

# FIND YOUR HEALTHY

DOORS OPENING FRIDAY, OCTOBER 11 AT 7AM  
**IN LONG BEACH!**

E. Pacific Coast Hwy. & Ximeno Ave.



**JUMBO BLUEBERRIES**

9.8 oz.

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

**GREAT PRICES  
 — ON THE —  
 FRESHEST  
 PRODUCE**



Yellow Peaches

**\$2.48**  
 lb.

ORGANIC • ORGANIC • ORGANIC



Organic  
 Gala Apples

2 LB. BAG  
**\$2.48**  
 ea.



Grapery  
 Cotton Candy Grapes

**\$3.98**  
 lb.

Sprouts  
 Organic Popcorn  
 or Tortilla Chips  
 Select varieties, 4 or 8 oz.



**2 for \$5**



Roasted In-Shell Pistachios  
 Chili lemon, salted or unsalted

**\$6.99**  
 lb.

Sprouts All-Natural  
 EZ Peel Raw Shrimp  
 13/15 ct. or 16/20 ct. Frozen



2 LB. BAG!

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

**SPROUTS  
 FARMERS MARKET**

## SPROUTS BRAND SEAFOOD

- ✓ Responsibly raised and caught
- ✓ No added chemicals or preservatives
- ✓ 100% traceable back to catch area or farm





NO ANTIBIOTICS EVER

Sprouts  
Boneless Skinless  
Chicken Thighs or Thin Sliced Breasts  
No added hormones or steroids!

**\$4<sup>99</sup>** lb.  
Value pack



ALWAYS FRESH NEVER FROZEN

All-Natural Grass-Fed 85%  
Lean or Grain-Fed 93% Lean Ground Beef  
Grass-fed sold in a 2 lb. package  
and Grain-fed sold in a 1 lb. package

**\$7<sup>49</sup>** lb.



U.S.D.A. CHOICE BEEF

Premium Angus  
Boneless Beef  
Chuck Roast

**\$7<sup>49</sup>** lb.



U.S.D.A. CHOICE BEEF

Premium Angus  
Boneless Beef  
New York Steak

**\$14<sup>99</sup>** lb.



NO ANTIBIOTICS EVER

All-Natural Boneless Pork  
Loin or Tenderloin Roast  
No added hormones or  
steroids! Sold in the bag

**\$5<sup>49</sup>** lb.



USDA ORGANIC

Sprouts Organic  
Spices or Extracts  
Select varieties and sizes

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



Sprouts  
Gelato or Non-Dairy  
Frozen Dessert  
Select varieties, 32 fl. oz.

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



Sprouts  
Frozen Pizza  
Select varieties, 19.05-21.45 oz.

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



Sprouts  
No Sugar Added  
Dried Fruits  
Select varieties, 3-4 oz.

**\$5<sup>49</sup>** ea.



USDA ORGANIC

Sprouts  
Organic Bulk Coffee  
Select varieties

**\$9<sup>99</sup>** lb.



Ancient Nutrition  
Collagen  
Select varieties and sizes

**20% off**  
regular retail



Hissho Sushi  
Nashville Hot Shrimp Roll  
7.9 oz.

**\$9<sup>99</sup>** ea.



Sprouts  
Pizza Family Meal Kit  
22 oz.

Everyday  
low price  
**\$5** ea.



Sprouts  
Fresh Baked Pastries  
Select varieties, 3-12 ct.

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





**SPROUTS BRAND  
DISCOVERY  
DAYS**

**DISCOVER AND SAVE  
ON YOUR NEW  
FAVORITE FINDS!**

Now through October 8



**Sprouts  
Boneless Skinless  
Chicken Breast Strips or Diced**  
Raised cage free, no hormones or steroids! 16 oz.



**AIR-CHILLED**  
**\$7** ed.



**Sprouts  
Cobia Fillets**  
Responsibly sourced,  
farm-raised, frozen, 16 oz.



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



**Sprouts  
93% Lean  
Ground Turkey**  
All-Natural, no added  
hormones or steroids, 16 oz.

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



**Sprouts  
Marinated Atlantic  
Salmon Skewers**  
Farm-raised, frozen, 13.4 oz.

**\$9.99**  
ed.



**Sprouts  
Salad Blends**  
Select varieties, 5-10 oz.

**3 for \$9**



**Sprouts  
Frozen Gnocchi or  
Gluten Free Ravioli**  
Select varieties, 10.58 or 16 oz.

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



**Sprouts  
Frozen Pancake Bites**  
Select varieties, 10.5-10.9 oz.

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



**Sprouts  
Gelato or Duets**  
Select varieties, 16 fl. oz.

**\$4.99**  
ed.





Sprouts  
Chili & Lime Rolled  
Corn Tortilla Chips  
9 oz.

**2 for \$7**



Sprouts  
Puffs, Veggie Straws or  
Chips or Cheese Curlys  
Select varieties, 4-6 oz.

**2 for \$5**



Sprouts Sunflower  
Seed Kernels  
Select varieties, 16 oz.

**\$4.99**  
ed.



Sprouts  
Pancake Cookie Thins or  
Gluten Free Mini Cookies  
Select varieties, 2.5 or 3.5 oz.

**2 for \$7**



Sprouts  
Organic Creamers  
Select varieties, 32 fl. oz.

**\$4.99**  
ed.



Sprouts  
Coconut Water  
Select varieties, 17.5 fl. oz.

**3 for \$5**  
+CRV



Sprouts  
100% Juice  
Select varieties, 32 fl. oz.

**\$4.99**  
+CRV



Sprouts  
Organic Beans  
Select varieties, 15.5 oz.

**3 for \$5**



Sprouts  
Cleaning Essentials  
Select varieties and sizes

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



Sprouts  
Honey, Oven Roasted  
or Smokehouse Turkey  
Sliced for your convenience  
**\$12.99**  
lb.







**Sprouts Hummus with Toppings**  
Select varieties, 10 oz.

**2 for \$7**



**Sprouts Pasta**  
Select varieties, 9-12.5 oz.

**\$4.79** ed.



**Sprouts Snack Boxes**  
Select varieties

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

Discount taken at the register



**Sprouts Family Meals or Family Salads**  
Select varieties

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

Discount taken at the register



**Sprouts Roasted Chicken**  
Select varieties, 25 oz.

**2 for \$15**

Discount taken at the register  
Must purchase 2



**Sprouts Fizzy Vitamin C Drink Mix**  
Select varieties, 15 count

Everyday low price  
**\$7.99** ed.



**Sprouts Organic Chia or Flaxseeds**  
Select varieties, 12-16 oz.

**\$8.99** ed.



**Sprouts Collagen Peptides Powder**  
Select varieties, 10-20 oz.

**\$19.99 - \$32.99** ed.



**Sprouts Protein Powder**  
Select varieties, 16-16.9 oz.

**\$21.99** ed.



**Real Root by Sprouts Body Wash, Shampoo or Conditioner**  
Select varieties, 16-32 fl. oz.

Everyday low price  
**\$6.99 - \$10.99** ed.



# DISCOVER MORE NEW & DELICIOUS SPROUTS BRAND FINDS!

SHOP NOW



← INTRODUCING  
**REAL ROOT  
BY SPROUTS**

NEW & EXCITING  
**PICKS TO  
EXPLORE**



↪ FALL FAVORITES,  
**BACK FOR A  
LIMITED TIME**





EST 1996 | CALIFORNIA

RED TABLE GRAPES *Limited*

All Natural Wow! NON-GMO

**\$2.77** lb.

Grapery Limited Red Grapes

**\$1.98** lb.

SweetTango Apples

1 LB. PKG.

6 OZ.

**2 for \$6**

Strawberries, Blueberries or Raspberries

**2 lbs. for \$5**

Blood Oranges

ORGANIC • ORGANIC • ORGANIC • ORGANIC

ORGANIC • ORGANIC • ORGANIC • ORGANIC

USDA ORGANIC

**\$2.77** lb.

Organic Red or Black Seedless Grapes

6 OZ.

5.6 OZ.

USDA ORGANIC

**\$3.88** ea.

Organic Blackberries or Raspberries

ORGANIC • ORGANIC • ORGANIC • ORGANIC

ORGANIC • ORGANIC • ORGANIC • ORGANIC

USDA ORGANIC

5 CT. BAG

**\$5.98** ea.

Organic Medium Hass Avocados

USDA ORGANIC

**2 for \$7**

Earthbound Farm Organic Chopped Salad Kits  
Select varieties, 4.47-4.85 oz.



# JUMBO BLUEBERRIES ARE BACK!

Almost an inch in size compared to standard blueberries for an extra firm, juicy bite!

SHOP NOW



**FamilyTree** FARMS



NO ANTIBIOTICS EVER



**Sprouts**  
**Premium Marinated Chicken Skewers**  
Black garlic, fiery orange, cilantro lime or Korean BBQ, 4 oz.

**2 for \$6**  
Available in the service case

NO ANTIBIOTICS EVER



**All-Natural**  
**100% Grass-Fed**  
**Lamb Loin Chops**  
No added hormones or steroids! Pasture-raised

**\$13.99** lb.

USDA ORGANIC

NON GMO Project VERIFIED



**Sprouts Organic**  
**Whole Chicken**  
No hormones or steroids added, ever!

**\$3.99** lb.

NO ANTIBIOTICS EVER



**Niman Ranch**  
All Items

**20% off**  
regular retail

NO ANTIBIOTICS EVER



**Applegate Naturals**  
**Breakfast Chicken**  
**Sausage Patties**  
Maple or sage, no added nitrates or nitrites, frozen, 16 oz.

**\$12.99** ea.

NO ANTIBIOTICS EVER



**Pederson's**  
**Natural Farms**  
**Breakfast Sausage**  
Fully cooked, mild or spicy, gluten free, 9-10 oz.

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

WILD CAUGHT FAVORITES



**Wild Alaska**  
**Sockeye Salmon Fillets**  
Responsibly sourced and high in omega-3 fatty acids, previously frozen



**\$12.99** lb.

WILD CAUGHT FAVORITES



**Wild North Atlantic**  
**Raw Lobster Tails**  
Previously frozen, 3.75 oz.

**\$9.99** ea.



**Super Colossal**  
**Peeled & Deveined**  
**Raw Grilling Shrimp**  
8/12 ct. Phosphate-free, farm-raised, previously frozen

**\$9.99** lb.  
Also available in a 2 lb. bag

WILD CAUGHT FAVORITES



**Wild Ahi Tuna**  
**or Swordfish Steaks**  
**Plain or Marinated**  
Great on the grill! Previously frozen

**\$9.99** lb.



# PEAK SEASON

# WHAT'S IN SEASON?

## October Produce Guide

Look for the peak-season tag!

Shop with the seasons for peak flavor and nutrition!

[LEARN MORE](#)



**JUMBO BLUEBERRIES**



**RASPBERRIES**



**ACORN SQUASH**



**HONEYNUT SQUASH**



**GREEN SEEDLESS GRAPES**



**BLACK SEEDLESS GRAPES**



**HONEYCRISP APPLES**



**GALA APPLES**



**RAVE APPLES**



**STOKES PURPLE<sup>®</sup> SWEET POTATOES**



**BRUSSEL SPROUTS**



**RED BUNCH BEETS**



**GREEN CABBAGE**



**BROCCOLI**



**CRIMINI MUSHROOMS**



# BUY BULK & SAVE!

Everyday staples, unique finds, incredible value!

## YUMMY MELT-IN-YOUR-MOUTH CHOCOLATE

 No artificial colors or flavors

Sprouts Packaged Bulk Chocolate Covered Snacks  
Select varieties, 8-14 oz.

**\$6.99**  
ea.

## SHOP EVERYTHING YOU NEED IN QUANTITIES YOU LOVE!



Peace Organic  
Single-Serve or  
Packaged Coffee  
Select varieties, 3.91-12 oz.

**\$11.99**  
ea.



Gummi  
Bears or Worms  
Select varieties

**\$3.99**  
lb.



Erin Baker's Granola  
Select varieties

**\$6.99**  
lb.



Dried Turkish Apricots

**\$4.99**  
lb.



Dark Chocolate  
Walnuts

**\$5.99**  
lb.



Pecan Pieces  
or Hazelnuts

**\$8.99**  
lb.



# ★ NEW FOR YOU

EXCLUSIVELY AT SPROUTS



## TESSEMAE'S PANTRY

Organic Salad Dressing & Dip



Select varieties, 10 fl. oz.

**\$8.99 ea.**

Everyday low price

ORGANIC

GLUTEN-FREE



## ALDEN'S ORGANIC ICE CREAM

Marionberry Swirl, Cold Brew Coffee or Peanut Butter Swirl

48 fl. oz.

**\$8.99 ea.**

ORGANIC

Gluten-free

3 new creamy flavors









**TRULY SIMPLE**   
**Frozen Grass-Fed Beef**

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



**GLUTEN-FREE** 

-  Made with free-range, 100% grass-fed beef
-  No antibiotics, preservatives or added hormones

 **GOODNESS GRAZECIOUS**  
**Grass-Fed Organic 85% Lean Ground Beef Patties**

4 ct.  
**\$7.99 ea.**

 **ORGANIC**

-  Grass-fed
-  Always fresh, never frozen



**SEE ALL OF OUR NEW AND EXCLUSIVE FINDS!** [\*\*VIEW MORE\*\*](#)





Neocell  
All Items

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



Beekeeper's  
Naturals  
All Items

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

# PURE & HONEST BODY CARE

Shop from a variety of clean, better-for-you body care essentials.



Irwin Naturals  
All Items

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



KAL  
All Items

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



Andalou Naturals  
All Items

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



Flora  
All Items

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



Source Naturals  
Seasonal Wellness  
Support  
Select varieties and sizes

**15% off**  
regular retail



Himalaya  
Toothpaste  
Select varieties, 4-5.29 oz.

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

PRICES VALID OCTOBER 2-8, 2024

AT ANY OF OUR LOS ANGELES,  
ORANGE COUNTY, INLAND EMPIRE  
OR SAN DIEGO AREA LOCATIONS

Offers may vary in San Luis Obispo, Chula Vista and Chula Vista-Eastlake locations

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.  
OFFERS NOT AVAILABLE TO WHOLESALERS. NO CASE DISCOUNTS.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Some items may be subject to local, county or state sales tax, and (in Fort Collins and Aurora, CO) to a Public Improvement Fee (PIF). We are not responsible for any typographical errors.



Dr. Bronner's  
Liquid Castile Soap  
Select varieties, 32 fl. oz.

**\$14.99**  
ed.



# OCTOBER DEALS ARE HERE!

Save on your favorite fall-flavored must-haves, back for a limited time!

[VIEW DEALS](#)



## DEALS *of the* MONTH



**SEE YOU NEXT WEEK!**