread
Select varieties, 7 oz.









Lightlife Original Tempeh 8 oz.

\$399 ea.

Select varieties, 16 fl. oz.



Lightlife
Plant-Based
Smart Dogs
Select varieties, 5-8 ct.

\$399 ea.

> USDA ORGANIC





2 for 6 +CRV in CA



Siggi's Icelandic-Style Skyr Yogurt
Select varieties, 4.4-5.3 oz.

2 for 3







La Colombe Draft
Latte Coffee Drink
Select varieties, 9 fl. oz.

2 for 6 +CRV in CA







Elevate your cocktail game with innovative wine-based spirits that are ready-to-drink with a lower ABV twist!

All products may not be available in all locations and may vary based on local regulations.

### TRY THESE PERFECT PAIRINGS

Pair with appetizers featuring rich cheeses like Havarti and blue cheese



Sip with light and citrus-forward seafoods and pastas







Pairs nicely with cheesy apps and chocolatey desserts





Enjoy with fresh

fruit, bruschetta and

light canapés



# MARINATED BONELESS SKINLESS Chicken Breasts or Thighs

- No antibiotics, ever chicken
- Chef-created recipes
- Prepared fresh in-store daily



Impossible
Burger Patties
Made From Plants
No hormones or

antibiotics, frozen, 6 ct.

\$1499 ed



Godshall's Organic Uncured Turkey Bacon

No steroids or hormones added, no added nitrates or nitrites, 8 oz.





Family Size
Hickory Smoked
Bulk Bacon
Thick-sliced, 32 oz.





- Responsibly sourced Salmon
- Marinated and ready to cook





Chef-Inspired recipes, select varieties, 6 oz.

\$6 99 ea.



Great American Seafood Peeled & Deveined Raw Shrimp Skewers

16/20 ct., farm-raised, frozen, 32 oz.



Sprouts
Peeled & Deveined
Phosphate-Free
Large Raw Shrimp

26/30 ct. No phosphates added, Farm-raised, frozen, tail on, 16 oz.





Super Colossal Raw EZ Peel Grilling Shrimp

8/12 ct., phosphate-free, farm-raised, previously frozen



Also available in a 2 lb. bag



### HATCH CHILE ROASTED CHICKEN

Add a little spice to taco Tuesday with our limited-time Hatch Roasted Chicken. With just the right amount of kick, enjoy this flavorful chicken as the star of the meal or on its own.







# **SPROUTS**Fresh Catering Trays

Whether you're celebrating dad or a recent grad, host a hassle-free celebration with easy, freshly prepared party trays filled with fresh fruit, sandwiches, baked treats & more!

> Order in store or online at **Sprouts.com**

# SPROUTS Cherry & Pecan Chicken Salad or Croissant Sandwich

Pack a punch of flavor with this perfect picnic addition. These limited time must-haves are filled with flavor from the crunchy celery, savory pecans and tart cherries. Make this the main course or trusty sidekick for your next summer picnic.







# TREELINE Dairy-Free Herb Garlic or Pimento Cheese

Spread the love and ditch the dairy with tangy, delicious and protein-packed plant-based cheese for all your summer gatherings.

# \$699 ea.

6 oz.

### PRESSED

Watermelon Pomegranate Cold-Pressed Juice

Sip into summer and quench your thirst with a cold-pressed juice ready to drink and filled with the flavors of summer.







Authentic
Pretzel Buns
Select varieties, 6 ct.

Everyday low price

Sprouts

Muffins or Vegan
Select varieties, 4 pk.







### PURE & HONEST

From cruelty-free and vegan to paraben-free and transparency in labeling, we offer a clean selection of body care for goodness you can feel!

### WE STAND FOR:



Cruelty-free



Vegan



Sustainability



Transparency















### WE SAY NO TO:





**Parabens** 



Phthalates



Artificial colors



Synthetic fragrance

### MINERAL-BASED SUNCARE EXPLAINED



Mineral sunscreens protect against the sun's harmful UVB and UVA rays.

- Sits on top of the skin rather than being absorbed, making it less likely to cause irritation
- No harsh chemicals make it safer for you and the environment and waterways

Look for "broad spectrum" on the label

Select brands, varieties and sizes

Up to



### BUG PROTECTION & BITE BALMS





### HIMALAYA Toothpaste

- Fluoride and gluten-free
- Made with sustainably grown herbs
- Foamy texture with all the cleaning abilities of traditional toothpaste







# DR. BRONNER'S Bar Soap

- Soft and smooth lather for body, hair and face
- Made with certified fair trade ingredients and organic U.S.-grown hemp seed oil
- ✓ Non-GMO certified

# TOM'S OF MAINE Deodorant

- Free from aluminum, artificial fragrances and preservatives
- Made with naturally sourced and derived ingredients
- B-Corp Certified





### AVALON ORGANICS

- Made from pure, plant-based ingredients sourced from organic farmers
- ✓ Vegan and cruelty-free
- Biodegradable formulations

# WOMEN'S WELLNESS SUPPORT FOR EVERY STAGE OF LIFE

Discover a range of doctor-formulated solutions to help you feel your best at every stage.





LEARN MORE



### PERIMENOPAUSE

Helps maintain a healthy cycle, including helping to ease breast tenderness and positive mood support.\*



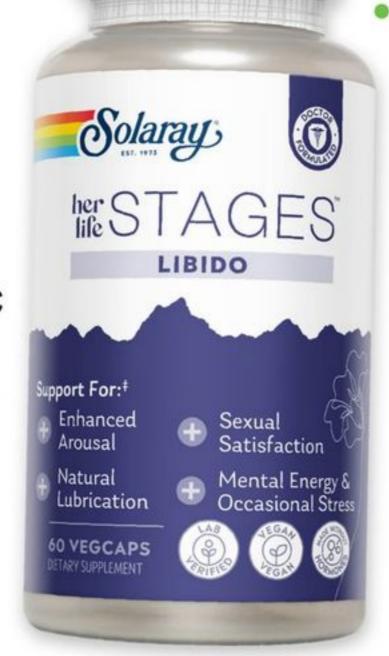
60 VEGCAPS

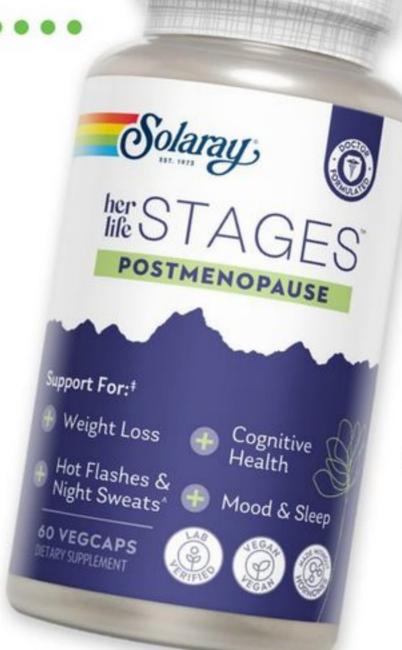
### MENOPAUSE

Powerful support for hot flashes, night sweats and sound sleep—plus mood and energy to help you get through the day.\*

### LIBIDO

Designed to help promote a healthy sex life across all adult life phases.\*
Formulated with organic ashwagandha root extract and contains no hormones or soy.





### POSTMENOPAUSE

Helps ease hot flashes
and night sweats.
Plus helps overall mood
and sleep and provides
weight loss and cognitive
support to help
you feel your best.\*

<sup>\*</sup> These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# TAKE YOUR PROBIOTICS LIKE NEVER BEFORE

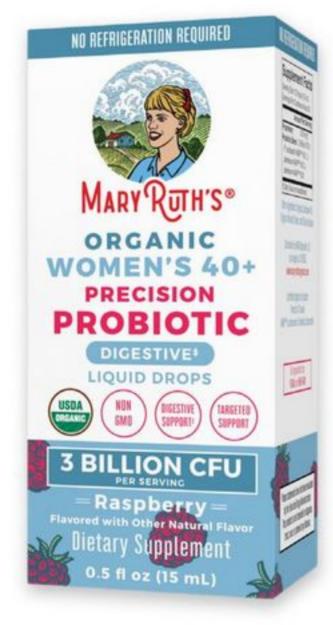
Explore a range of wholesome, easy-to-take probiotic drops to support you and your family's digestion and gut health.



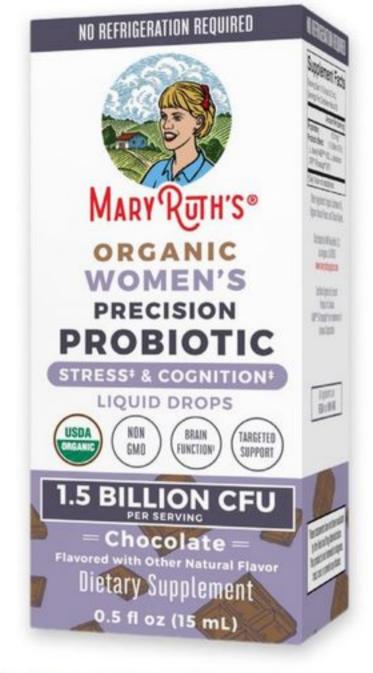












### WOMEN'S PRECISION PROBIOTIC STRESS & COGNITION DROPS

A three-strain probiotic blend clinically tested to support stress, occasional anxiety, focus and cognition.

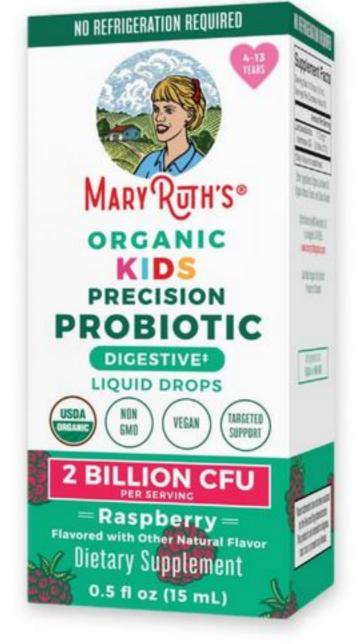
### WOMEN'S 40+ PRECISION PROBIOTIC DIGESTION DROPS

Formulated with probiotic strains to support heart health, cardiac function and healthy blood lipid levels.

### KID'S PRECISION PROBIOTIC DIGESTION DROPS

Made with L. rhamnosus to support digestive function, gut health and a growing microbiome.





In a kid-friendly raspberry flavor

### BODY CARE & SUPPLEMENTS FOR HIM

Make this Father's Day one to remember with men's body care essentials and healthy supplements because when Dad feels great, he can conquer anything!



### HEALTHY HYDRATION

Stay cool, hydrated, and oh-so-refreshed this summer with our picks of hydrating essentials.



# ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

### MULTIVITAMINS

Vital for growth, repair and optimal health.\*



Garden of Life Multivitamins

Select varieties, 30-240 count



### OMEGA-RICH OILS

Promotes healthy joint, brain and heart function.\*



Sprouts
Omega-Rich Supplements
Select varieties and sizes



### PROBIOTICS

Supports a healthy digestion and immune system.\*





Mary Ruth's Probiotics

Select varieties, 0.5-2 fl. oz.



### SUPERFOODS

Helps to support overall health and vitality, while balancing alkalinity.\*



Sprouts Superfoods

Select varieties and sizes



# **SPROUTS**Multivitamins

- May help support your daily health and immune system
- Gluten-free and USDA organic





# SPROUTS Hydration Drink Mix

- Hydrate faster than with water alone
- Add to your water bottle for electrolytes and vitamins on-the-go

# SPROUTS Herbal Supplements

- A variety of supplements to help you feel your best
- Made with all-natural herbs and botanicals





### HERB OF THE MONTH

# **SPROUTS**Turmeric

- A powerful antioxidant
- May support brain and cardiovascular health
- A great post-workout supplement to support the body's inflammatory response

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.