ROUSES MARKETS

SPECIALTY SAVINGS

Prices good December 26th 2024 thru January 29th 2025. Supplies may be limited.

EAT RIGHT WITH ROUSES MEAL PREP



1 LB BRICK **Thomas Farms** 93% Lean



Choose lean meat for meal prepping tacos and burgers **Bell & Evans Boneless** Chicken Breast



Prepare boneless chicken breasts to add to salads

10 - 14 OZ **House Foods Organic Tofu**

USDA

4.42 - 4.67 OZ Taylor Farms Mini Chopped Kits









Great in savory dishes like scrambles, sandwiches, and stir fry



These kits are ideal for a lunch on the go!

5.5 OZ Tofurky Meatless Deli Slices TOFURKY Made from tofu

4.7 OZ Blue Dragon Spring Roll Wrapper



32 OZ Yo Mama's Sauces



26.5 - 32 OZ Rice Select Rice

5 varieties Build a rice bowl with layers of rice, vegetables, and proteins

FITNESS AND WELLNESS

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2.1 OZ Think! **High Protein** Bars

5 varieties 20 grams protein 4 COUNT 11 OZ Premier **Protein Shakes** 160 1: 107 AL

4 varieties 30 grams protein



16 OZ Rouses Organic Kombucha





6 COUNT 2.52 OZ Rouses Hydration Drink Mixes

Find it next to the hydration mixes



16 OZ

12 OZ Slice Healthy Soda Contains probiotics, prebiotics, and postbiotics for gut health





Join April along with local brand partners as they showcase delicious ways



media recently. One of the highlights of cottage cheese is its protein content. Influencers have been adding cottage cheese to recipes to increase the protein per serving.



NOW

January Eat Right Flavor Fest Schedule:

EAT RIGHT FLAVOR FESTS

Baton Rouge January 17th, 14630 Village Market St, 11:00 am - 2:00 pm

Biloxi January 25th, 2384 Pass Road, 12:00 pm - 2:00 pm Mandeville January 31st, 3461 East Causeway Appro





Join Rouses Dietitian, April, LIVE every Tuesdays at 10 am for nutritious recipes and tips.





SAUCES, SOUPS AND SIMMERS

7.5 OZ O'Food **Gochujang Sauce**

Savory spicy flavor with a hint of sweetness

12.7 OZ Allegro Marinades and Sauces

9 varieties

16.9 OZ

Califia

Half & Half

DCHUJANO

1-to-1 swap for dairy half-and-half zero sugar

15 OZ Patak's Cooking Sauces Curry sauces include masala. butter chicken, and korma flavors

32 OZ Zoup Good, Really **Good Broth** Premium broth includes chicken, beef, & veggie flavors No artificial ingredients

16 OZ **Earth Balance Buttery Sticks** earth balance Say Free

Baking just got easier with these vegan butter sticks

14.5 - 15 OZ **Bar Harbor Seafood Soups And Stocks** Clam vder Seafood Stock

Ready-to-use flavorful---small batch stock

16 OZ Ragin' Cajun Seasoned Beans All natural

Local product of Broussard, LA

4.76 - 7.3 OZ Dare Crackers



Peanut free No artificial colors or flavors 12 OZ **Orrington Farms Broth Bases** Broth Base

Makes 56 cups of broth No artificial colors or flavors

4.25 OZ Blue Diamond **Nut-Thins** 8 varieties

Made from nuts like almonds

11.5 - 12.6 OZ House Of Tsang **Asian Sauces**

Bring flavor into your stir fry, marinate your favorite grilled meats, or use it as a glaze for wings



CREAM OF BROCCOLI SOUP

3 tablespoons unsalted butter 1 cup finely chopped onions

3 cups unsalted chicken broth

4 small crowns of fresh broccoli. finely chopped (about 4 cups)

2 cups skim milk (use unsweetened dairy free if desired)

1 teaspoon minced garlic

1/4 teaspoon salt

1/4 teaspoon pepper

1 can no salt added creamy navy beans



Directions

- 1. In a food processor, combine beans and 1 cup of broth and blend until creamy and smooth. Set aside.
- 2. In a medium to large pot, sauté onions and butter until onions are softened and clear.
- 3. Add 2 cups of broth and broccoli and simmer about 10 minutes until broccoli is softened.
- Add remaining ingredients and bean mixture to pot and stir.
- Simmer over medium heat until mixture begins to bubble softly. Stir often to prevent burning on the bottom of pot.
- 6. Simmer soup approximately 15 minutes, stirring often.
- Turn heat off and cover. Let stand 15 minutes before serving.

YOU CAN ALSO VIEW THIS RECEIPE AT HTTPS://WWW.ROUSES.COM/COOKING/RECIPES/CREAM-OF-BROCCOLI-SOUP/



LSU AG DEMOS:

Join our monthly LSU Ag demonstrations and samples in select stores.

Find out more information here: https://www.rouses.com/Isuagcooking/

CARB CONSCIOUS

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0.77 OZ **Blue Dragon**

Sushi Nori

1 gram carb

12 OZ Swerve Sugar Replacement



0 net carbs

32 OZ Michaels Of Brooklyn Pasta Sauce

5 COUNT 4.4 OZ lle de France Mini Brie

<1 gram carb

12 - 14 OZ Palmini Pasta

4 grams carbs per serving

4 OZ Ducktrap Cold Smoked Atlantic Salmon Meal Toppers 0 grams carbs

Lemon Dill or Traditional

5 OZ 4th & Heart **Ghee Cooking** Spray



0 grams carbs

32 OZ Yo Mama's Dressing



Low carb

LOW CARB

Looking for low carb options? Rouses has expanded low carb options to more than just cauliflower rice - such as the Palmini hearts of palm pasta and the Yo Mama's dressing! Some of these plant based items can also help us get more veggies in our dietary routine. In addition, don't forget to look across the store where you can find options such as fresh or frozen vegetables and lean meats which are naturally lower in carbs.