

Offers valid October 30 to December 3, 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



HOLIDAY MEALS & PARTY TRAYS



DAIRY



NEW FOR YOU EXCLUSIVE



SPROUTS CELLAR PICKS



HOLIDAY HOSTING ESSENTIALS



MEAT & SEAFOOD



BULK



DELI



KETTLE & FIRE



BAKERY



WHOLESOME



BODY CARE



LILY'S & SKINNYPOP



SEASONAL WELLNESS



GROCERY



NATURE'S WAY



FROZEN



VITAMINS

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













KETO

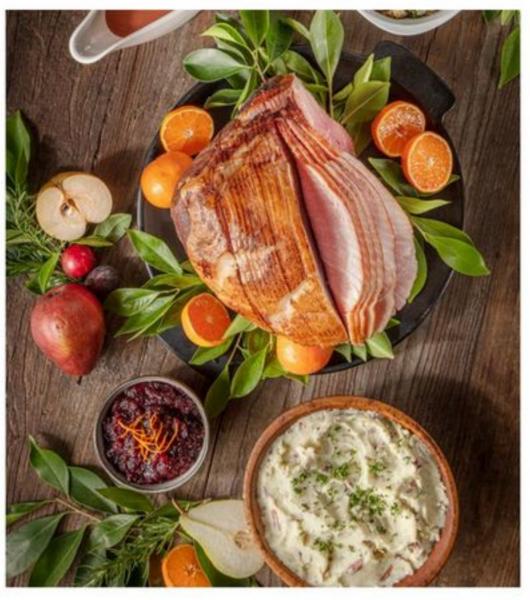
DELICIOUS, HIGH QUALITY MEATS, MEALS AND PARTY TRAYS



NATURAL NAE TURKEY MEAL

\$69⁹⁹ ed.

Serves 6-8



SPIRAL-SLICED NAE HAM MEAL

\$69⁹⁹

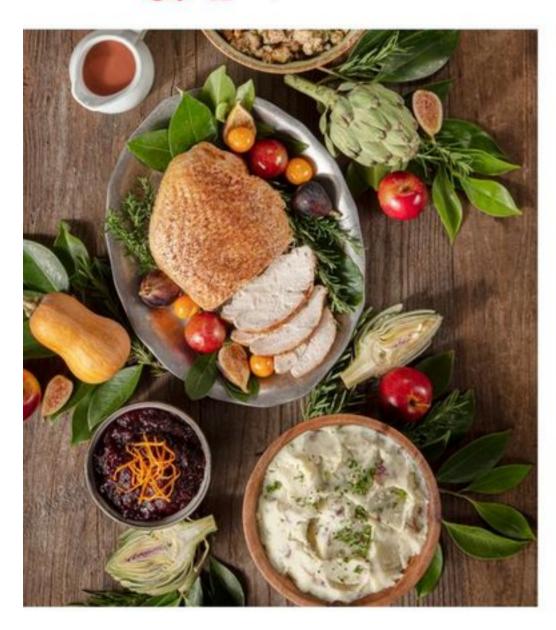
Serves 6-8



USDA CHOICE BONELESS RIB ROAST MEAL

\$8999 ed.

Serves 6-8



ROASTED BONELESS NAE TURKEY BREAST MEAL

\$3999

Serves 2-3



HOLIDAY HAM MEAL

\$3999 ed.

Serves 2-3



VEGAN ROAST MEAL

\$49⁹⁹

Serves 2-3



PRE-ORDER TODAY!

Starting November 1, 2024.



Host hassle-free with over 20 artfully arranged party trays to pick from.

ORDER NOW

ANEMFOR YOU EXCLUSIVELY AT SPROUTS -



SPROUTS 100% GRASS-FED ANGUS BEEF MEATBALLS

\$10.99 ea. | Homestyle or Italian, no antibiotics or added hormones, 16 oz.



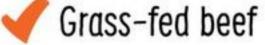


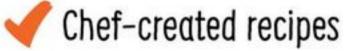
SPROUTS ONE PAN MEALGRASS-FED BEEF STUFFED PEPPERS



\$6.99 lb. | Chef-created recipe









\$5.99 ea. | Select varieties, 16 fl. oz.

Made with high-quality ingredients

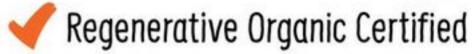
Free from artificial flavors and colors





\$15.99 ea. | 12 oz.











HOLIDAY HOSTING ESSENTIALS

From sips and chips to main-course eats and tasty sides, explore must-haves for every gathering with items that add a sprinkle of healthy and a dash of delicious.

SHOP NOW



Round out the perfect meal with chef-inspired sides, crafted with all natural ingredients with restaurant flavors that are ready to cook right at your home.







Enjoy delicious plant-based entrées with traditional holiday flavors that have 19 g. of protein and are ready to cook for your holiday feast.



Crispy, flavor-filled chips made with jalapeños, high-quality ingredients and the best potatoes for a out of this world chip with a kick of heat.







Just a few simple things make up a delicious chip with whole ground yellow corn and seasoned with cheese and authentic nacho spices.



Taste the quality and freshness of Natalie's one ingredient tangerine juice. Made from honestly sourced tangerines with no added sugar or preservatives.







Sip up delicious prebiotic sodas to support your digestive system. Crafted with real ingredients these sips are non-GMO, vegan and gluten-free.



Enhance your holiday cooking with organic, home chef-ready soups that are crafted with quality ingredients for unforgettable flavor.





PRIMAL KITCHEN

Flavorful avocado oil that is non-GMO, keto and Whole30 APPROVED® so you can feel good about your holiday meals.



Savor the season with pure, rich, always organic baking ingredients – no GMOs, no artificial flavors and no artificial colors. Always organic, simply delicious!





SPICE: HUNTER

Spice up your holiday feasts with rich and vibrant spices, herbs and turkey brines! Always Non-GMO and perfect for the whole family.



Pasture-raised, the way nature intended.

Vital Farms® Pasture-Raised eggs and butter are made with fresh air and sunshine.



'TIS THE SEASON OF TREATS

Gather, munch & be merry!





VALUE-SIZE PACKAGED BULK

Nuts, Candy, Snacks, Dried Fruit or Baking Essentials

From nuts, snacks and baking must-haves, grab everything you need to cook and bake your favorite holiday recipes.

GROUNDWORK ORGANIC

Packaged Coffee

Certified Organic coffee, roasted daily

VALUE SIZE!

Select varieties,

20-48 oz.

BUY I, GET I

regular retail of equal or lesser value

Sourced from family-owned farms with sustainable practices





\$1399 ea.

NOURISH YOUR BODY WITH KETTLE & FIRE BONE BROTHS

SPROUTS
SPOTLIGHT



Whether it's a sip on its own or the base of your favorite soup, Kettle & Fire bone broths are crafted with nourishing ingredients like organic veggies, herbs and flavorful spices to support your wellness goals.

LEARN MORE

CLASSIC CHICKEN BONE BROTH

Made with organic, free-range chicken bones



CLASSIC BEEF BONE BROTH

Made with 100% grass-fed beef bones





BAKE YOUR BEST WITH WHOLESOME SUGARS

SPROUTS
SPOTLIGHT

Whether you're whipping up a cozy pie, sweetening your morning cup of coffee, or adding some depth to a sauce, Wholesome Organic Sugars are sustainably sourced from Fair Trade Certified farms to care for you, farmers and the planet.



NET WT 24 OZ (1.5 LB) • 680 g (1.5 LB)

WHOLESOME ORGANIC FAIR TRADE DARK BROWN SUGAR

- Fair Trade Certified™ to give back and invest in farming communities
- Great in pies, desserts and even sauces



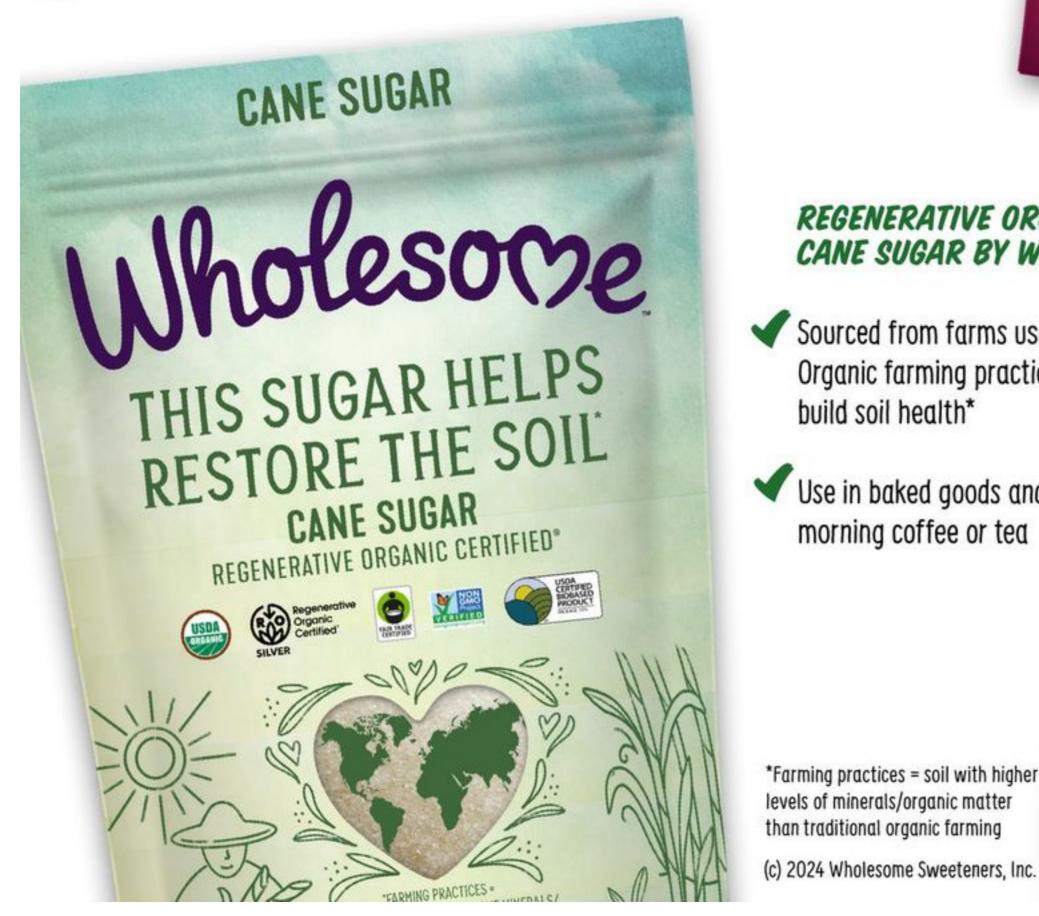
WHOLESOME ORGANIC FAIR TRADE LIGHT **BROWN SUGAR**

- Supports fair wages for farmers through Fair Trade standards
- With its hint of molasses flavor, it's perfect in cookies and cakes



LEARN MORE





REGENERATIVE ORGANIC CERTIFIED® CANE SUGAR BY WHOLESOME

Sourced from farms using Regenerative Organic farming practices to help build soil health*

Use in baked goods and your morning coffee or tea

*Farming practices = soil with higher levels of minerals/organic matter than traditional organic farming



PERFECTLY PAIRED SNACKS FOR MOVIE NIGHT!

SPROUTS
SPOTLIGHT

Lights, camera, snack action! Cozy up with the salty crunch of SkinnyPop paired with Lily's sweet, dark chocolate covered almonds.





Grab your favorite Skinny Pop popcorn and Lily's sweet treats for a chance to win an exciting Movie Mania prize pack!

LEARN MORE





Bragg Organic Coconut Aminos 10 fl. oz.



Blume SuperBelly Hydration Powder Select varieties, 7 pk.





Steven Smith Teamakers Boxed Tea Select varieties, 15 ct.



Catalina Crunch Cookie Bar

Select varieties, 5 pk., 1.16 oz.





Pita Chips Select varieties, 7 oz.





Once Again Nut Butter or Tahini Select varieties, 16 oz.

regular retail



Local Hive Raw & Unfiltered Honey

Select varieties, 32 oz.



Halfday Iced Tea Select varieties, 12 fl. oz.





USDA



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



Organic Soymilk Select varieties, 32 fl. oz.

West Life





Partake Cookies
Select varieties, 5.5-6.75 oz.

\$399 ea.



St. Dalfour Fruit Spreads Select varieties, 6-10 oz.





Pamela's
Pancake & Baking Mix
24 oz.



10% off regular retail

Dream All Items







Organic Protein Bar Multipacks Select varieties,

5 pk., 1.98 oz.

\$10⁹⁹ ea.



Milton's Crackers Select varieties, 6.8-8.4 oz.

2 s 7



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



USDA ORGANIC





Truvani
The Only Bar
Select varieties, 1.76 oz.





Tazo
Organic Boxed Tea
Select varieties, 16 ct.





Wasa Swedish Style Crispbread Select varieties, 9.5-9.7 oz.



regular retail

Cara Mia All Items



Country Archer Jerky Co. Sticks or Bagged Jerky Select varieties, 0.85-2.5 oz.

regular retail







Tate's Bake Shop Cookies Select varieties, 7 oz.

Clipper

Select varieties, 20 ct.



USDA







Sonoma Gourmet All Items

regular retail



LonoLife Sipping Bone Broth Sticks or Epic Bone Broth Select varieties, 4 pk. or 14 fl. oz.

\$599 ea.



Pressels All Items





Dandies Vegan Marshmallows Select varieties, 6.3-10 oz.





Watkins All Items









Bravo Tea Herbal Boxed Tea Select varieties, 20 ct. 2 for 8



Endangered Species Chocolate Bars Select varieties, 3 oz.





goodpop Just Juice + Sparkling Water Select varieties, 6 pk., 7.5 fl. oz.



Patagonia Provisions Canned Mussels Select varieties, 4.2 oz.





Laird Superfood Creamers Select varieties, 8 oz.





Loisa All Items





Yo Mama's Foods Pasta Sauce

Select varieties, 25 oz.



Theo Organic Chocolate Bars Select varieties, 3 oz.

2 for 6



Partanna Extra Virgin Olive Oil Select varieties, 16.9 fl. oz.

regular retail





Kodiak Cakes Flapjack & Waffle Mix Select varieties, 16-20 oz.



Del Montè Canned Vegetables Select varieties,

14.5-15.25 oz.

NET W/1 15 25 02 (432):





Rao's Made for Home Soups

Select varieties, 15.5-16 oz.





Purely Sprouted All Items





Love + Chew Superfood Cookies

Select varieties, 2 oz.

Items may not be available in all locations



Pukka Organic Boxed Tea Select varieties, 20 ct.





Farm Direct Foods Flour Select varieties, 5 lb.





Culture Pop Probiotic Soda Select varieties, 12 fl. oz.





Wholesome Yum Nature's Besti Sugar Replacement

Select varieties, 12 oz.





Bob's Red Mill Peanut Butter & Oats Bars Select varieties, 1.76 oz.





Nixie Organic Sugar Free Soda Select varieties, 12 fl. oz.







Nutiva Organic Oils

Select varieties, 8-23 fl. oz.



20% off regular retail





Dellalo Castelvetrano Extra Virgin Olive Oil

\$1399 ed.



Shaka Tea Herbal Tea Select varieties, 12 fl. oz. 3 for 5



Beyond Good Chocolate Bars Select varieties, 2.64 oz.





Jojo's
Dark Chocolate
Pretzels or Bites
Select varieties, 3 or 3.6 oz.





Every Body Eat Snack Thins Select varieties, 4 oz.





48 fl. oz.



ALDEN'S Organic Ice Cream

- Made with high-quality, organic ingredients
- Non-GMO Verified







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



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





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





Just Egg Frozen Eggs From Plants

4 pk., 2 oz.



Jack & Annie's Frozen Breakfast Sandwiches

Select varieties, 3.7-3.85 oz.





So Delicious Frozen Coconut Whipped Topping Select varieties, 9 oz.

\$499 ea





Truwhip Frozen
Whipped Topping
Select varieties, 9-10 oz.





Van's Frozen
Waffles or Pancakes
Select varieties, 6 or 8 ct.





Stahlbush Island Farms Frozen Fruit

Select varieties, 10 oz.





Stahlbush Island Farms Frozen Raspberries 5 99 ed.



Snack N Waffles Frozen Stuffed Waffles

Select varieties, 4 ct.

\$799 ed



Cappello's
Frozen Biscuits
Select varieties, 6 ct.





Stahlbush Island Farms Frozen Vegetables

Select varieties, 10 oz.

2 \$ 7 for 7



MIXED ROOT VEGETABLE FRIES

Alexia Frozen Vegetable Sides

> CAULIFLOWER HASH BROWN

Select varieties, 9-12 oz.





Omni Plant-Based Frozen Meat-Style Luncheon

5 ct.



Vegetable Hash
Browns, Bites or Fries
Select varieties, 13.22 or 15 oz.



E 080 M



Garcia Foods Frozen Chicken Al Pastor or Cilantro Lime

\$799 ed.





VEGGIES



Garcia Foods Frozen Pork Carnitas

\$899 ea.



Applegate Frozen Chicken Patties, Strips or Nuggets Select varieties, 4 ct. or 8 oz.







Rao's Made For Home Frozen Entrées

Select varieties, 8.4-9.5 oz.







Purple Carrot Frozen Bowls Select varieties, 10.75 oz.







Beecher's Frozen Entrées Select varieties, 18-21 oz. \$1299 ed.



Frozen Nashville Hot or Hot Honey Chicken Tenders

\$899 ea.



Blackbird Frozen Pizza Select varieties, 14 oz. \$10⁹⁹ ed.



ALEXIA Frozen Vegetable Sides

- Ready-to-heat flavorful sides
- ✓ Deliciously crafted with high-quality ingredients
- ✓ Non-GMO Verified



Select varieties, 11-14 oz.

\$499 ed.

HEALTH-ADE Sun Sip Soda With Benefits



- Made with gut-healthy prebiotics
- Great source of vitamins C, B6 and B12
- Non-GMO with only 5 g. of sugar



Select varieties, 11.5 fl. oz.



+CRV in CA



Mid-Day Squares **Functional Chocolate Bars** Select varieties, 4 pk, 1.16 oz.





Olipop Vintage Cola or Ginger Ale Soda 12 fl. oz.



+CRV in CA



Evolution Fresh Cold-Pressed Juice

Select varieties, 15.2 fl. oz.







La Colombe Coffee Latte Select varieties, 9 fl. oz. +CRV in CA



Nellie's Free Range Slow Churned Butter

Select varieties, 8 oz.



Brown Cow Cream Top Whole Milk Yogurt

Select varieties, 32 oz.



USDA ORGANIC



Good Culture Probiotic Plain Cream Cheese Spread

7 oz.





Green Valley Organic Lactose Free Sour Cream

12 oz.



USDA ORGANIC



Silk Dairy-Free Oat Creamer Select varieties, 32 fl. oz.



Sown Organic Oat Creamers Select varieties, 32 fl. oz.





Nancy's Organic Probiotic Whole Milk Kefir













SELECTED BY OUR IN-HOUSE SOMMELIER

LADIDA WINE SPARKLING BRUT

Crisp and elegant, this sparkling wine is known for its lively bubbles and refreshing flavor with subtle notes of green apple, citrus and a hint of floral undertones.

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

TRY THESE PERFECT PAIRINGS









Eat Meati Crispy or classic, soy-free, 2 ct.

Plant-Based Steaks Carne asada or classic, soy-free, 2 ct.

SPROUTS FRESH WHOLE TURKEYS ORGANIC OR NO ANTIBIOTICS EVER

Gobble up succulent, moist and flavorful organic and tradtional turkeys, both raised with no antibiotics, ever! Choose from a variety of fresh, high-quality turkeys so you can have the perfect centerpiece for you holiday meal.





Next Wave Seafood









TransOcean Simply Surimi Seafood

Flake style, good source of protein, fat free, fully cooked, 12 oz.



COLOSSAL PHOSPHATE-FREE COOKED SHRIMP

The perfect addition to your holiday spread, dive into our responsibly sourced colossal cooked shrimp. Perfect for shrimp cocktails or festive appetizers, they'll be a delicious starter for any gathering.









BUY ANY ONE 32 oz. Soup

AND GET ONE 16 oz. Soup FREE!



Bring the cozy comfort of Panera Bread to your kitchen with delicious, ready-to-heat soups.



Sprouts Plant-Based Holiday Sides

Select varieties, 4.5 oz.

Holiday Sides
Select varieties, 16 oz.

Everyday low price
Limited time only!



La Terra Fina Quiche Select varieties, 23 oz. \$1299 ed.



Veroni Sliced Salame Select varieties, 4 oz. \$749 ea.





Little Sesame Chili Crisp Pumpkin Hummus 8 oz.

2 s 9



Marieke Gouda Holy Trinity Mélange 5 oz.





Brioche

12 pk.

Petite Rolls





\$579 ea.







Bloom Nutrition Colostrum & Collagen Peptide Powder Unflavored or Orange, 4.16 or 4.23 oz. 20% off regular retail



All Good Organic Body Serum

Select varieties, 3 fl. oz.

15% off regular retail



Alteya Organics Organic Bulgarian Massage & Body Oil

Lavender or Rose, 8.5 fl. oz.







Burt's Bees Hand Cream, Body Oil or Butter Select varieties and sizes

20% off regular retail





Believe Oral Care
Toothpaste or mouthwash,
5 or 16 oz.

15% off regular retail



Radius Toothpaste Select varieties, 2.5 oz. \$1199 ea.



15% off regular retail



Hume Supernatural
Dry Body Oil
Select varieties, 4 fl. oz.

15% off regular retail

The Unscented Co. Unscented Lotion

15.7 fl. oz.

GRAB & GIVE

HELP OTHERS THIS HOLIDAY SEASON

Gift a pre-filled bag of body care essentials.

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 SAY NO TO:



peppermint vanilla

yegan | cruelty | paraben free

Parabens



Phthalates



Artificial colors



Synthetic fragrance

WRAP UP THE PERFECT GIFT

SPROUTS-STYLE

Add a sprinkle of joy + a dash of magic with one-of-a-kind gifts for everyone on your list.









Melissa & Doug Toys



Everyday low price

Feelgoodz Winter Attire

Select varieties



Pacha Soap Bomb Froth, Bar or Whipped Soap

Select varieties and sizes



Everyday low price

House of Marbles Books



Everyday low price

Andes Gifts Ear Warmers or Hat



Everyday low price

Real Root by Sprouts Seasonal Body Care or Aromatherapy

Select varieties and sizes



Everyday low price





- ALAFFIA
 Everyday Shea or Everyday Coconut
 - Made with neem extract, lavender oil and unrefined shea butter
 - Gently cleanse away pollutants while nourishing and protecting your skin
 - Fair-Trade, cruelty-free and plant-based

All Items 15% off

regular retail

JĀSÖN

- High-performance and wholesome ingredients inspired by nature
- ✓ No parabens, sulfates or phthalates
- ✓ Vegan and cruelty-free













ONE WITH NATURE

Bar Soap

- Deeply cleanse with minerals from the dead sea
- Made with argan oil and shea butter for nourishing skin
- ✓ Non-GMO project verified

MINERAL FUSION Cosmetics

- Formulated with lightweight minerals and nourishing botanicals
- Free from parabens, talc, synthetic fragrances and phthalates





Select varieties and sizes

BUY I, GET I)

OFF

regular retail of equal or

SEASONAL WELLNESS PICKS TO SUPPORT YOUR BEST SELF

As the leaves fall and the air turns crisp, discover our handpicked selection of seasonal essentials designed to nourish your body and keep you feeling your best all season long.

SHOP NOW





For over 35 years, Gaia Herbs has connected people, plants and the planet to create natural healing through the finest herbal supplements. They steward 250 acres of Regenerative Organic Certified (ROC) farmland in the Blue Ridge Mountains of North Carolina, where they grow herbs to support your wellness.

The World's No.1 Ginseng Brand

JUNG KWAN JANG

Whether you're looking to boost your energy, support your immune system or improve your blood circulation, JungKwanJang's easy-to-take liquid supplements are packed with Korean red ginseng to support you naturally.







Laird Superfood fuels your day with clean, functional, plant-powered creamers. Their blend combines MCT oil from coconut for long-lasting energy and is enhanced with Lion's Mane and Reishi mushrooms to support mind and body wellness.





Sustainably sourced from beehives in New Zealand, Mānuka honey is a potent superfood with a rich and earthy flavor that naturally supports gut health, digestion and immunity.



Crafted with groundbreaking science and the wisdom of nature, Source Naturals has taken a holistic approach to support your immune system, antioxidant defense and a healthy stress response for total wellness.







A powerhouse of functional ingredients, Suja Organic's cold-pressed juices are crafted with 40+ bioavailable nutrients & 20+ superfoods to support your best self no matter the season. Always organic, you'll find no artificial flavors, preservatives or hidden junk.

DISCOVER NEW EVERYDAY ESSENTIALS FROM NATURE'S WAY

Explore NEW multivitamins and immune gummies—deliciously crafted with plant-based sweeteners and zero sugar for support you can feel good about.

SPROUTS
SPOTLIGHT

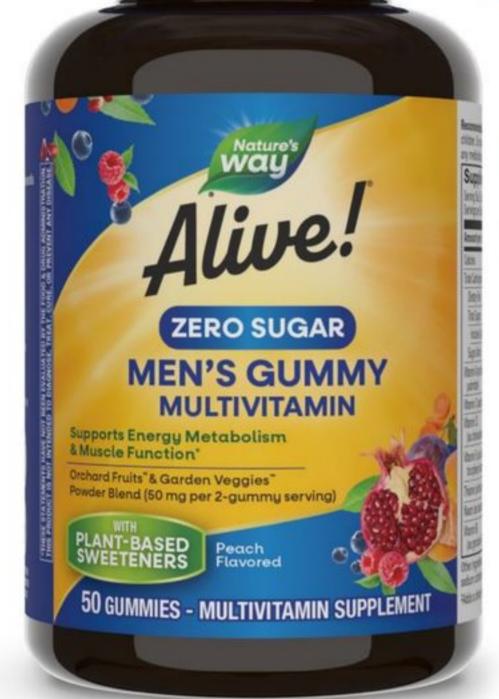


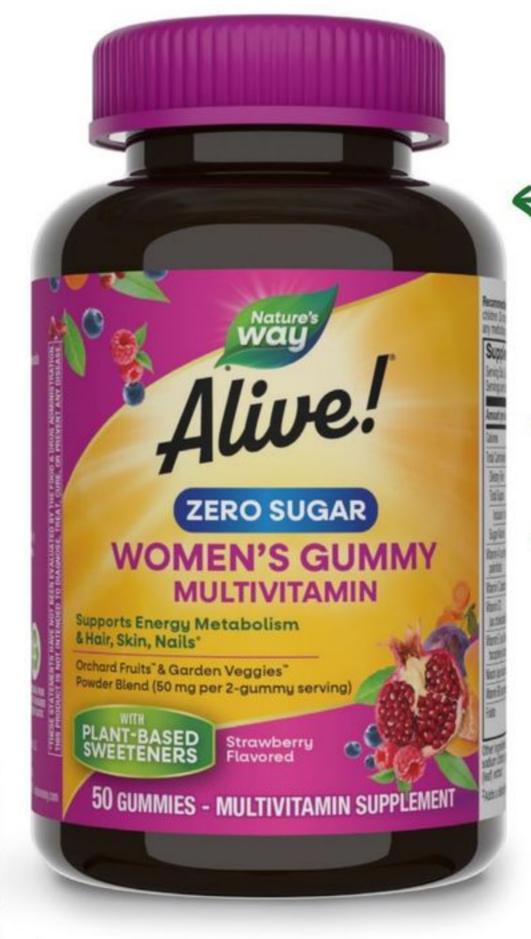
Nature is pretty sweet, and so are zero sugar supplements!

LEARN MORE



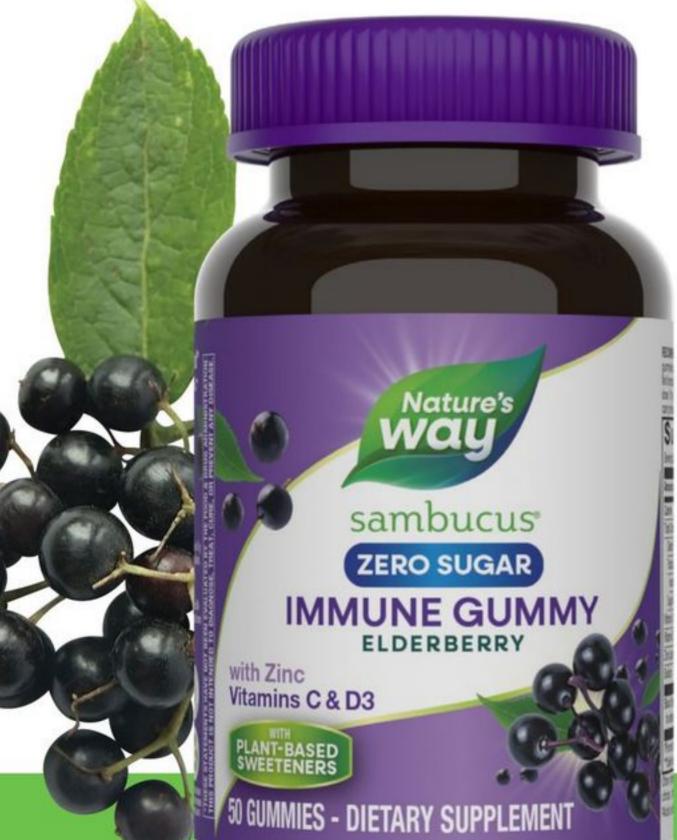
- Supports energy metabolism and muscle function*
- Sweetened with monk fruit and stevia





ALIVE!® ZERO SUGAR WOMEN'S GUMMY MULTIVITAMIN

- Support energy metabolism, hair, skin and nails*
- ✓ No sugar alcohols



SAMBUCUS ZERO SUGAR IMMUNE GUMMY

- Made with zinc and vitamins C and D3 for immune support
- Crafted for ages 4+

ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

MULTIVITAMINS

Vital for growth, repair and optimal health.*



Mary Ruth's Multivitamins

OMEGA-RICH OILS

Promotes healthy joint, brain and heart function.*



Barlean's Omega-Rich Oils

PROBIOTICS

Supports a healthy digestion and immune system.*





Nature's Way Probiotics

SUPERFOODS

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



Sunfood Superfoods



All Items

Save up to

regular retail



JARROW FORMULAS

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

ANCIENT NUTRITION

- Made with real ingredients for optimal absorption
- Crafted by ancient wisdom and modern science















Nordic Naturals All Items



Enzymedica All Items





All Items

Renew Life All Items



regular retail



Solaray All Items regular retail



SPROUTS Seasonal Wellness Support

- Promote a healthy and sniffle-free holiday with vitamins and supplements
- Boost your immune system with natural remedies
- ✓ Made with high-quality ingredients



SPROUTS Vegan Protein Powder

- √ 20 g. of plant-based protein
- Gluten and soy-free
- Mix one scoop with your favorite morning beverage



Caramel Apple Crisp, 16.9 oz.





HERB OF THE MONTH

SPROUTS Olive Leaf

- An antioxidant-rich herb
- Traditionally used to support lung and immune health



- May help support your immune system from cold and flu-like symptoms
- ✓ Non-drowsy remedies to support you all season long
- ✓ Made with high-quality botanicals and minerals









GAIA HERBS

Seasonal Wellness Support

- ✓ Support overall wellness with high-quality herbal supplements
- ✓ Plant-powered for potent and beneficial support
- Rigorously tested for purity and potency

NELSON BACH Rescue Pastilles

- ✓ Support to help relieve everyday stress
- ✓ Made with 5 flower essences for calm and control
- Free from artificial flavors, sweeteners and synthetic dyes





OREGON'S WILD HARVEST

- Crafted with herbs harvested at peak potency
- USDA Certified Organic and Demeter Certified Biodynamic®
- Tested during every stage for quality, purity and potency



Sovereign Silver Colloidal Silver Select varieties, 1-16 fl. oz. 15% off regular retail



Natrol Best Selling Supplements

Select varieties and sizes





Dreambrands Men's Health Support Supplements

Select varieties and sizes



SUPERIOR SOURCE Supplements

- Highly potent dissolvable vitamins and supplements
- Quick absorbing





IRWIN NATURALS Supplements

- Keep your body at its best with plant-derived and lab tested supplements
- Easy-to-swallow soft gels for optimal absorption
- Made with high-quality ingredients