



Limited Thyme Sale
Starts Thursday, January 2 at 10am

All Varieties of
**Stuffed
Chicken Breast**

\$5.79 **Sale**
LB

While supplies last

Refresh. Reset. Reimagine.

FRESH THYME MARKET

Pre-order in-store now! **Save 33% NEXT WEEK** All Vitamins and Body Care Sale January 8-14

2/\$5 Fresh Sweet Pint Blueberries

BUY TWO GET ONE FREE Fresh Thyme Organic Ground Beef or Thomas Farms Organic Beef Steaks or Ground Beef 8 to 16 oz, mix or match

Strawberries 1 lb 3.99

Organic Clementines 2 lb bag 3.99

Premium Local Michigan Honeycrisp Apples 2 lb bag 1.99LB

Jumbo Green or Extra Large Red Grapes 2.99LB

Fresh Green Beans or Brussels Sprouts 1.99LB

MightyVine Cluster or Beefsteak Tomatoes 1.99LB

Fresh Thyme Organic Salads 16 oz 5.00

Organic Baby Carrots 1 lb, Petite or Rainbow Baby Carrots 12 oz 1.99

Fresh Thyme Antibiotic-Free Chicken 20% OFF

Certified Angus Beef Sirloin Tip Roast 4.99LB

Alaskan Sockeye Salmon Fillet previously frozen 7.99LB

Jumbo 16/20 ct Raw EZ Peel Shrimp sold only in 2 lb bag \$7.98 3.99LB

WHEN YOU BUY 4 OR MORE

GT1 Kombucha 16-16.2 oz, quantities less than 4 are regular retail 4/\$8

Chobani Greek, Less Sugar, Zero Sugar or Flipp Yogurt 4.5-5.3 oz 10/\$10

Three Wishes Grain-Free Cereal 8.6 oz 2/\$11

Calipower Frozen Pizza 10.9-11.3 oz 6.99

WHEN YOU BUY 2 OR MORE

Siete Grain-Free Tortilla Chips 5 oz, quantities less than 2 are regular retail 2/\$8

ENTIRE LINE ON SALE

Primal Kitchen Mayo, Dressing, Sauce and More 25% OFF

Dr. Squatch Body Care entire line on sale 25% OFF

Seventh Generation Cleaners Select Items 15% OFF

Joseph's All Pita Bread & Wraps 8-11 oz 25% OFF

Mush Overnight Oats 5 oz 3/\$5

Kevin's Natural Foods Meal Bowls 9.5 oz 5.99

Fresh Thyme Pulled Rotisserie Chicken 8.99LB

FRESH THYME MARKET

Cold-Pressed Juices and Power Shots



2.99
2 oz



2.99
12 oz



SHOP NOW



Boar's Head
DEDICATED
to **QUALITY**

— *Since 1905* —



BoarsHead.com

© 2024 Boar's Head Brand

9⁹⁹ **LB** Boar's Head
Lower Sodium and
Fresh Slice Turkey Breast

Refresh. Reset. Reimagine.



Fage
Yogurt
32 oz

5.99



Three Trees
Organic Plant-Based
Milk
28 oz

5.99



Noka
Organic Superfood
Smoothies
4 pk, 4.22 oz

6.99



Field Roast Chao
Creamery
Plant-Based Sliced or
Shredded Cheese
7 oz

4.99



Catalina Crunch
Snack Mix or Cookies
5.25-6 oz

5.99



Crunchmaster
Organic Plant-Based
Crackers
3.54-4 oz

2/7



Fresh Thyme
Plantain Chips
5-6 oz

3/6

quantities less than 3 are regular retail



Siete
Grain Free Puffs
4 oz

2/7



Gorgie
Sparkling Energy Drinks
with Benefits
12 oz

2/4



Roar
Organic Enhanced
Hydration Beverage
18 oz

2/4



Vita Coco
Coconut Water
33.8 oz

2/8



Eternal
Alkaline Spring Water
2.5 L

2/7



Banza
Chickpea Pasta or
Mac & Cheese
5.5-8 oz

2/6



Livwell
Plant-Based
Superfood Pasta Sauce
16 oz

9.99



It's Skinny
Pasta
9.52 oz

2/6



Bonafide
Organic Broth
32 oz

2/7



Impossible
Ground Burger
12 oz

7.99



Beyond Meat
Breakfast Sausage
6 pk

5.49



Omni
Plant Based Bao Buns
7.05 oz

4.99



Sambazon
Plant Acai
Smoothie Bowl
6.1 oz

3.99

FRESH THYME'S top trends for 2025

FUNCTIONAL INGREDIENTS

SHOP NOW



EVOLUTION OF THE MUSHROOM

SHOP NOW



NON-ALCOHOLIC, MOOD-ENHANCING BEVERAGES

SHOP NOW



SPICY FOODS TAKEOVER

SHOP NOW

MANGO-EVERYTHING (AND EVERYWHERE!)

SHOP NOW



NATURE'S NATURAL SWEETENERS

SHOP NOW

BOOSTING BRAIN POWER

SHOP NOW



WE'RE HEADING TO SEOUL

SHOP NOW

NEXT-GEN SUSTAINABILITY

SHOP NOW



PRIORITIZING PROTEIN

SHOP NOW



Conquer Dry January!



BEER



WINE



MOCKTAILS



visit your local store to check out what non-alcoholic options are available

THOMAS FARMS



PASTURE RAISED GRASS FED & FINISHED HALAL ORGANIC



Meet** *Meghan

**FRESH THYME MARKET'S
REGISTERED DIETITIAN**

Send your nutrition questions
to nutrition@freshthyme.com
for a chance to ask Meghan!



Stepping into the New Year with a Balanced Start

1. Prioritize Balance Over Restriction

Ditch the idea that you need to cut out entire food groups or follow extreme diets. Focus on balance. Build meals around whole, nutrient-dense foods like lean proteins, colorful vegetables, whole grains, and healthy fats. And yes, there's room for your favorite treats—it's all about moderation!

2. Set Realistic, Achievable Goals

Get specific, set attainable goals that fit into your lifestyle.

- * Prepare one homemade meal on busy weeknights.
- * Drink an extra glass of water every day.
- * Take a 10-minute walk after dinner.

These small steps are easier to stick with and build momentum for bigger changes. 😊

Clucking Delicious, At Home or On-The-Go



No Prep

**GLUTEN
FREE**

CHICKEN RAISED WITH
**NO
ADDED
HORMONES**

**ALL-NATURAL
CHICKEN**



SHOP NOW