



*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**

**Callipower 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

**9<sup>99</sup>** **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  
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](mailto: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**