

SPROUTS  
FARMERS MARKET

OCTOBER | 2024

# DEALS

*of the*

# MONTH



Offers valid September 25 to October 29, 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



**FALL  
MUST-HAVES**



**VITAL FARMS**



**SPROUTS COFFEE**



**DAIRY**



**BULK**



**MEAT & SEAFOOD**



**FALL COOKING  
COUPONS**



**DELI**



**GENERAL MILLS**



**BAKERY**



**SPICE HUNTER**



**BODY CARE**



**PACIFIC FOODS**



**KA'CHAVA**



**GROCERY**



**SOLGAR  
GARDEN OF LIFE  
AMERICAN HEALTH**



**FROZEN**



**VITAL PROTEINS**



**NUTPODS**



**VITAMINS**

Look for the icons to find products just for you and your lifestyle.



ORGANIC



GLUTEN-FREE



NON-GMO



PLANT-BASED



PALEO



KETO

# FALL FESTIVAL MUST-HAVES

Savor the season with a cozy collection of fall-flavored snacks, sips, meals and more.



USDA Certified Organic



**BETTER BAKING ESSENTIALS**

Creamy and nutty flavor

**PEAK SEASON PRODUCE**



Great for roasting or decorating

\$5 Pizza Family Kit



No antibiotics, ever!



**COZY COMFORT MEALS**

Gluten-free

**SEASONAL SIPS**



Flavored with cinnamon & habanero



**SHOP NOW**

Not all items or varieties available in all store locations. Quantities limited to inventory on hand and subject to availability.

# ★ NEW FOR YOU

EXCLUSIVELY AT SPROUTS



**GOODNESS GRAZECIOUS** ★  
GRASS-FED ORGANIC 85% LEAN GROUND BEEF PATTIES

\$7.99 ea. | 4 ct.

ORGANIC

- ✓ Grass-fed
- ✓ Always fresh, never frozen

★ **TESSEMAE'S PANTRY**  
ORGANIC SALAD DRESSING & DIP

\$8.99 ea. Everyday low price | Select varieties, 10 fl. oz.

- ✓ Organic
- ✓ Gluten-free



**EVERBLUE NATURALS** ★  
HAIR CARE

Select varieties, 10-13.5 fl. oz.

- ✓ Cruelty & paraben-free
- ✓ 100% vegan





## ALDEN'S ORGANIC ICE CREAM

MARIONBERRY SWIRL, COLD BREW COFFEE OR PEANUT BUTTER SWIRL

\$8.99 ea. | 48 fl. oz.



ORGANIC

✓ 3 new creamy flavors

✓ Gluten-free



## SPROUTS



PUMPKIN PIE OR APPLE PIE GELATO

\$4.99 ea. | 16 fl. oz.

✓ Made with high-quality ingredients

✓ No artificial colors or flavors



## STARLITE

VEGAN FROZEN BARBACOA MUSHROOM TAQUITOS

\$6.99 ea. | 8 ct.

GF GLUTEN-FREE

X NON-GMO

PLANT-BASED



## TRULY SIMPLE

FROZEN GRASS-FED BEEF



\$10.99 ea. | Select varieties, 10 oz.

GLUTEN-FREE GF

✓ Made with free-range, 100% grass-fed beef

✓ No antibiotics, preservatives or added hormones

SEE ALL OF OUR NEW AND EXCLUSIVE FINDS!

VIEW MORE

# WAKE UP WITH SMALL BATCH ROASTED COFFEE FROM SPROUTS BRAND

Elevate the everyday with flavorful and responsibly sourced coffee handcrafted from 100% Arabica beans for incredible quality and flavor you can taste.

SPROUTS  
SPOTLIGHT

SPROUTS<sup>®</sup>  
FARMERS MARKET

LEARN MORE



## THE PERFECT PAIR

Buy a 20 oz.  
Vital Proteins  
Collagen Peptides



Get a FREE bag of  
Sprouts Coffee\*



\*Get one free bag of 10 oz. Sprouts Brand Organic Coffee with the purchase of one 20 oz. Vital Proteins Unflavored Collagen Peptides. No rainchecks. Redeem offer at checkout. Valid Dates: 9/25 - 10/29. Select varieties and sizes.

Death Wish  
Pumpkin Chai  
Ground Coffee  
9 oz.



**\$11.99**  
ed.

Peet's  
Pumpkin Spice  
Ground Coffee  
10 oz.



**\$10.99**  
ed.

Pumpkin Spice  
Almonds



**\$8.99**  
lb.

Packaged  
Premium Nuts  
Select varieties, 8-12 oz.



**15%**  
off  
regular retail

Candy, Nuts or  
Snack Mix Multipacks  
Select varieties, 10 ct., 1-1.5 oz.



**10%**  
off  
regular retail

Value-Size  
Packaged Snack Mixes  
Select varieties, 32 oz.



**10%**  
off  
regular retail

# FALL FAVORITES DIGITAL COUPONS

Click to clip your coupons and save big on cozy cooking essentials.

DIGITAL  
COUPONS

CLIP COUPONS & SHOP

## PRIMAL KITCHEN

### SAVE \$3.00

on ONE (1) Primal Kitchen  
Avocado Oil

Expiration Date: 11/14/24



CLICK  
TO CLIP



## CARBONE™

FINE FOOD

### SAVE \$2.00

on any ONE (1) Carbone  
Pasta Sauce

Expiration Date: 11/14/24

CLICK  
TO CLIP



## GOOD FOODS™

### SAVE \$1.00

on any ONE (1) Good Foods  
Guacamole, Avocado Mash or Salsa  
or any Dairy or Plant-Based Dip

Expiration Date: 11/13/24



CLICK  
TO CLIP



## Pacific FOODS.

### SAVE \$2.00

on any TWO (2) Pacific  
32oz. Creamy Soups

Expiration Date: 11/14/24

CLICK  
TO CLIP





# TASTY MEETS HEALTHY WITH SNACKS FROM GENERAL MILLS

Whether you want crunchy or creamy, or salty or sweet, General Mills has delicious and nutritious snacks for everyone in the family.

**SPROUTS  
SPOTLIGHT**



**LEARN MORE**

Add a little pep to your step with a whole grain cereal that is crafted with 17 g. of whole grains and 3 g. of fiber.

Baked is better, and these crackers are free from artificial flavors and synthetic colors.



Perfect for on-the-go or as a snack, these bars have 11 g. of whole grains.



Wild-caught Alaskan Salmon plus a smokey maple glaze is one of the best ways to get 9 g. of protein!

With only 4 ingredients, these bars have energy-releasing B vitamin riboflavin for a quick pick-me-up.

# NEW LOOK, SAME GREAT PRODUCT FROM SPICE HUNTER

Sourced from the best growing regions around the world, Spice Hunter's herbs and spices are full of rich, vibrant flavor for a delicious blend in every jar.

SPROUTS  
SPOTLIGHT

SPICE  
HUNTER

SHOP NOW

## BAKE UP SOMETHING DELICIOUS

Add a little cinnamon to your fall pies. Sprinkle a dash of warm nutmeg in your pumpkin bread. Variety is the spice of life when you bake with cozy spices perfect for the season.

- ✓ Non-GMO Project Verified
- ✓ Kosher



Old Spice Hunter Packaging



# FRESH FROM THE PANTRY WITH PACIFIC FOODS

Delicious recipes are in reach with organic cooking staples and flavorful soups.

SPROUTS  
SPOTLIGHT

Pacific  
FOODS.

LEARN MORE

Gluten-free

Made with  
non-GMO ingredients

13 g. of protein per can



## SPICY CHICKEN NOODLE SOUP

A vibrant blend of delicious noodles, chicken and veggies with a medium-heat spicy kick.



## ROASTED RED PEPPER & TOMATO SOUP

A bold, creamy blend of ripe tomato with slow-roasted red peppers and organic milk.



## CREAM OF CELERY CONDENSED SOUP

A savory blend of celery and cream for a rich flavor to use as a starting ingredient in quick bakes or in place of a roux or bechamel.



Nature's Path  
Organic Oatmeal  
or Cereal  
Select varieties, 8-14 oz.

**2 for \$8**



Country Archer  
Bagged Jerky  
Select varieties, 5-8 oz.

**\$13.99** ea.



Skinny Dipped  
Cups or Almonds  
Select varieties,  
3.1 or 3.5 oz.

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



Matcha Love  
Sweetened Barista Matcha Powder  
8 oz.

**20% off**  
regular retail



Once Upon a Farm  
Oat Bars, Baby Food, Yogurt, Melts or Puffs  
Select varieties and sizes

**30% off**  
regular retail



Aura Bora  
Sparkling Water  
Select varieties, 12 fl. oz.

**2 for \$3**  
+CRV in CA



Spry  
Sugar-Free Gum  
Select varieties, 100 ct.

**\$6.99** ea.



Bachan's  
Japanese  
Barbecue Sauces  
Select varieties, 16-17 oz.

**\$6.99** ea.



Bigelow  
Boxed Tea  
Select varieties, 18-20 ct.

**2 for \$6**



Big Tree Farms  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**15% off**  
regular retail



**Orgain  
Nutritional Shakes**  
Select varieties,  
11 fl. oz. or 4 pk.

**30% off**  
regular retail



**Koala Eco  
Cleaning Essentials**  
Select varieties, 16.9 fl. oz.

**\$7.99**  
ea.



**Near East**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**2 for \$5**



**Tasty Bite  
Indian Cuisine**  
Select varieties, 10 oz.

**2 for \$7**



**NuttZo  
Nut & Seed Butter**  
Select varieties, 12 oz.

**\$7.99**  
ea.



**Mi Niña  
White Corn  
Tortilla Chips**  
Select varieties, 12 oz.

**2 for \$9**



**Roar Organic  
Vitamin Enhanced  
Beverage**  
Select varieties, 18 fl. oz.

**2 for \$4**

+CRV in CA



**Alter Eco Organic  
Chocolate Bars**  
Select varieties,  
2.65-2.96 oz.

**2 for \$7**



**Bonafide Provisions  
Organic Broth**  
Select varieties, 32 fl. oz.

**2 for \$8**



**Taylor Pass Honey Co**  
All Items

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



Hello I'm Ugly  
Dried Fruit  
Select varieties, 2-4 oz.

**2 for \$8**



Juni  
Sparkling Tea  
Select varieties, 12 fl. oz.

**2 for \$5**

+CRV in CA



C2O  
Coconut Water  
Select varieties,  
8 pk., 10.5 fl. oz.

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

+CRV in CA



Kettle & Fire  
Soup  
Select varieties, 16 oz.

**\$4.99**  
ed.



Garden of Eatin'  
Tortilla Chips  
Select varieties, 16 oz.

**VALUE SIZE!**  
**\$4.99**  
ed.



Mineragua  
Sparkling Water  
9 pk., 12.5 fl. oz.

**\$7.99**  
ed.

+CRV in CA



The Spice Hunter  
Organic Spices  
Select varieties, 0.4-2 oz.

**40% off**  
regular retail



Minor Figures  
Organic Barista  
Oat Milk  
32 fl. oz.

**2 for \$8**



The Honest Kitchen  
Pour Overs or  
Meal Enhancers for Dogs  
Select varieties, 5.5 oz.

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



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

**\$11.99**  
ed.



Langers  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**10% off**  
regular retail  
+CRV in CA



Eternal  
Alkaline Spring Water

**1.5 LTR.**  
**2 for \$4**  
+CRV in CA



Lucini  
Pasta Sauce  
Select varieties, 24 oz.

**\$6.99** ea.  
USDA ORGANIC



Immi  
Plant-Based Ramen  
Select varieties, 2.4 oz.

**\$3.99** ea.



I and Love and You  
Pet Essentials  
Select varieties and sizes

**20% off**  
regular retail



DeCecco  
All Items

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



Rao's  
Made for Home Soups  
Select varieties, 15.5-16 oz.

**2 for \$9**



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

**\$6.99** ea.  
GF



Zoup!  
All Items

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



Carapelli  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**\$15.99** ea.



**Watkins  
Baking Essentials**  
Select varieties and sizes

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



**Essentia  
Water**

**1 LTR.**

**2 for \$4**

+CRV in CA



**Fond  
Bone Broth**  
Select varieties, 14 fl. oz.

**\$9.99**  
ea.



**Fresh Press Farms**  
All Items

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



**Seventh Generation**  
All Items

**LINE DRIVE  
SAVINGS**

All Items

**10% off**  
regular retail



**Elmhurst  
Plant-Based Lattes**  
Select varieties, 25.4 fl. oz.

**\$6.49**  
ea.

**GF**



**Maya Kaimal  
Simmer Sauces**  
Select varieties, 12.5 oz.

**\$4.99**  
ea.

**GF**



**Glacéau  
Vitamin Water**  
Select varieties, 20 fl. oz.

**3 for \$5**

+CRV in CA



**Poppi  
Prebiotic Soda**  
Select varieties, 4 pk., 12 fl. oz.

**\$7.99**  
ea.

+CRV in CA



**Mom's Best Cereals**  
Select varieties, 17.5-24 oz.

**\$4.99**  
ea.



**USDA ORGANIC**

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

**Numi**  
All Items

**Lenny & Larry's**  
**The Complete Cookie**  
Select varieties, 4 oz.

**2 for \$4**

**NON GMO Project VERIFIED**

**Safe Catch**  
Tuna or Salmon  
Select varieties, 2.6-5 oz.

**20% off**  
regular retail

**NEW**

**green cola**  
Sugar Free Cola  
6 pk., 12 fl. oz.

**\$6.99** ed.  
+CRV in CA

**KETTLE BRAND**  
**AIR FRIED**  
KETTLE COOKED AIR FINISHED  
HIMALAYAN SALT  
JALAPEÑO  
SEA SALT & VINEGAR

**GF**

**Kettle Brand**  
**Air Fried Potato Chips**  
Select varieties, 6.5 oz.

**2 for \$7**

**WAIAKEA**  
Alkaline Water

**1 LTR.**

**2 for \$4**  
+CRV in CA

**think!**  
Nutrition Bars  
Select varieties, 1.41-2.1 oz.

**2 for \$4**

**IQ BAR**  
Protein Bars  
Select varieties, 1.6 oz.

**GF**

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

**USDA ORGANIC**

**ORGANIC INDIA**  
Boxed Tea  
Select varieties, 18 ct.

**2 for \$8**

**USDA ORGANIC**

**The New Primal**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**15% off**  
regular retail



Plum Organics  
Baby Food Pouches  
Select varieties, 3.5-4 oz.

Everyday  
low price  
**2 for \$5**



Simply Organic  
Vanilla Bean Paste  
or Pumpkin Spice  
4 fl. oz. or 1.94 oz.

**20% off**  
regular retail



Zen Wtr  
50.7 fl. oz.

**3 for \$5**  
+CRV in CA



Fody  
All Items

**20% off**  
regular retail  
All Items



Teecino  
Boxed Teas  
Select varieties and sizes

**20% off**  
regular retail



Delallo  
Semolina Pasta  
Select varieties, 8.8-16 oz.

**2 for \$6**



Pacific Foods  
Organic Soups  
Select varieties, 32 fl. oz.

**\$4.99**  
ea.



Drink Weird  
Organic Tea  
Select varieties, 16 fl. oz.

**2 for \$5**  
+CRV in CA



C2O  
Organic  
Coconut Water  
16.9 fl. oz.

**BUY 1, GET 1 FREE!**  
of equal or  
lesser value



Mosh  
Nutrition Bars  
Select varieties, 1.48 oz.

**2 for \$5**



Izze  
Sparkling Juice  
Select varieties,  
6 pk., 8.4 fl. oz.

**\$6.99**  
ea.  
+CRV in CA



Select varieties,  
18-21.7 oz.

**\$7.99**  
ea.

# YUMMY

## All Natural Frozen Chicken Nuggets or Tenders

- ✓ No artificial flavors, colors or preservatives
- ✓ No antibiotics ever, chicken
- ✓ 9-10 g. of protein per serving



Jack & Annie's  
Frozen Meat Alternatives  
Select varieties, 7.8-10.1 oz.

**\$3.99**  
ea.



Daring Frozen  
Plant Chicken Pieces  
Select varieties, 8 oz.

**\$5.99**  
ea.



Gardein Frozen  
Ultimate Bowls  
Select varieties, 9 oz.

**\$4.49**  
ea.



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

**\$5.99**  
ea.



PAOW!  
Plant-Based Frozen  
Korean BBQ or  
Not Just Philly Pieces  
8 oz.

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



Gardein  
Plant-Based Frozen Ultimate Proteins  
Select varieties, 14-15 oz.

**\$9.99**  
ea.



Unlimeat  
Made From Plants  
Plant-Based Proteins  
Select varieties, 9.2 oz.

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



Alpha Foods  
Frozen Breakfast  
Sandwiches

Select varieties, 4.7-5.5 oz.

**2 for \$6**



Brazi Bites  
Gluten-Free  
Frozen Waffles

Select varieties, 6 ct.

**\$4.99**  
ed.



Start Right  
Frozen Breakfast  
Sausage Waffle Sliders

Select varieties, 2 ct.

**\$5.99**  
ed.



SunButter  
Frozen Sunflower  
Butter & Jelly  
Sandwiches

Select varieties, 4 ct.

**\$5.99**  
ed.



Feel Good Foods  
Frozen Pancake Bites

Select varieties, 12.7 oz.

**\$6.99**  
ed.



Rudi's  
Frozen Breakfast  
Sandwiches or  
3 Cheese Texas Toast

Select varieties, 2 or 4 ct.

**\$7.99**  
ed.



Sweet Nothings  
Frozen Açai Bowls

Select varieties, 6 fl. oz.

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



Blendtopia  
Frozen Superfood  
Coffee Latte

Select varieties,  
6 pk., 1.55-1.59 fl. oz.

**\$6.99**  
ed.



Cappello's  
Frozen Biscuits

Select varieties, 6 ct.

**\$8.99**  
ed.



Wyman's  
Frozen Mango Chunks  
or Strawberries

3 lbs.

**\$11.99**  
ed.



Wyman's  
Frozen Fruit  
or Fruit Blends

Select varieties, 3 lbs.

**\$13.99**  
ed.



Wyman's  
Frozen Triple Berry  
Fruit Blend

3 lbs.

**\$14.99**  
ed.



GF

Truwhip Frozen Whipped Topping

Select varieties, 9-10 oz.

**\$2.99** ed.



GF

So Delicious Frozen Coconut Whipped Topping

Select varieties, 9 oz.

**\$4.49** ed.



GF

Cappello's Frozen Cookie Dough

Select varieties, 12 ct.

**\$8.99** ed.



Funny Farm Goat Milk Ice Cream

Select varieties, 14 fl. oz.

**\$5.99** ed.



Gelato Boy Sorbet or Gelato

Select varieties, 14 or 16 fl. oz.

**\$5.99** ed.



USDA ORGANIC

Sweet Nothings Kids Frozen Squeezable Smoothies

Select varieties, 6 pk., 2.15 oz.

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



GF

Diana's Frozen Chocolate Banana Bites or Halves

Select varieties, 8 or 9.2 oz.

**\$4.99** ed.



GF

FudgyPop Frozen Dessert Bars

Select varieties, 5 pk., 1.75 fl. oz.

**\$5.49** ed.



Van Leeuwen Ice Cream or Non-Dairy Frozen Dessert

Select varieties, 14 fl. oz.

**\$5.99** ed.



Van Leeuwen Frozen Novelties

Select varieties, 3-4 ct.

**\$5.99** ed.



Path of Life  
Frozen Quinoa or  
Rice Blend

Select varieties, 10 oz.

**\$3.99**  
ed.



Cascadian Farm  
Organic Frozen  
Potatoes

Select varieties, 12-16 oz.

**\$4.99**  
ed.



Atlantic Sea Farms  
Frozen Ready-to-Eat  
Kelp or Kelp Cubes

Select varieties, 2 or 8 ct.

**\$5.99**  
ed.



Alexia  
Frozen Potatoes

Select varieties, 15-19 oz.

**\$5.99**  
ed.



Snow Days  
Grain-Free  
Frozen Pizza Bites

Select varieties, 6 oz.

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



Mila  
Frozen Soup  
Dumplings

Select varieties, 8.8 oz.

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



Feel Good Foods  
Frozen Soup Dumplings,  
Egg Rolls or Potstickers

Select varieties, 6-10 oz.

**\$6.99**  
ed.



Starlite Vegan  
Frozen Rolled Tacos  
or Taquitos

Select varieties, 6 or 8 ct.

**\$6.99**  
ed.



Cooked Perfect  
Frozen Meatballs

Select varieties, 12-20 oz.

**\$7.99**  
ed.

## VAN LEEUWEN FROZEN DESSERTS

Ice Cream Cake, Peanut Butter Brownie Honeycomb  
or Buttermilk Berry Cornbread

- ✓ Sweetened with real cane sugar
- ✓ Churned with simple ingredients
- ✓ Explore one-of-a-kind flavorings



14 fl. oz.

**\$5.99**  
ed.



Alpha Foods  
Frozen Burritos

Select varieties, 5-5.5 oz.

**2 for \$5**



Feel Good Foods  
Frozen Burritos

Select varieties, 5 oz.

**2 for \$6**



Wholly Wholesome  
Gluten Free Frozen  
Pizza Crusts or Dough

3 ct. or 14 oz.

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



Manini's Delicious & Fresh  
Frozen Mini Pizza Crusts or Dough

4 ct. or 16 oz.

**\$5.99**  
ed.



Carbonaut  
Frozen Not So Thin Pizza Crust

7.6 oz.

**\$6.99**  
ed.



Blackbird  
Frozen Pizza

Select varieties, 14 oz.

**\$7.99**  
ed.



Clo-Clo Delectably Vegan  
Frozen Pizza or Crust

Select varieties, 10.3-11.2 oz.

**\$8.99**  
ed.



Milton's Frozen  
Cauliflower Crust Pizza

Select varieties, 10-11 oz.

**\$9.99**  
ed.



Rao's Made For Home  
Frozen Brick Oven Crust Pizza

Select varieties, 18.3-21.6 oz.

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



Once Upon A Farm  
Baby Organic Frozen  
Plant-Rich Meals  
Select varieties, 3.5 oz.

**2 for \$8**



Scott & Jon's  
Frozen Rice or  
Pasta Bowls  
Select varieties, 8 or 9.6 oz.

**\$3.99**  
ed.



Forks Over Knives  
Frozen Entrées  
Select varieties, 14 oz.

**\$5.99**  
ed.



CedarLane Frozen  
Protein Bowls  
Select varieties, 10 oz.

**\$5.49**  
ed.



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

**\$5.99**  
ed.



CedarLane  
Frozen Simply  
Plant Powered Entrées  
Select varieties, 10 oz.

**\$6.49**  
ed.



Cappello's  
Grain-Free  
Frozen Pasta  
Select varieties, 9-9.9 oz.

**\$8.99**  
ed.



Rao's Made for Home  
Frozen Entrées  
Select varieties, 24-27 oz.

**\$10.99**  
ed.

## ICE CREAM FOR BEARS

### Grass-Fed French Ice Cream

- ✓ Made with grass-fed and regenerative ingredients
- ✓ Free from gums and seed oils
- ✓ Sweetened with raw honey



Select varieties,  
14 fl. oz.

**\$7.99**  
ed.



# ADD A SPLASH OF SWEETNESS WITH ORGANIC CANE SUGAR CREAMERS

With only 4 grams of organic non-GMO cane sugar per serving, these new creamers are the perfect way to transform your daily cup of coffee or tea. With a rich, smooth flavor, you'll sip, savor and smile every morning.

SPROUTS  
SPOTLIGHT



LEARN MORE

Plant-based  
and dairy-free



Free from added oils,  
and artificial flavors

Made with almonds  
and coconuts

# PASTURE-RAISED EGGS, THE WAY NATURE INTENDED

Vital Farms is on a mission to bring ethical food to the table and improve the lives of people, animals and the planet through food.

SPROUTS  
SPOTLIGHT



This is snacking made easy! First they're boiled then pre-peeled and conveniently packaged for busy mornings or protein-packed meals.



LEARN MORE

Our butter starts with pasture-raised cows who spend their time grazing outside. During the warm months, that's an average of 200 days a year!



Laid By Happy Hens  
On Family Farms  
Each egg is laid by hens that are free to roam on pasture with at least 108 sq. ft. of space and plenty of sunshine.

# KELSI'S KITCHEN

## Snack Size Truffle Treats

- ✓ Made with simple ingredients
- ✓ A nutrient-dense, sweet treat



Select varieties,  
6 pk., 0.5oz.  
**\$6.99**  
ea.



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

**3 for \$4**



GoodBelly Probiotics  
Wellness Shots or  
Juice Drink  
Select varieties, 10.8 or 32 fl. oz.

**2 for \$6**  
+CRV in CA



Siggi's  
Protein Pack Yogurt Pouch  
Select varieties, 4.5 oz.

**2 for \$3**



Honey Mama's  
Truffle Bar  
Select varieties, 2.5 oz.

**2 for \$8**



Rebl  
Organic Elixir  
or Protein Drinks  
Select varieties, 12 fl. oz.

**2 for \$7**  
+CRV in CA



Vital Farms  
Organic Hard Boiled Eggs  
6 ct.

**\$5.99**  
ea.





GT's  
Kombucha,  
Agua de Kefir or Elixir  
Select varieties, 16 fl. oz.

**2 for \$6**  
+CRV in CA



Bizzy Organic  
Cold Brew Coffee  
Select varieties, 48 fl. oz.

**\$6.49**  
ed.  
+CRV in CA



Chameleon  
Organic Cold-Brew  
Coffee Concentrate  
Select varieties, 32 fl. oz.

**\$8.99**  
ed.



Big Mountain  
Lion's Mane Mushroom Burger  
or Mushroom Crumble  
8.46 or 12 oz.

**\$5.99**  
ed.



Suja Organic  
Shots or Juice  
Select varieties,  
2 or 12 fl. oz.

**2 for \$6**  
+CRV in CA



Lactaid  
Milk  
Select varieties, 64 fl. oz.

**\$4.49**  
ed.



Planet Oat  
Oatmilk  
Select varieties, 52 fl. oz.

**2 for \$7**



Ripple  
Plant-Based Milk  
Select varieties,  
48 fl. oz.

**2 for \$10**  
+CRV in CA



Evolution Fresh  
Cold-Pressed Juice  
Select varieties, 15.2 fl. oz.

**BUY 1 GET 1 50% OFF**  
regular retail  
of equal or  
lesser value  
+CRV in CA



Field Roast  
Meat & Cheese Co.  
Plant-Based Sausage  
Select varieties, 9.31-12.95 oz.

**\$5.99**  
ed.



Lightlife  
Original Tempeh  
8 oz.

**\$3.49**  
ed.



# MARINATED Pollo Asado

NO ANTIBIOTICS EVER

**\$5.99**  
lb.

Available in the service case

Chef created recipe, no added hormones, prepared fresh in-store daily

- ✓ Marinated and ready to cook
- ✓ No antibiotics ever, chicken
- ✓ Always fresh. Never frozen.



Godshall's Organic  
Uncured Turkey Bacon  
No steroids or hormones added, no added nitrates or nitrites, 8 oz.

**\$6.99**  
ed.



Sprouts  
Fully Cooked  
Dinner Sausage  
Select varieties, 12-12.8 oz.

**\$6.99**  
ed.



Thomas Farms  
Wagyu Beef Burgers  
All-natural,  
no added hormones, 16 oz.

**\$7.99**  
ed.

# COLOSSAL PHOSPHATE-FREE Cooked Shrimp

- ✓ Responsibly sourced seafood
- ✓ Great for hosting



16/20 ct.  
Farm-raised,  
previously frozen  
**\$10.99**  
lb.  
Also available  
in a 2 lb. bag



Pacific  
Sustainable Seafood  
All Items

**10%**  
off  
regular retail



Next Wave  
Seafood  
All Items

**10%**  
off  
regular retail



Wild North Atlantic  
Colossal Sea Scallops  
U-15, previously frozen

**\$16.99**  
lb.  
Also available  
in a 2 lb. bag

WILD  
CAUGHT  
FAVORITES



## PANERA BREAD Autumn Squash Soup

- ✓ A creamy combination of pumpkin and butternut squash
- ✓ Seasoned with warm spices, ginger and a touch of apple
- ✓ Ready to heat and eat

## DISCOVER ORGANIC IN THE DELI

### IZZIO Grilled Cheese Sandwiches



- ✓ Made with 100% organic ingredients
- ✓ A great source of protein
- ✓ Bake right in the bag for just 10 minutes



LIMITED TIME ONLY!

# IRRESISTIBLE FALL FLAVORS

Take home your favorite baked treat today!



Abe's  
Vegan Mini Muffins  
Chocolate Chip or Blueberry, 12 pk.

**\$5.99**  
ed.



Sprouts  
Fresh Baked Cookies  
Select varieties, 12 ct.

**\$4.99**  
ed.



Brooklyn Bred  
Pizza Crust  
Select varieties, 2-3 ct.

**\$4.49**  
ed.  
Everyday low price



Canyon Bakehouse  
Heritage Style Breads  
Select varieties, 24 oz.

**\$9.49**  
ed.





Amazing Grass  
Mood Greens Blend  
Passionfruit Citrus, 7.4 oz.

**15%** off  
regular retail



Remedy Organics  
Organic Shot  
Select varieties, 2 fl. oz.

**2 for \$6**



Dr. Squatch  
Shampoo or  
Conditioner  
Select varieties, 8 or 11.5 fl. oz.

**\$13.99** ed.



The Humble Co.  
Dental Care  
Select varieties and sizes

**15%** off  
regular retail



Giovanni Hair Care  
Select varieties, 7-24 fl. oz.

**15%** off  
regular retail



Herbatint  
Root Touch Up Kit  
Select varieties, 0.33 oz.

**\$16.99** ed.



Viori  
Conditioner or  
Shampoo Bars  
Select varieties, 2.53 or 3.17 oz.

**\$16.99** ed.



Boka  
Toothpaste  
Select varieties, 4 oz.

**15%** off  
regular retail



# REAL ROOT BY SPROUTS

Explore our new exclusive collection of clean and nourishing beauty and body care.



Cruelty-free



Parabens



Phthalates



Artificial colors



Synthetic fragrance



# 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

# SCENTS OF THE SEASON

Bring warmth and relaxation to every corner of your home from limited-time soothing soaps and bath bombs to fragrant candles and reed diffusers for fall.



\*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.

Pacha Soap Co.  
Fall Seasonal Body Care or Candles  
Select varieties and sizes



Everyday low price

**\$6<sup>99</sup> - \$24<sup>99</sup>**  
ea. ea.



Everyday low price

Andes Gifts  
Pumpkin Knitted Décor **\$16<sup>99</sup>**  
ea.

Real Root by Sprouts  
Seasonal Aromatherapy  
Select varieties and sizes



Everyday low price

**\$7<sup>99</sup> - \$11<sup>99</sup>**  
ea. ea.

alba  
BOTANICA®



# ALBA BOTANICA

- ✓ Crafted from nourishing, plant-based ingredients
- ✓ Cruelty-free and made with recyclable packaging and no artificial colors

## ANDALOU NATURALS Facial Care

- ✓ Made with heirloom apple and grape stem cells to support skin cells
- ✓ Help protect, restore and radiate your skin
- ✓ Vegetarian



ANDALOU  
NATURALS

Select varieties  
and sizes  
All Items  
Save up to  
**15%** off  
regular retail

DESERT  
ESSENCE®



## DESERT ESSENCE Dental Care

Select varieties  
and sizes  
Save up to  
**15%** off  
regular retail

- ✓ Support for every step of your oral care routine to help cleanse your mouth
- ✓ Crafted with the potent power of plants

## DR. BRONNER'S Liquid Castile Soap

- ✓ Scented with pure essential oils
- ✓ More than 18 uses from face and body wash to laundry soap and more
- ✓ Free from synthetic preservatives, detergents and foaming agents



DR. BRONNER'S  
**ALL-ONE!**

Select varieties,  
32 fl. oz.  
**\$17.99**  
ea.

# GRAB & GIVE

**HELP OTHERS THIS HOLIDAY SEASON**

Gift a pre-filled  
bag of body care  
essentials.

# SHAKE UP YOUR DAY WITH KA'CHAVA FOR WHOLE BODY NUTRITION

Nourish your mind and body with 85+ superfoods, nutrients, and plant-based ingredients to help support total wellness. With 25 g. protein, 26 vitamins and minerals, and 6 g. of fiber Ka'Chava is there to fuel you on any adventure you're on.

SPROUTS  
SPOTLIGHT

## KA'CHAVA®

LEARN MORE

### CHOCOLATE ALL-IN-ONE NUTRITION SHAKE

Deliciously rich with real cocoa and cinnamon

- ✓ Plant-based
- ✓ Dairy-free
- ✓ Soy-free
- ✓ Gluten-free



### VANILLA ALL-IN-ONE NUTRITION SHAKE

Creamy and smooth with a clean vanilla taste

# MAKE YOUR LIFE SHINE WITH DAILY WELLNESS SUPPLEMENTS

Enhance your wellness journey with Solgar, Garden of Life and American Health

**SPROUTS SPOTLIGHT**



Support your health and immune system with Garden of Life Dr. Formulated Probiotics Once Daily Womens in easy-to-take capsules free from gluten, dairy and soy.\*



**AMERICAN HEALTH**

Gentle and non-acidic supplement with a unique vitamin C formula and citrus bioflavonoids to support your immune system.\*



Enjoy your daily dose of THREE essential nutrients in ONE easy spoonful. This liquid supplement is easy to absorb and delicious.\*



\* or † 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. Solgar: † Adequate Calcium and Vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

# SUPPORT YOUR BODY WITH RESPONSIBLY PACKAGED VITAL PROTEINS®

The same premium collagen peptides that help to support your hair, skin bones and joint health\* — are now available in sustainably sourced packaging. Using 90%\*\* less plastic, you can still scoop, stir and sip your way to better health but do it in an eco-friendly way.

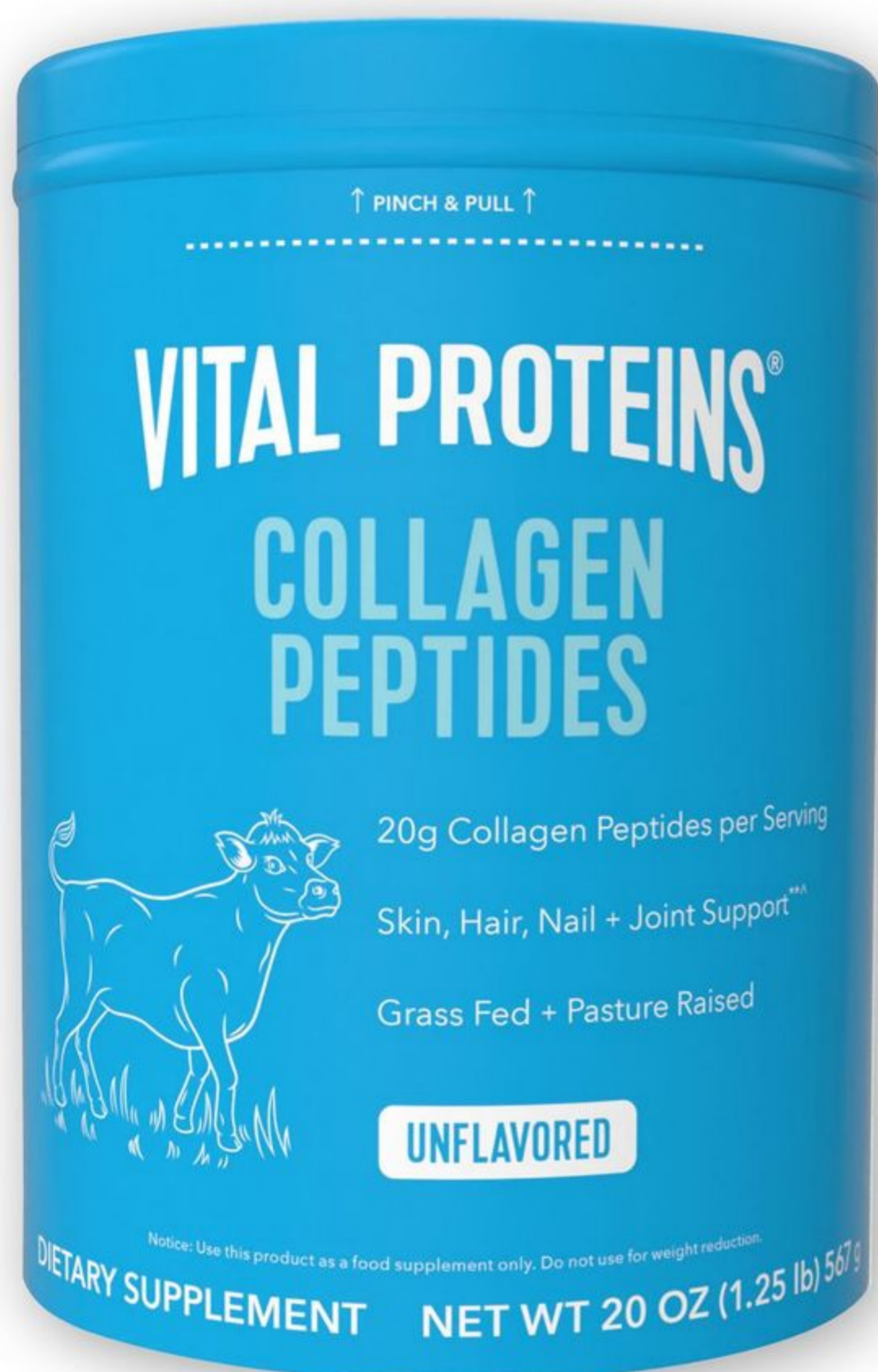


## VITAL PROTEINS®

LEARN MORE

### VITAL PROTEINS® COLLAGEN PEPTIDES

- ✓ 20 g. of collagen peptides per serving
- ✓ Grass-fed and pasture-raised
- ✓ Made without gluten or dairy
- ✓ 0 g. of sugar per serving



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

\*\*90% plastic reduction across all canister offerings based on 2023 numbers versus the amount of plastic in the same number of canisters in 2025.

\*\*\*Get one free bag of 10 oz. Sprouts Brand Organic Coffee with the purchase of one 20 oz. Vital Proteins Unflavored Collagen Peptides. No rainchecks. Redeem offer at checkout. Valid Dates: 9/25 - 10/29. Select varieties and sizes.



# ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

## MULTIVITAMINS

Vital for growth, repair and optimal health.\*

MegaFood  
SINCE 1973



MegaFood  
Multivitamins  
Select varieties, 30-120 count

**20%** off  
regular retail

## OMEGA-RICH OILS

Promotes healthy joint, brain and heart function.\*

NORDIC NATURALS

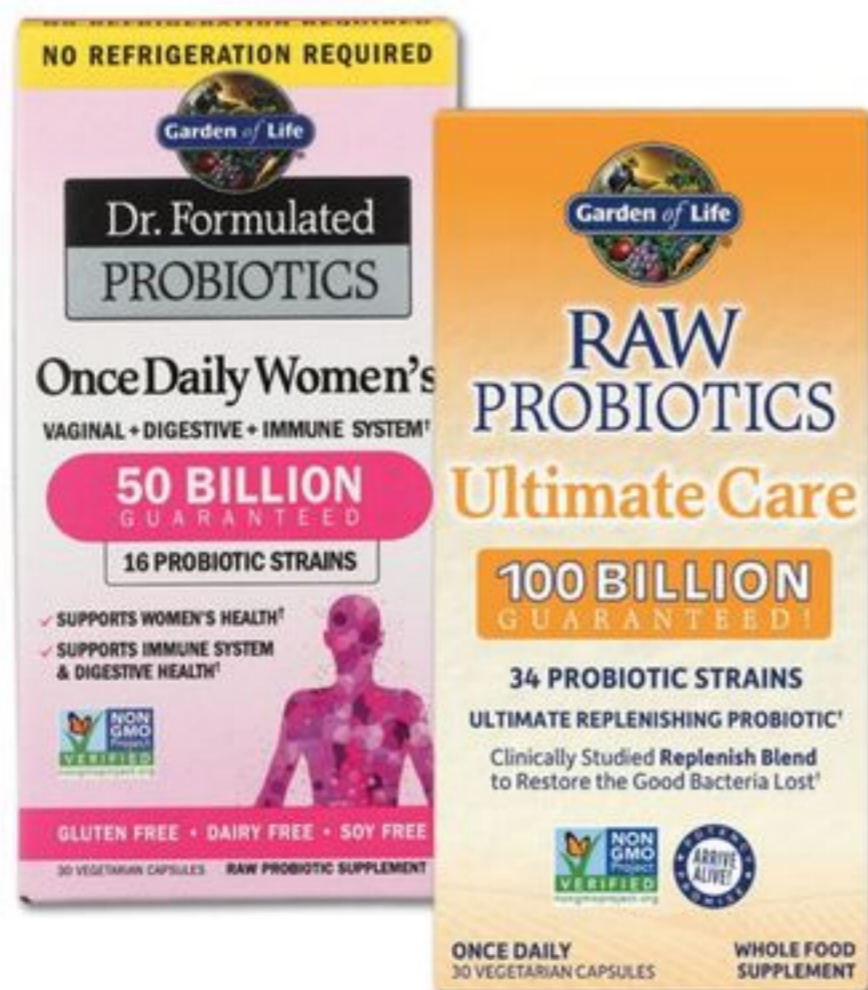


Nordic Naturals  
Omega-Rich Supplements  
Select varieties and sizes

**20%** off  
regular retail

## PROBIOTICS

Supports a healthy digestion and immune system.\*



Garden of Life  
Probiotics  
Select varieties and sizes

**20%** off  
regular retail

## SUPERFOODS

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



Bloom 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.



# MRM NUTRITION

- ✓ Support muscle cell and fatigue with Creatine Monohydrate
- ✓ Digest-All is made with ginger and peppermint to support bloating
- ✓ Glucosamine Chondroitin to support joint relief and repair

# DOCTOR'S BEST



- ✓ Crafted with science-based nutrition
- ✓ Made with high-quality ingredients
- ✓ Curated to give support for overall health



# SUNFOOD

- ✓ Golden Milk can help with joint support with its turmeric root
- ✓ Cacao Superlatte has lion's mane to boost concentration
- ✓ Beet Powder supports stamina and recovery

# JUNG KWAN JANG

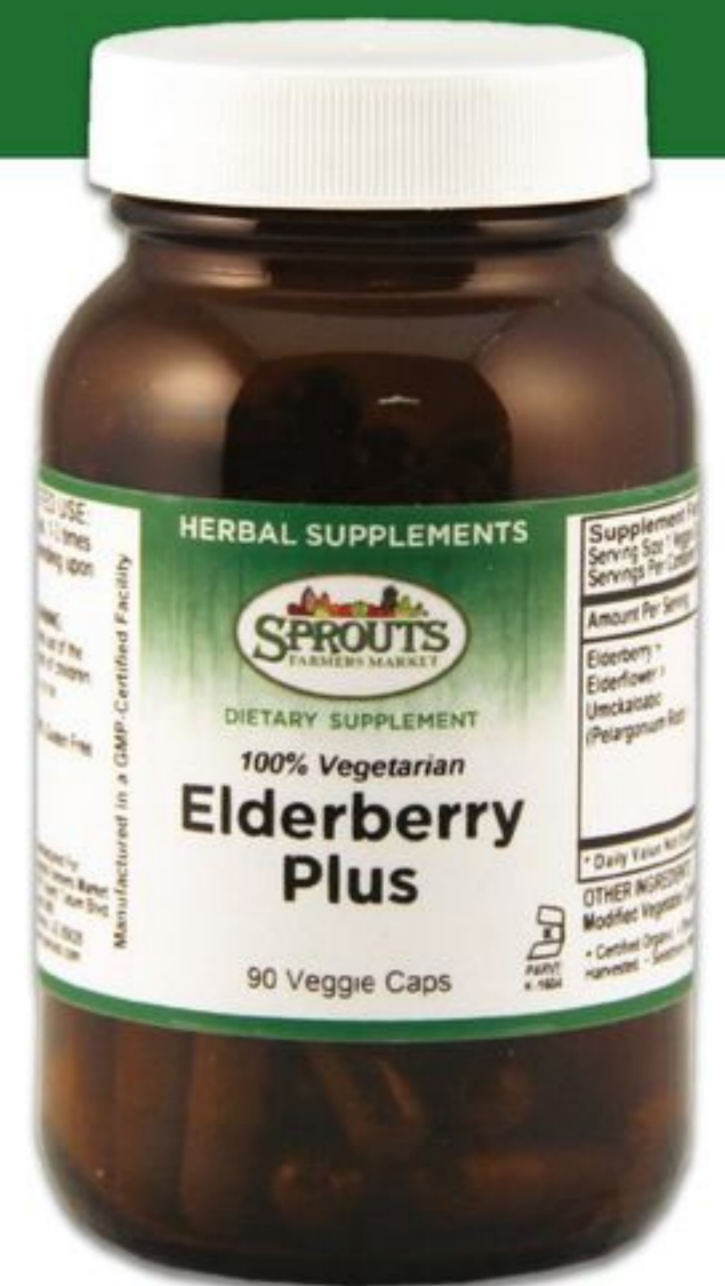
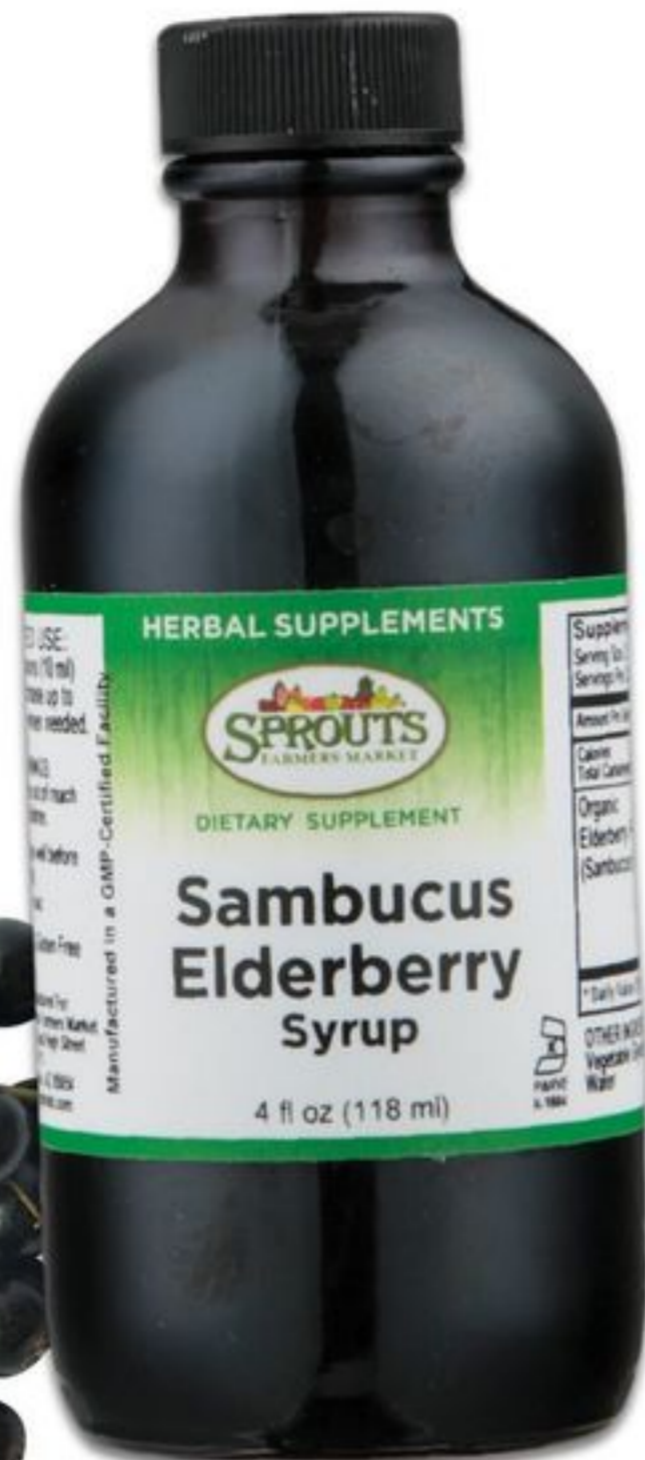
- ✓ Support your energy, immunity, and overall well-being
- ✓ Red Ginseng may help improve blood circulation naturally



**LINE DRIVE SAVINGS**  
All Items  
**15% off**  
regular retail

# SPROUTS

## Seasonal Wellness Support



- ✓ A great source of antioxidants
- ✓ Support a strong immune system
- ✓ Crafted with natural, effective ingredients

## HERB OF THE MONTH

# SPROUTS

## Echinacea



- ✓ Used to treat congestion and respiratory illnesses by the ancient Greeks
- ✓ Can support your GI tract by helping maintain a healthy intestinal flora

# SPROUTS

## Vegan Protein Powder

- ✓ An easy-to-digest dietary supplement
- ✓ 20 g. of plant-based protein per serving
- ✓ Just mix 1 scoop with your favorite morning beverage



Caramel Apple Pie, 16.9 oz.

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



# MĀNUKA HEALTH

## Mānuka Honey Supplements

- ✓ 100% New Zealand Mānuka Honey tested for purity and certified MGO content
- ✓ Sustainably sourced and traceable back to the beekeeper

# WISHGARDEN

## Seasonal Wellness Supplements



- ✓ Women's founded, family-run and dedicated to sustainable harvesting practices
- ✓ Crafted from unique formulations to support your wellness needs



# HERB PHARM

## Herbal Supplements

- ✓ Responsibly grown, following regenerative farming practices
- ✓ Harvested at peak potency
- ✓ Each herb is expertly extracted combining the wisdom of nature with science

# SOURCE NATURALS

## Seasonal Wellness Support



- ✓ Expertly crafted all-in-one immune formula
- ✓ A leader in supporting your wellness needs for over 40 years
- ✓ Support for stress, relaxation and a good nights rest



Probulin®  
THE NEXT GENERATION OF PROBIOTICS™



# PROBULIN

Probiotics

- ✓ Each probiotic formula contains billions of diverse good bacteria
- ✓ Doctor-formulated to support a healthy gut microbiome

## VITAL PROTEINS

Collagen

- ✓ Crafted to support hair, skin, nails and joint health
- ✓ 20 g. of collagen protein per serving
- ✓ No artificial sweeteners, dairy or gluten



VITAL PROTEINS®

Select varieties and sizes

**15%** off  
regular retail

VIBRANT HEALTH®



## VIBRANT HEALTH

Supplements

- ✓ Made with high-quality ingredients to support your best health
- ✓ Carefully selected superfoods for antioxidant protection

## INNER-ĒCO

Probiotic Coconut Water

- ✓ 100 billion CFU's to help support gut health
- ✓ Crafted with untreated, young coconuts and Kefir
- ✓ Dairy, soy and gluten-free



inner-ēco®

Select varieties, 15 fl. oz.

**\$21.99**  
ea.

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