

DEALS

of the

MONTH



YOUR GUIDE TO WHAT'S INSIDE

Click to explore each department's best deals



SPROUTS BRAND



ONCE UPON A FARM



NEW FOR YOU EXCLUSIVE



DAIRY



GAME DAY



SPROUTS CELLAR PICKS



BACK-TO-SCHOOL



MEAT & SEAFOOD



BULK



DELI



SHAKA TEA



BAKERY



CEREBELLY



BODY CARE



GROCERY



MEGAFOOD



FROZEN



KOREAN RED GINSENG



WALLABY



VITAMINS

NEW
FOR YOU!

DISCOVER EXTRAORDINARY
FINDS FROM OUR FORAGERS!



EXCLUSIVELY AT SPROUTS



SPROUTS
HEAT AND EAT BEANS

2 for \$5 | Select varieties, 10 oz.

GF GLUTEN-FREE

PLANT-BASED

✓ No artificial colors or flavors



PURAVIDA
FROZEN SKILLET MEALS



\$9.99 ea. | Select varieties, 20 oz.

GLUTEN-FREE GF

- ✓ Ready in just 15 minutes
- ✓ No artificial colors and flavors



OMNI FROZEN LION'S MANE MUSHROOM STEAK

\$8.99 ea. | 7.05 oz.

GF GLUTEN-FREE

- ✓ Vegan
- ✓ Good source of plant-based protein
- ✓ Cooks great in the air fryer



IZZIO

GRILLED CHEESE SANDWICHES

\$4.99 ea. Everyday low price
Select varieties, 4.5-6 oz.

ORGANIC

- ✓ Made on organic sourdough bread
- ✓ Perfect for the panini grill, toaster oven or air fryer



SPROUTS CHICKEN OR LASAGNA SINGLE SERVE MEALS

\$12.99 lb. Everyday low price

- ✓ Made with grass-fed beef or no antibiotics, ever chicken
- ✓ Ready to heat & enjoy
- ✓ Prepared in-store



SEE ALL OF OUR NEW AND EXCLUSIVE FINDS!

[VIEW MORE](#)

THERE'S ALWAYS SOMETHING NEW AND UNIQUE TO EXPLORE

SPROUTS Fizzy Vitamin C Drink Mix

- ✓ Easy-to-take packs to keep you hydrated on the go
- ✓ Crafted with antioxidants and electrolytes
- ✓ 1,000 mg. of vitamin C per serving



Select varieties,
15 pk.

20% off
regular retail



AKASHA SUPERFOODS Sea Moss Supplements

- ✓ May support energy and gut health
- ✓ Crafted with essential nutrients to fuel your body
- ✓ Made with sea moss-based ingredients

Select varieties
and sizes

20% off
regular retail



HEALTHFORCE

HEALTHFORCE SUPERFOODS Organic Wheat or Barley Grass Juice Powder

- ✓ May support detoxification and energy
- ✓ USDA Organic
- ✓ Mix ½ tsp. into water, juice or smoothies



8 oz.

20% off
regular retail

*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.

COSMIC BLISS

Hailey Bieber's Frozen Strawberry Glaze Frozen Dessert

- ✓ Creamy vanilla with strawberry smoothie swirl
- ✓ Dairy-free
- ✓ Gluten-free and kosher



14 fl. oz.
Everyday low price

\$9.99
ea.

MALK

Organic Almond or Oat Creamer

- ✓ Organic
- ✓ Gum-free
- ✓ Made with clean and simple ingredients



Select varieties,
16 fl. oz.

\$6.99
ea.
+CRV in CA

SERVE UP A GAME CHANGING SPREAD

SHOP NOW

Tackle hunger with a lineup of delicious, better-for-you game day essentials.



SPICE HUNTER

The "salt-free" savory spice to kickoff game day with a flavorful punch.

MINERAGUA

The "assertively fizzy" sparkling water to hydrate like a champ with added minerals.



PRIMAL KITCHEN

Slather, Score, Repeat with the "No-Dairy" Buffalo sauce made with honest ingredients and real flavor.



The "100% avocado oil" party chip for a touchdown crunch and food goals with no GMO's.



JACKSON'S®

Defend against game day hunger with the "avocado oil" sweet potato chip that's non-GMO and vegan.



Tailgate like a pro with the "keto-friendly" smoked sausage that fits a low carb lifestyle and gluten-free.

*This product contains 1 gram of net carbs, 1g Net Carbs = 1g total carbs – 0g dietary fiber



ZEVIA®

Hydrate for the day with the "zero sugar" soda that is naturally sweetened.

Milton's

Score some extra points with a variety of these "irresistibly crispy" gluten free crackers.



Chosen FOODS

The "100% avocado oil" classic mayo to be the real MVP of the tailgating menu.

ithaca hummus

Pick up one or four of Ithaca's "cold crafted" game day hummus dips – made with minimal ingredients and maximum taste.



BACK-TO-SCHOOL DIGITAL COUPONS

Click to clip your coupons and save big on lunchbox essentials.

DIGITAL
COUPONS

CLIP COUPONS & SHOP

CATALINA
CRUNCH

SAVE \$1.00

on any ONE (1)
Catalina Crunch Product

Exp Date: 10/15/24

CLICK
TO CLIP



EMMY'S
ORGANICS

SAVE \$2.00

on Emmy's Organics Soft
& Chewy Coconut Cookies
When you buy ONE (1) Emmy's
Organics Soft & Chewy
Coconut Cookies

Exp Date: 10/15/24

CLICK
TO CLIP



gomacro

SAVE \$1.00

on GoMacro MacroBar
When you buy any ONE (1)
GoMacro MacroBar

Exp Date: 10/15/24

CLICK
TO CLIP





HIPPEAS®

SAVE \$2.00

On ONE (1) Hippeas Vegan White Cheddar 8oz/6pk

Exp Date 10/15/24

CLICK TO CLIP



PANAJI

FLAME-BAKED NAAN FLATBREAD

SAVE \$1.50

on Any ONE (1) Panaji Product

Exp Date 10/14/24

CLICK TO CLIP



SAVE \$1.00

on any TWO (2) Planet Oat 52oz Products

Exp Date: 9/30/24

CLICK TO CLIP



SAVE \$1.00

on ONE (1) Simple Mills® Pop Mmms®

Exp Date: 10/14/24

CLICK TO CLIP






WIGGLES[®]
 FRUIT JUICE GELS
SAVE \$1.00
 when you buy any
ONE (1) Dole[®] Wiggles.

Exp Date: 10/14/24

**CLICK
TO CLIP**



UNREAL

**BUY ONE (1),
GET ONE (1) FREE**
 when you buy any ONE (1)
 bag of UNREAL, get any
 ONE (1) free bag of UNREAL

**CLICK
TO CLIP**



Exp Date: 10/15/24



yofiit

**BUY ONE (1),
GET ONE (1) FREE**
 Buy ONE (1) Yofiit high protein
 non-dairy milk, Get ONE (1) free

Exp Date: 9/14/24

**CLICK
TO CLIP**



BULK PACKAGED SNACK MIXES



- ✓ Prepackaged for all your fall adventures
- ✓ Flavored with fall spices
- ✓ Free from artificial colors and flavors

Select varieties,
7-32 oz.

20% off
regular retail

BULK SNACK CUPS

- ✓ Perfectly portioned snacks
- ✓ Free from artificial colors and flavors
- ✓ Made with high-quality ingredients



Select varieties, 1.5-9 oz.
Everyday low price

\$3.99 - **\$9.99**
ea. - ea.



LAIRD SUPERFOOD Pumpkin Spice Instant Latte

- ✓ Add 2 scoops to your beverage of choice and enjoy!
- ✓ Made with plant-based ingredients
- ✓ Gluten and soy-free

1.2 oz

2 \$4
for

MAPLE FRENCH TOAST WALNUTS

- ✓ Free from artificial colors and flavors
- ✓ Made with high-quality ingredients



Everyday low price

\$11.99
lb.

SAY ALOHA TO HERBAL ICED TEA FROM HAWAI'I

Made with premium botanicals in refreshing, island-inspired flavors, Shaka Tea practices direct trade sourcing sustainably grown mānaki leaves from local farmers in the Hawaiian Islands.

SPROUTS
SPOTLIGHT



LEARN MORE

zero
sugar

zero
calories

zero
carbs



naturally
caffeine-free

SMART SNACKS FOR BACKPACKS FROM CEREBELLY

Created by a practicing neurosurgeon and mom, each snack blend unites neuroscience, nutrition and organic, farm-fresh food to give your kiddos the very best from the very start!

SPROUTS SPOTLIGHT



cerebelly®

LEARN MORE

Plant-based with no added sugar

Certified Organic and non-GMO

16 nutrients, like zinc & DHA to support brain development

16 brain-supporting nutrients

4 g. of fiber

16 brain-supporting nutrients

16 brain-supporting nutrients

3 g. of protein





Chomps Meat Sticks
Select varieties, 1.15 oz.

15% off
regular retail



Nature Nate's
All Items

10% off
regular retail



Unreal Chocolate Bars, Cups or Covered Peanuts
Select varieties, 3.4-5 oz.

\$5.49
ea.



DeLallo Pasta
Select varieties, 8.8-16 oz.

2 for \$5



Fishwife Tinned Seafood Co.
All Items

LINE DRIVE SAVINGS
All Items
\$6.99
ea.



Go Raw Clusters, Salad Toppers or Seeds
Select varieties, 3-14 oz.

35% off
regular retail



Milkadama Macadamia Milk
Select varieties, 32 fl. oz.

20% off
regular retail



Fever-Tree Mixers
Select varieties, 4 pk., 6.8 fl. oz.

\$5.99
ea.
+CRV in CA



Seeds of Change Organic Ready to Eat Rice
Select varieties, 8-8.5 oz.

2 for \$7



Yo Mama's Foods Pasta Sauce
Select varieties, 25 oz.

\$6.49
ea.



Red Plate Foods Granola
Select varieties, 11 oz.

\$4.99
ea.



Naked & Saucy
All Items

LINE DRIVE SAVINGS
All Items
\$6.99
ed.



Truff
Black Truffle
Pasta Sauce
Select varieties, 18 oz.

\$10.99
ed.



Simply Organic
Dip or Sauce Mixes
Select varieties, 0.53-1.5 oz.

3 for \$5



Bob's Red Mill
Granola or Hot Cereal
Select varieties, 11 or 24 oz.

Everyday low price
\$5.99
ed.



Happy Baby or Happy Tot
Organic Baby Food
Select varieties, 4-4.22 oz.

2 for \$4



Southern Recipe
Krutones
Select varieties, 2 oz.

2 for \$7



4505 Meats
Chicharrones
Fried Pork Rinds
Select varieties, 2.5 oz.

2 for \$8



Blue Stripes
Dried Fruit, Chocolate
Bars or Trail Mix
Select varieties, 2.1-8 oz.

25% off
regular retail



Big Picture Foods
All Items

LINE DRIVE SAVINGS
All Items
\$5.99
ed.



ONE
Protein Snack Puffs
Select varieties, 1.05 oz.

2 for \$7



Blue Diamond
Nut-Thins
Select varieties, 4.25 oz.

2 for \$6



Fillo's
All Items

All Items
25% off
regular retail



Sir Kensington's
Mayonnaise or
Special Sauce
Select varieties, 12 fl. oz.

10% off
regular retail



Zevia
Organic Sugar-Free Tea
Select varieties, 12 fl. oz.

3 for \$5
+CRV in CA



Pretzelized
All Items

LINE DRIVE SAVINGS
All Items
\$3.99 ed.



Barbara's Cereal
Select varieties, 10-14 oz.

BUY 1, GET 1 50% OFF
regular retail
of equal or
lesser value



Beyond Good
Chocolate Bars
Select varieties, 2.64 oz.

2 for \$7



Yum Earth
Organic Fruit Snacks
Select varieties, 10 pk., 0.7 oz.

\$7.99 ed.



Ardor Energy
Organic
Sparkling Water
Select varieties, 12 fl. oz.

2 for \$5
+CRV in CA



It's Skinny
Organic Pasta
Select varieties, 9.52 oz.

2 for \$7



Popcorners
Popped-Corn Snacks
Select varieties, 7 oz.

\$4.49 ed.



Yamasa
Broth or Katsu Sauce
Select varieties, 8 fl. oz.

15% off
regular retail



GF

Lily's
Chocolate Bars

Select varieties, 2.8-3 oz.

2 for \$7



NON
GMO
Project
VERIFIED
nongmoproject.org

YoFit
All Items

LINE DRIVE
SAVINGS
All Items
\$4.99
ea.



Gorgie
Sparkling Energy Drink
Select varieties, 12 fl. oz.

2 for \$5
+CRV in CA



USDA
ORGANIC

Lemon Perfect
Organic Hydrating Lemon Water
Select varieties, 15.2 fl. oz.

2 for \$3
+CRV in CA



The Blue Buffalo Co.
All Items

LINE DRIVE
SAVINGS
All Items
20%
off
regular retail



GF

NuTrail Granola
Select varieties, 8 oz.

\$6.99
ea.



Somos
Rice or Salsa
Select varieties, 8.8-12 oz.

GF
2 for \$7



Dr. McDougall's or
Mike's Mighty Good
Soup Cups
Select varieties, 1-2.5 oz.

2 for \$5



USDA
ORGANIC

Westbrae
All Items

LINE DRIVE
SAVINGS
All Items
2 for \$5



Milk Bar
Crunchies
Select varieties, 4.5 oz.

2 for \$7



Smartwater
Select varieties, 1 or 1.5 L

20% off
regular retail
+CRV in CA



Shaka Tea
Herbal Tea
Select varieties, 12 fl. oz.

2 for \$4
+CRV in CA



Serenity Kids
World Explorer
Baby Food
Select varieties, 3.5 oz.

2 for \$7



Purely Sprouted
All Items

\$5.99
ed.



LINE DRIVE
SAVINGS
All Items



Primal Kitchen
Condiments, Dressing, Sauce, Oil or Dip
Select varieties and sizes

20% off
regular retail



Cerebelly
Organic Baby Puree
or Smart Bars
Select varieties,
4 oz. or 4 pk., 0.84 oz.

20% off
regular retail



The Ryl Co. Tea
Select varieties, 16 fl. oz.

2 for \$4
+CRV in CA



Waiakea
Alkaline Water
1.5 L

2 for \$6
+CRV in CA



Planet Oat
Oatmilk
Select varieties, 32 fl. oz.

2 for \$7



Maya Kaimal
Everyday Rice, Dal or Chana
Select varieties, 8.5-10 oz.

2 for \$7



SPROUTS

Frozen Burritos

- ✓ At least 11 g. of protein per serving
- ✓ Made with real cheese and no artificial ingredients
- ✓ Ready in minutes



Select varieties,
5 oz.
2 for \$5



Bubbies
Mochi Ice Cream
Select varieties, 6 pk., 1.25 oz.

**BUY 1 GET 1
50% OFF**
regular retail
of equal or
lesser value



Jolly Llama Dairy-Free
Frozen Novelties
Select varieties, 3-4 pk.

\$4.99
ed.



Talenti
Gelato or Sorbetto
Select varieties, 1 pint

\$4.99
ed.



Cosmic Bliss
Grass-Fed Ice Cream or
Dairy-Free Frozen Dessert
Select varieties, 14 fl. oz.

\$5.99
ed.



Craig's Non-Dairy
Frozen Dessert
Select varieties, 16 fl. oz.

\$6.49
ed.



Jeni's Dairy-Free
Frozen Dessert
Select varieties, 16 fl. oz.

\$8.49
ed.



Van Leeuwen Frozen
Dessert Sandwiches
Select varieties, 5.8 fl. oz.

2 \$7
for



Van Leeuwen
French Ice Cream Bars
Select varieties, 6 ct., 3 fl. oz.

\$6.99
ea.



Stahlbush Island Farms
Frozen Fruit
Select varieties, 10 oz.

\$4.99
ea.



Pitaya
Frozen Fruit
Select varieties, 12 oz.

\$4.99
ea.



Stahlbush Island Farms
Frozen Raspberries
10 oz.

\$5.99
ea.



BobaBam
Frozen Instant Boba Drink Kits
Select varieties, 3-4 pk.

\$6.99
ea.



Evive
Frozen Smoothie Cubes
Select varieties, 9.52-10.58 oz.

\$7.99
ea.



Sprouts
Frozen Fruit
Select varieties, 3 lbs.

\$10.99
ea.



Mad Minis
Ice Cream Bonbons
Select varieties, 6 oz.

**BUY 1 GET 1
50% OFF**
regular retail
of equal or
lesser value



The Bear & The Rat Frozen
Yogurt Dog Treat
Select varieties, 4 pk., 3.5 fl. oz.

**BUY 1 GET 1
50% OFF**
regular retail
of equal or
lesser value



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

\$5.99
ed.



Cappello's Frozen
Cookie Dough
Select varieties, 12 ct.

\$8.99
ed.



Jack & Annie's Frozen
Breakfast Sandwiches
Select varieties, 3.7-3.85 oz.

2 for \$6



Tucson Tamale
Frozen Tamales
Select varieties, 5 oz.

2 for \$6



Feel Good Foods
Frozen Mozzarella Sticks
8 oz.

\$5.99
ed.



Urban Pie Pizza Co.
Frozen Mini Calzones
Select varieties, 8 oz.

\$5.99
ed.



Stahlbush Island Farms
Frozen Vegetables
Select varieties, 10 oz.

2 for \$7



PuraVida
Frozen Fire Roasted Vegetables
Select varieties, 10 oz.

\$3.99 ed.



Path of Life Frozen
Quinoa or Rice Blend
Select varieties, 10 oz.

\$3.99 ed.



Grain Trust
Frozen Rice or
Grain Mix Pouches
Select varieties, 2-4 pk.

\$4.99 ed.



Sprouts
Grain Free Frozen Original Tortillas
8 ct.

\$6.99 ed.



Sprouts
Grain Free Frozen Burrito Tortillas
6 ct.

\$7.99 ed.



Siete
Grain Free Frozen Tortillas
Select varieties, 8 ct.

Everyday low price
\$8.99 ed.



Cappello's
Frozen Biscuits
Select varieties, 6 ct.

\$8.99 ed.





Bonafide Provisions
Frozen Bone Broth
Select varieties, 8 fl. oz.

\$4.49
ed.



Bonafide Provisions
Organic Frozen
Bone Broth
Select varieties, 24 fl. oz.

\$9.99
ed.



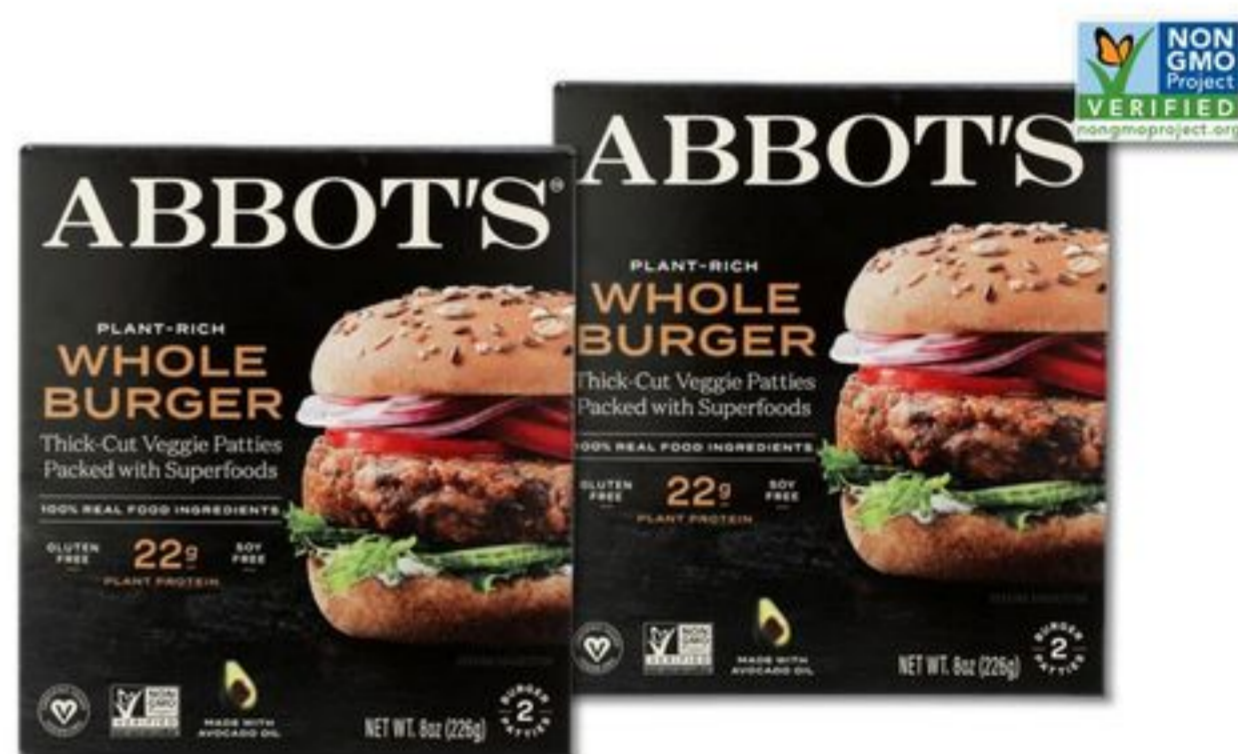
Blake's
Frozen Entrées
Select varieties, 10-12 oz.

\$5.99
ed.



Urban Pie Pizza Co.
Frozen Pizza
Select varieties, 16.7-22.05 oz.

\$9.99
ed.



Abbot's Plant-Rich
Frozen Burgers
2 ct., 4 oz.

\$5.99
ed.



Actual Veggies
Frozen Veggie Burgers
Select varieties, 4 ct.

**BUY 1, GET 1
50% OFF**
regular retail
of equal or
lesser value



Actual Veggies
Frozen Super Fries
Select varieties, 14 oz.

**BUY 1, GET 1
50% OFF**
regular retail
of equal or
lesser value



Applegate
Frozen Chicken Strips,
Nuggets or Patties
Select varieties, 8-12 oz.

\$5.99
ed.

BEECHER'S Frozen Entrées

- ✓ Crafted with cheeses that are free of artificial ingredients
- ✓ Ready to heat
- ✓ Made with fresh milk from local farms



Select varieties,
18-21 oz.

\$12.99
ed.

ORGANIC, PROTEIN-PACKED YOGURT FROM WALLABY

Make every day smoother with twice-cultured, infinitely delicious Greek yogurt.

SPROUTS
SPOTLIGHT

wallaby
organic®

LEARN MORE



Contains live and active cultures



Made with real organic vanilla specks

USDA Organic Certified

ORGANIC SNACKS TO FUEL YOUR KIDS

Fuel your kids on and off the field this season with clean ingredient, no added sugar* snacks.

SPROUTS
SPOTLIGHT

ONCE
UPON A
FARM™

LEARN MORE



Made with real fruit, veggies and 100% whole grain oats—this is a winning combination to keep your champions energized throughout the day.



Give their gut a beneficial boost with added probiotics with an Immunity Blend that tastes delicious. Plus, it has no added sugar* and is sweetened with only real fruit.

*not a low calorie food



GF

Noosa Yoghurt
Select varieties, 8 oz.

3 for \$5



Miyoko's Creamery
Organic Plant Milk
Cream Cheese
Select varieties, 8 oz.

\$4.49
ea.



Two Good
2G Sugar Greek
Lowfat Yogurt
Select varieties, 5.3 oz.

4 for \$6



Olipop
Sparkling Probiotic Tonic or Soda
Select varieties, 12 fl. oz.

2 for \$4
+CRV in CA



Perfect Bar
Mini Protein Bars
Select varieties, 6-8 pk.

\$7.99
ea.



STÖK
Cold Brew Coffee
Select varieties, 48 fl. oz.

\$5.99
ea.
+CRV in CA



Malk
Almond or Oat Malk
Select varieties, 28 fl. oz.

\$5.49
ea.
+CRV in CA



Laird
Plant-Based
Superfood Creamer
Select varieties, 16 fl. oz.

2 for \$7



Magic Mind
Mental Performance Shot
2 fl. oz.

2 for \$7
+CRV in CA



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

2 for \$6
+CRV in CA



Silk Almondmilk

Select varieties, 64 fl. oz.

2 for \$7



Sown Organic Oat Creamers

Select varieties, 32 fl. oz.

\$4.99 ea.



Siggi's Sykr Yogurt

Select varieties, 24 oz.

\$5.49 ea.



So Delicious Dairy Free Coconutmilk Yogurt Alternative

Select varieties, 5.3 oz.

BUY 1 GET 1 50% OFF
regular retail of equal or lesser value



Uncle Matt's Organic Black Tea or Black Tea Lemonade

Select varieties, 52 fl. oz.

2 for \$7
+CRV in CA



The a2 Milk Company Milk

Select varieties, 59 fl. oz.

\$4.99 ea.



The a2 Milk Company Grass Fed Milk

Select varieties, 59 fl. oz.

\$5.99 ea.



OrgaNick Pastures Pasture Raised Organic Heirloom Colored Eggs

Large, mixed, grade A, doz.

\$5.99 ea.



Just Egg Plant-Based Egg

16 oz.

\$7.99 ea.



Vital Farms Pasture-Raised Butter

Salted or unsalted, 8 oz.

\$3.99 ea.

SPROUTS™

Cellar Picks

SELECTED BY OUR IN-HOUSE SOMMELIER

REPUBLIC OF WINE

Travel the world with Republic of Wine and explore the unique tastes and flavors of different countries and regions around the globe.

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

TRY THESE PERFECT PAIRINGS

CABERNET SAUVIGNON

Enjoy with hearty stews and rich, roasted veggies



RED BLEND

Compliments rich pastas and chilis.



SHIRAZ

Great with roasted lamb, beef and meaty lasagna



MALBEC

Ideal with rich pastas, roasted veggies and venison



PINOT NOIR

Pairs well with roasted chicken and risotto



RIESLING

Goes nicely with seafood, pork dishes and tart desserts





SPROUTS PREMIUM MARINATED

Colossal Shrimp or Chicken Skewers

Chicken is all-natural and has no steroids or antibiotics. Shrimp is previously frozen, raw, peeled & deveined, select varieties, 2.75 or 4 oz.

2 for \$6

Available in the service case



- ✓ Marinated, skewered and ready to cook
- ✓ Responsibly sourced shrimp
- ✓ No antibiotics ever, chicken



Garrett Valley Farms
All Items

NO ANTIBIOTICS EVER
LINE DRIVE SAVINGS
All Items
20% off
regular retail



Impossible Chicken Nuggets or Meatballs Made From Plants
Select varieties, frozen, 13.5 or 14 oz.

\$6.99 ea.



Just Bare
All Items

NO ANTIBIOTICS EVER
LINE DRIVE SAVINGS
All Items
\$9.99 ea.

GREAT AMERICAN SEAFOOD

Coho Salmon Portions

- ✓ Responsibly sourced
- ✓ No antibiotics
- ✓ All-natural sashimi grade



All-natural, no antibiotics, sashimi grade, farm-raised, frozen, 32 oz.

BUY 1 GET 1 50% OFF
regular retail of equal or lesser value



The Better Fish
All Items

LINE DRIVE SAVINGS
All Items
BUY 1, GET 1 50% OFF
regular retail of equal or lesser value



Pacific Sustainable
All Items

LINE DRIVE SAVINGS
All Items
10% off
regular retail



Great American Seafood
Colossal Raw Peeled & Deveined Shrimp
16/20 ct. Phosphate-free, farm-raised, frozen

\$8.99 lb.



SERVE UP A GAME CHANGING SPREAD



Make a game day touchdown with over 20 artfully arranged party trays to pick from.

ORDER NOW



LOVE & LADLE Soup

- ✓ Ready-to-heat soups for any occasion
- ✓ A great source of protein
- ✓ Made with high-quality ingredients

Select varieties, 16 oz.

BUY 1, GET 1 50% OFF
regular retail of equal or lesser value

DISCOVER ORGANIC IN THE DELI

ZEAL CREAMERY Organic Mature Sharp Cheddar Cheese

- ✓ Made with milk from cows that graze outdoors at a regenerative farm
- ✓ Aged for up to 18 months
- ✓ No antibiotics or added hormones

OVER 40 ORGANIC CHEESES AVAILABLE!



7 oz.

\$9.49 ea.

Pressed Cold-Pressed Juice
Select varieties, 12 fl. oz.



BUY 1, GET 1 50% OFF
regular retail of equal or lesser value

+CRV in CA

SPROUTS

Muffins or Vegan Muffins



- ✓ Baked fresh daily in-store
- ✓ Made with simple ingredients

FRESH BAKED!



Sprouts Bagels
Select varieties, 6 ct.

Everyday low price

\$6.99
ed.



Sprouts French Bread
12 oz.

FRESH BAKED!

Everyday low price

\$2.49
ed.



Lucky Spoon Bakery Gluten Free Cupcakes
Chocolate or vanilla, 4 ct.

Everyday low price

\$7.29
ed.



Flax 4 Life Muffins or Brownies
Select varieties, 4 or 12 ct.

Everyday low price

\$9.99
ed.



The Grain Escape Gluten Free Bread
Select varieties, 18.6 oz.

\$7.99
ed.

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

ALTEYA
organics

ALTEYA ORGANICS

Facial Care



- ✓ Skin and body care essentials crafted with traditional rose oil recipes
- ✓ Formulations to meet the unique needs of your skin
- ✓ Designed to improve the skins resistance and slow down aging

Select varieties,
1-4 fl. oz.

**BUY 1, GET 1
50% OFF**
regular retail
of equal or
lesser value

AVALON ORGANICS

AVALON
ORGANICS®

- ✓ Crafted from plant-based botanicals for health, wellness and sustainability
- ✓ Formulations made with science and nature to nourish your body
- ✓ Vegan and cruelty-free



**LINE DRIVE
SAVINGS**
All Items

**BUY 1, GET 1
50% OFF**
regular retail
of equal or
lesser value

NATURTINT

NATURTINT



- ✓ Achieve radiant, soft and shiny hair at home
- ✓ Ammonia-free hair color made with plant-based alternatives
- ✓ Vegan and cruelty-free

**LINE DRIVE
SAVINGS**
All Items
20% off
regular retail

AURA CACIA



- ✓ Natural and plant-based body care
- ✓ Made from simple and pure botanical ingredients
- ✓ Tested for purity and quality



DERMA·E



DERMA E

- ✓ Natural skin care to protect and nourish your skin
- ✓ Rich in vitamins, antioxidants and botanicals
- ✓ Dermatologist recommended and cruelty-free



LINE DRIVE SAVINGS
All Items
20% off
regular retail

HERITAGE STORE

Skin Care



- ✓ Clean and pure formulas made with only essential ingredients
- ✓ Plant-based products with botanical formulations
- ✓ Skin care products crafted for people and planet



PLANT-POWERED VITAMINS & SUPPLEMENTS FROM MEGAFOOD

SPROUTS SPOTLIGHT

Tested for quality and 150+ pesticides, MegaFood supplements are passionately produced with the planet in mind to grow a healthier world.

MegaFood
SINCE 1973

LEARN MORE



RELAX + CALM MAGNESIUM SOFT CHEWS

- ✓ New doctor-formulated soft chews in tasty strawberry
- ✓ 250 mg. of magnesium per serving
- ✓ Made with highly absorbable malate and citrate

WOMEN'S 55+ ONE DAILY MULTIVITAMIN

- ✓ Convenient, one daily multivitamin
- ✓ Crafted with real food, like carrots and organic oranges



SAME TRUSTED FORMULA ·
New Look ·
SAME TRUSTED FORMULA



MEN'S 55+ ONE DAILY MULTIVITAMIN

- ✓ Take any time of day, even on an empty stomach
- ✓ Unique pairing of 19 nutrients plus real food

REV YOUR ENERGYFLOW WITH KOREAN RED GINSENG

Improve blood circulation naturally with on-the-go red ginseng — a key to natural energy, immunity and cognitive function.

SPROUTS SPOTLIGHT

The World's No.1 Ginseng Brand
JUNG KWAN JANG

LEARN MORE



Korean red ginseng 2,000 mg. blended with licorice, propolis and ginger, designed to offer strong potency.



Premium grade deer antler extract combined with Korean red ginseng, jujube and schisandra to enhance workout routines.



Korean red ginseng 1,000 mg. with honey. A great introductory product for those new to ginseng.



ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

MULTIVITAMINS

Vital for growth, repair and optimal health.*

**NEW
CHAPTER**



New Chapter
Multivitamins
Select varieties, 48-120 count

15%
off
regular retail

OMEGA-RICH OILS

Promotes healthy joint, brain and heart function.*

Carlson



Carlson Labs
Omega-Rich Supplements
Select varieties and sizes

15%
off
regular retail

PROBIOTICS

Supports a healthy digestion and immune system.*

*Nature's
way*



Nature's Way
Probiotics
Select varieties, 30-90 count

15%
off
regular retail

SUPERFOODS

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

**ANCIENT
NUTRITION**



Ancient Nutrition
Superfoods
Select varieties and sizes

20%
off
regular retail

*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.

OREGON'S WILD HARVEST



- ✓ Family-owned and operated for over 25 years
- ✓ Dedicated to sustainable farming since the beginning
- ✓ Utilizing the wisdom of plants to help support your wellness needs



Host Defense Mushrooms
All Items

LINE DRIVE SAVINGS
All Items
20% off
regular retail



Wiley's Finest
All Items

LINE DRIVE SAVINGS
All Items
20% off
regular retail



SOLARAY

- ✓ Made with the power of science and clean ingredients
- ✓ Nutrients designed for your unique needs
- ✓ Each product is rigorously tested for purity and potency

GARDEN OF LIFE



- ✓ Crafted with clean, high-quality ingredients
- ✓ Filled with whole food nutrients to support overall health





Hyland's Naturals
All Items

LINE DRIVE SAVINGS
All Items
20% off
regular retail



KOS
All Items

LINE DRIVE SAVINGS
All Items
20% off
regular retail



Ancient Nutrition
All Items

LINE DRIVE SAVINGS
All Items
20% off
regular retail

MEGAFOOD



- ✓ For over 50 years, MegaFood has combined the power of plants and science to create effective vitamins and supplements
- ✓ Member of the 1% for The Planter, and B-Corp certified and Plastic Neutral Certified by Repurpose Global
- ✓ Tested for 150+ herbicides and pesticides and committed to regenerative farming practices

MegaFood
From Farm to Tablet®

LINE DRIVE SAVINGS
All Items
20% off
regular retail

SPROUTS

Herbal Supplements

- ✓ Pure and natural herbal supplements
- ✓ Made with high-quality ingredients
- ✓ Crafted to support your best self



SPROUTS

Collagen Powder



- ✓ 12-20 g. of collagen per serving
- ✓ Gluten-free and Paleo-friendly
- ✓ Add a scoop to your favorite morning beverage to support hair, skin and nails

SPROUTS

Vegan 10 Mushroom Blend Protein Powder

- ✓ 20 g. of protein per serving
- ✓ Gluten and soy-free
- ✓ Add a scoop to your favorite morning beverage for an energizing boost



Vanilla, 32 oz.
\$39⁹⁹
 ea.



JARROW FORMULAS Supplements

Select varieties, 30-120 count

20% off
regular retail

- ✓ Pure and potent formulations to support optimal health
- ✓ Founded in 1977 with over 40 years of science-backed research



Ener-C
Multivitamin Drink Mix
Select varieties, 30 count

20% off
regular retail



JungKwanJang or
CheongKwanJang
Sports Nutrition
Select varieties, 10 count

20% off
regular retail

NATURE'S ANSWER Immune Health Support

- ✓ Manufacturing quality products for over 50 years
- ✓ Mullein-X to help clear mucus and soothe coughs
- ✓ Sambucus Immune formulated with organic elderberries to support year-round



Select varieties and sizes

20% off
regular retail



OM
Mushroom Functional
Beverage Mix
Select varieties, 0.28-8.47 oz.

20% off
regular retail



The Nue Co.
Multivitamins or
Vitamin C
Select varieties, 30 or 60 caps

20% off
regular retail



Natrol
Melatonin
Select varieties, 10-100 count

20% off
regular retail

SCENTS OF THE SEASON

Cozy up and discover the perfect blend of clean ingredients and fall fragrances with our limited-time lineup of beauty, body and home care essentials.



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