

≡ OUR BIGGEST SALE OF THE YEAR! ≡

**33%** **Sale** **OFF** **All Vitamins**  
**and Body Care**

get your greens



collagen boost




pure glow






**33% OFF**  
**All Vitamins  
and Body Care**  
January 8-14

**FRESH THYME  
MARKET**




JOIN US  
SATURDAY  
**JAN 11<sup>TH</sup>**  
11AM-2PM  
Toast to 2025 at our  
**NEW YEAR  
OPEN HOUSE**  
samples • raffles • activities


and pick up this ONE DAY  
MyThyme deal




MY THYME DEAL




**2.99** Clementines 2lb Bag, Cara Cara, Heirloom or Raspberry Oranges 3lb Bags




**5.99 LB** **Pier 33** Premium Select Coho Salmon Fillets  
**ANTIBIOTIC FREE**  
while supplies last, no rainchecks




**99¢**  
Extra Large Red Mangos  
Mangos 10ct case ~~1.79~~




**3.99**  
Organic Blueberries  
full dry pint




**1.99LB**  
Michigan Grown Honeycrisp or Sweetango Apples  
sold in tote bags




**2.99**  
Hass Avocados  
6 ct bag




**3.49LB**  
Heirloom Tomatoes




**2/\$7**  
Fresh Express Chopped Salad Kits 9.1-13 oz




**2/\$4**  
Organic Whole White or Baby Bella Mushrooms  
8 oz




**2.99**  
Organic Bunch Broccoli or Cauliflower




**8.99LB**  
Farmer Focus Organic Boneless Skinless Chicken Breast




**4.99LB**  
Deli Style Thick Sliced Bulk Bacon  
hardwood, applewood or peppered, sold in 3 lb or more packages




**2/\$10**  
Honest Turkey 93% Lean Ground Turkey  
16 oz




**6.99LB**  
Icy Ocean Jumbo 16/20 ct or Large 21/25 ct Peeled and Deveined Argentine Red Raw Shrimp  
sold in 2 lb bag for \$13.98




**25% OFF**  
all nutritional bars




**4.99**  
Milk Organic Plant-Based Almond or Oat Milk  
28 oz




**2/\$3**  
Icelandic Provisions Skyr Yogurt  
4.4, 5.3 oz




**2/\$9**  
Simple Mills Crackers  
4-4.25 oz



**6.99**  
Rao's Homemade Pasta Sauce  
24 oz



**2/\$8**  
Waterloo Sparkling Water  
8 pk, 12 oz



**4.99**  
Dr Praeger's Frozen Burgers  
8-10 oz



Refresh. Reset. Reimagine.

# Cooking Class with Dietitian Meghan

Meghan will show you how to prepare PB&J Overnight Oats!

Thursday, Jan 9th, 6-6:30pm CT

SIGN UP NOW

Exclusive MyThyme Member Offer

**\$2 off** Fresh Thyme freshly  
ground peanut butter



CLIP COUPON





# 33% Off <sup>Sale</sup> All Vitamins and Body Care

OUR BIGGEST SALE OF THE YEAR!



Certified Angus Beef® Boneless Chuck Roast **6.99LB**



Hatfield Marinated Pork Loin Filets or Tenderloins **BOGO** 18.4-22 oz



Pardus Simply Smart Organic Breaded Crispy Strips, Nuggets or Tenders **8.99** 15-24 oz



WHEN YOU BUY 2 OR MORE Northern Chef Shrimp or Calamari Appetizers **2/\$10** 9-10 oz quantities less than 2 are \$5.99



Panera Soup **3.99** 16 oz



Fresh Thyme Shredded Cheese **2.99** 8 oz



Alyssa Oatmeal Bites **2/\$12** 5-6 oz



Hero Bread or Hawaiian Rolls **20% OFF** 13 - 19.5 oz



Boar's Head Tavern Ham **8.99LB**



Boar's Head Golden Classic Chicken Breast **9.99LB** Boar's Head Yellow Or White American Cheese.....6.99LB



Petal Talk Bouquet **9.99**



4.5" Blooming Plants in PC **4.99**



WHEN YOU BUY 3 OR MORE Brew Dr Organic Kombucha **3/\$6** 14 oz quantities less than 3 are regular retail



Vollfe Plant-Based Cheese **4.99** 5.29-8 oz



Blue Zones Kitchen Frozen Meals **4.99** 8-9 oz



Just Egg Folded Plant-Based Eggs **4.99** 4 ct



WHEN YOU BUY 3 OR MORE Celsius Energy Drink **3/\$5** 12 oz quantities less than 3 are regular retail



Hippeas Puffs **2/\$6** 4 oz



Seven Sundays Protein Oats **6.99** 16 oz



Righteous Felon Jerky **2/\$9** 2 oz



Jovial Organic Pasta **2/\$8** 12 oz Jovial Mac & Cheese 6 oz.....2/\$8



Rao's Soup **2/\$8** 16 oz

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Thursday, Jan 9th, 6-6:30pm CT

Exclusive MyThyme Member Offer clip coupon

**MY THYME** \$2 off Fresh Thyme freshly ground peanut butter



Bulk Trail Mix or Snack Mix **20% OFF** sold by the lb



Kin Euphorics Non-Alcoholic Functional Beverages **10.99** 4 pk, 8 oz



Prices valid 1/8/25-1/14/25 at our Indiana locations



it's always fresh to recycle



FRESH THYME MARKET

# Cold-Pressed Juices and Power Shots



2.99  
2 oz



2.99  
12 oz



SHOP NOW



# 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





OVER  
200  
BARS

25%  
OFF  
all nutritional bars  
*single bars only*

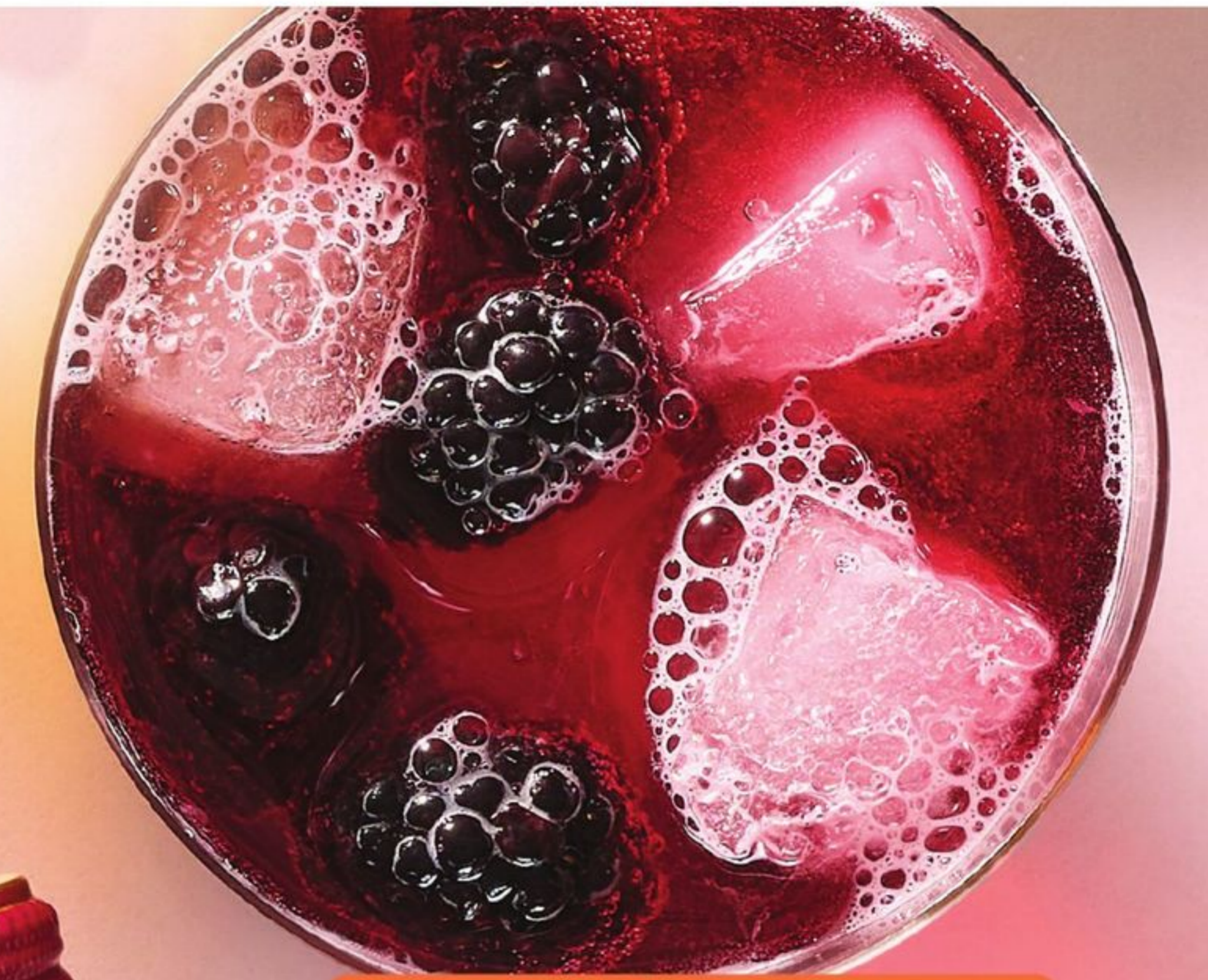
SHOP NOW





# BENEFICIAL BEVERAGES

*Have you heard of functional beverages? They contain natural ingredients that may enhance mental clarity and a positive outlook.*



**TRY SOMETHING NEW**





**Boar's Head**  
**DEDICATED**  
*to* **QUALITY**

— *Since 1905* —



BoarsHead.com  
© 2024 Boar's Head Brand

**9<sup>99</sup>** Boar's Head  
LB 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 **2/57**



**WHEN YOU BUY 3 OR MORE**  
Fresh Thyme  
Plantain Chips **3/56**  
5-6 oz  
quantities less than 3 are regular retail



Siete  
Grain Free Puffs **2/57**  
4 oz



Gorgie  
Sparkling Energy Drinks  
with Benefits **2/54**  
12 oz



Roar  
Organic Enhanced  
Hydration Beverage **2/54**  
18 oz



Vita Coco  
Coconut Water **2/58**  
33.8 oz



Eternal  
Alkaline Spring Water **2/57**  
2.5 L



Banza  
Chickpea Pasta or  
Mac & Cheese **2/56**  
5.5-8 oz



Livwell  
Plant-Based  
Superfood Pasta Sauce **9.99**  
16 oz



It's Skinny  
Pasta **2/56**  
9.52 oz



Bonafide  
Organic Broth **2/57**  
32 oz



Impossible  
Ground Burger **7.99**  
12 oz



Beyond Meat  
Breakfast Sausage **5.49**  
6 pk



Omni  
Plant Based Bao Buns **4.99**  
7.05 oz



Sambazon  
Frozen Acai  
Smoothie Bowl **3.99**  
6.1 oz



# Conquer Dry January!



## BEER



## WINE



## MOCKTAILS



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



# Meet <sup>\*\*\*</sup> \*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!



## **Glow from Within**

Winter wreaks havoc on our skin and there are plenty of different products and tips to help aid dry skin from the inside out. As a dietitian, I'm a firm believer that glowing, healthy skin starts with a combination of a nourishing diet and a smart skincare routine.

**Glow brighter this year—with Fresh Thyme Market's 33% off VBC Sale and start your skin glow-up today! 😊**





~~meat~~ more fish.

**NO  
ANTIBIOTICS**

  
**8X LESS  
GREENHOUSE GASSES  
THAN BEEF**

**SMALL  
FARMS  
THAT CARE**

