

**metro**

because your health matters

**WINTER EDITION**

Effective dates  
January 2nd to  
January 15th, 2025



**3<sup>99</sup>**  
ea. SKINNY POP  
POPCORN  
125 - 150 g  
SELECTED VARIETIES



JORDANS  
NO ADDED SUGAR  
GRANOLA  
235 g  
SELECTED VARIETIES  
**5<sup>99</sup>**  
ea.

low sugar, only 199 cal



peanut free & non-gmo  
**6<sup>99</sup>**  
ea. STRONG ROOTS  
FROZEN MEALS  
350 g  
SELECTED VARIETIES

it's  
**2025:**  
spotlight on  
**EATING WELL**

add healthy choices to your shopping list



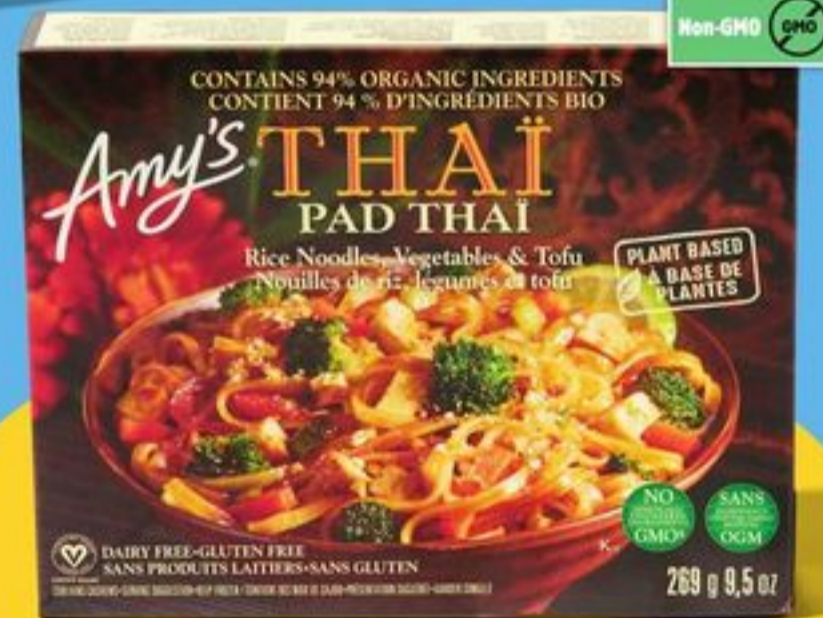
**8<sup>99</sup>**  
ea. EGGLEIFE  
EGG WHITE WRAPS  
170 g  
SELECTED VARIETIES



**4<sup>49</sup>**  
ea. EARTH'S OWN  
BARISTA  
OAT BEVERAGE  
946 ml  
SELECTED VARIETIES



**4<sup>99</sup>**  
ea. NUTS TO YOU  
PEANUT BUTTER  
500 g  
SELECTED VARIETIES



**5<sup>99</sup>**  
ea. AMY'S  
FROZEN MEAL  
227 - 259 g  
SELECTED VARIETIES

plant based; gluten free



**4<sup>99</sup>**  
ea. BOB'S RED MILL  
BROWNIE BAKING MIX  
397 g  
SELECTED VARIETIES

high-quality cocoa powder



VEGGIES MADE GREAT  
FRITTATAS  
340 g  
SELECTED VARIETIES  
**6<sup>99</sup>**  
ea.





Organic

NEAL BROTHERS PASTA SAUCE  
680 ml  
SELECTED VARIETIES

8<sup>99</sup>  
ea.



JOVIAL PASTA  
227 x 349 g  
SELECTED VARIETIES

5<sup>99</sup>  
ea.



Gluten-Free

GARDEIN MEATLESS MEATBALLS  
360 g

7<sup>99</sup>  
ea.



Non-GMO

## spotlight on HEALTHY MEALS

make easy meals that are delicious and



4<sup>29</sup>  
ea.

GOGO QUINOA PASTA  
227 g  
SELECTED VARIETIES

20  
points

3<sup>99</sup>  
ea.

DI MARTINO PASTA  
500 g  
SELECTED VARIETIES



5<sup>99</sup>  
ea.



7<sup>99</sup>  
ea.



16<sup>99</sup>  
ea.



7<sup>99</sup>  
ea.



## did you know?



Yorkshire Valley Chicken Bites are Non-GMO, grain fed and contain no animal by-products.



40  
points

8<sup>99</sup>  
ea.

BOB'S RED MILL TRI-COLOUR QUINOA  
369 g  
SELECTED VARIETIES



5<sup>49</sup>  
ea.

WELL JUICES  
333 ml  
SELECTED VARIETIES



5<sup>99</sup>  
ea.

CHA'S MEAL KITS  
55 g  
SELECTED VARIETIES



10<sup>99</sup>  
ea.

CHA'S CEYLON RICE  
900 g  
SELECTED VARIETIES



20  
points

12<sup>99</sup>  
ea.

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN FILLETS OR BITES  
FROZEN, 454 - 480 g



3<sup>99</sup>  
ea.

GUSTA VEGGIE GROUND  
340 g  
SELECTED VARIETIES



4<sup>49</sup>  
ea.

AMY'S READY TO EAT SOUP  
398 ml  
SELECTED VARIETIES







ght on  
ng  
me

DISCOVER  
NEW  
CRAFTY RAMEN  
FROZEN MEAL  
500-540 g  
SELECTED VARIETIES  
10<sup>99</sup>  
ea.

Pacific  
FOODS  
creamy  
Butternut  
Squash Soup  
425 g

WHOLLY VEGGIE!  
FRIES  
425 g  
SELECTED VARIETIES

0<sup>00</sup>  
EACH  
Chicken Bowl, 550 g  
Serving, Serves 1

3<sup>88</sup>  
EACH  
BBQ Chicken, 900 g  
Serving, Serves 4



7<sup>99</sup>  
ea. VG GOURMET  
FROZEN MEAL  
400 g  
SELECTED VARIETIES

perfectly  
plant-  
based



metro brings you a flavourful selection of international  
and ethnic cuisine – with a plant-based twist. protein,  
fiber & nutrient-rich, we're putting a **spotlight** on the  
health benefits of meatless meals.



clean ingre



source of fibre; gluten free

THE PLANT-IT  
FOOD CO.  
FROZEN MEAL  
325 g  
SELECTED VARIETIES  
8<sup>99</sup>  
ea.



packed with protei



WHOLLY VEGGIE!  
CAULIFLOWER  
WINGS  
375 g  
SELECTED VARIETIES  
6<sup>99</sup>  
ea.

tasty option for a healthy snack



IMPOSSIBLE  
PLANT-BASED  
CHICKEN  
NUGGETS  
FROZEN, 383 g  
6<sup>99</sup>  
ea.

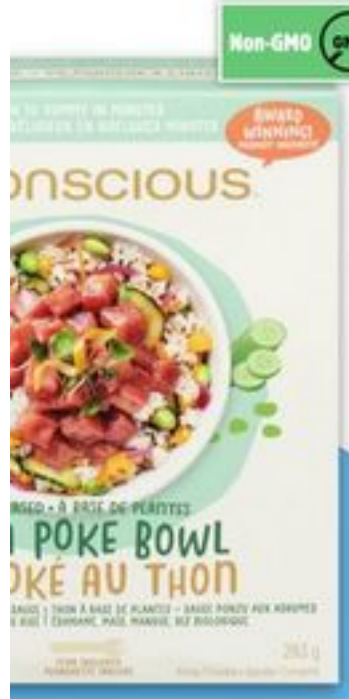


NOTCO  
CHICKEN BURGER  
340 g  
SELECTED VARIETIES  
6<sup>99</sup>  
ea.

rich



3.99 ea. KONSCHIOUS POKE BOWL 293 g SELECTED VARIETIES



ingredients; gluten free



spotlight on **plant-based** high protein

savour your favourite comfort foods made with plant-based ingredients



14.9

5.99 ea. KIKKOMAN SOY SAUCE 591 ml



2.99 ea. KRAFT DINNER MAC & CHEESE 170 g SELECTED VARIETIES



45 points  
9.99 ea. DAIYA PIZZA 444 - 550 g SELECTED VARIETIES

dairy-free; gluten



6.49 ea. DR. PRAEGER'S FROZEN ENTRÉE 283 g SELECTED VARIETIES



4.99 ea. AMY'S BURRITO 156 g SELECTED VARIETIES



6.49 ea. VIOLIFE SLICED CHEESE 200 g SELECTED VARIETIES



1.99 ea. NOBLE BEAN TEMPEH 240 g SELECTED VARIETIES



35 points  
7.99 ea. VIOLIFE SHREDDED CHEESE 200 g SELECTED VARIETIES

**did you know?**  
aloe vera plants contain antioxidants that can help improve your immune system.

ALOE VERA 6" POT ASSORTED STYLE POTS  
12.99 ea.



7.99 ea. KONSCHIOUS ONIGIRI 204 g SELECTED VAR  
6 g of protein; NON



6.99 ea. BEYOND MEAT PLANT-BASED SAUSAGES 235 - 400 g SELECTED VARIETIES



in vitamins A, E, C & D



8.99 ea. NUTS FOR CHEESE SPREAD 210 g SELECTED VARIETIES



# spotlight on SMART SNACK

PLANT UP FROZEN ENTRÉES 288 - 300 g SELECTED VARIETIES

35 points

7.99 ea.

15 points

3.99 ea. PURPLEFUL POPCORN 136 g SELECTED VARIETIES

2.99 ea. POPCORNERS CHIPS 143 g SELECTED VARIETIES

1.99 ea. FRANKIE'S CHIPS 120 g SELECTED



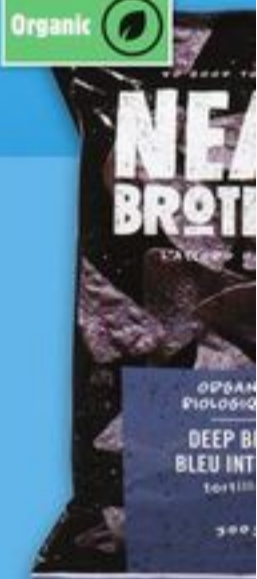
from all-natural & plant-based snack on treats you can



4.99 ea. SENSIBLE PORTIONS GARDEN VEGGIE TORTILLA CHIPS 170 g SELECTED VARIETIES



5.99 ea. TERRA CHIPS 141 g SELECTED VARIETIES



3.99 ea. NEAL CHIPS 300 g SELECTED



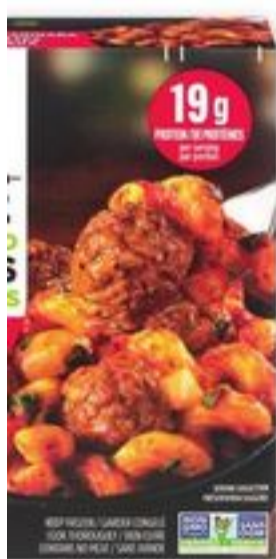
4.49 ea. PLANT UP PUFFS 100 g SELECTED VARIETIES



8.99 ea. NO SUGAR KETO BOMB OR CUPZ 70-12 x 11 g SELECTED VARIETIES



2.49 ea. MID-DAY SQUARES 33 g SELECTED VARIETIES



7.49 ea. GARDEIN SUPRÊME FROZEN ENTRÉES 255 g SELECTED VARIETIES

Click here to learn more about low sugar snacking

## DIABETES CARE COMMUNITY

If you have diabetes, it's essential to carry healthy snacks that help keep you full between meals and prevent low blood sugar.

high source of fiber



3.49 ea. RISE KOMBUCHA 474 ml SELECTED VARIETIES



3.99 ea. THREE FARMERS SNACKS 140 g SELECTED VARIETIES



clean ingredients



free

Non-GMO



ING

3<sup>99</sup> ea. HUMBLE POTATO CHIPS  
135 g  
SELECTED VARIETIES



to low-fat & gluten-free,  
n feel good about

WHOLE GRAIN

made with 13 g  
of whole grain rice  
per serving + good  
source of calcium



3<sup>49</sup> ea. SENSIBLE PORTIONS VEGGIE STRAWS  
120 - 142 g  
SELECTED VARIETIES



11<sup>99</sup> ea. FLOURISH PANCAKE & WAFFLE MIX  
430 g  
SELECTED VARIETIES



4<sup>99</sup> ea. CHEX CEREAL  
345 - 360 g  
SELECTED VARIETIES

5<sup>99</sup> ea.



6 Cans  
ZEVIA BEVERAGE  
6 x 355 ml  
SELECTED VARIETIES  
6<sup>99</sup> ea.



SHADY MAPLE FARMS MAPLE SYRUP  
375 ml  
SELECTED VARIETIES  
13<sup>99</sup> ea.



VEGGIES MADE GREAT BREAKFAST POTATO BAKES  
340 g  
SELECTED VARIETIES  
6<sup>99</sup> ea.

BETTERMO OAT BEVER  
946 ml  
SELECTED VARIETIES  
3<sup>99</sup> ea.



fibre and protein help keep you satisfied longer



ZORAW CHOCOLATE BAR  
52 g  
SELECTED VARIETIES  
3<sup>99</sup> ea.

did you know?



almond butter is loaded with healthy omega-3 fatty acids & fibre, which can help your heart & gut health.

THE GR  
ESC  
GLUTEN-F  
BR  
SELECTED VARI  
7<sup>99</sup> e



EARTH'S OWN OAT BEVERAGE  
946 ml  
SELECTED VARIETIES  
2<sup>99</sup> ea.



QUEEN STREET BAGELS  
464 g  
SELECTED VARIETIES  
8<sup>99</sup> ea.

mac





**9** NATURE'S PATH CEREAL  
300 g  
SELECTED VARIETIES



**10<sup>99</sup>** BOB'S RED MILL PROTEIN OATS  
907 g  
SELECTED VARIETIES

**50** points



Plant-Based  
**4<sup>99</sup>** ea.  
BEYOND MOO OATGURT  
550 g  
SELECTED VARIETIES



**5<sup>99</sup>** ea.  
RIVIERA YOGURT  
500 - 650 g  
SELECTED VARIETIES



**7<sup>99</sup>** YOGGU! YOGURT  
450 g  
SELECTED VARIETIES

low sugar & packed with pro



**9** MOODRINK  
SELECTED VARIETIES



**19<sup>99</sup>** SALT SPRING COFFEE  
900 g  
SELECTED VARIETIES



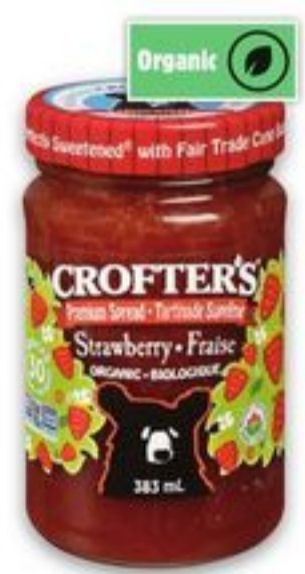
**30** points  
**3<sup>99</sup>** ea.  
SESMARK CRACKERS  
100 - 150 g  
SELECTED VARIETIES



**7<sup>49</sup>** ea.  
BOB'S RED MILL OATMEAL  
907 g  
SELECTED VARIETIES



**9** THE GRAIN ESCAPE  
SELECTED VARIETIES



**5<sup>99</sup>** ea.  
CROFTER'S JAM  
383 ml  
SELECTED VARIETIES



**11<sup>99</sup>** ea.  
PATIENCE JUICE  
946 ml  
SELECTED VARIETIES



**5<sup>99</sup>** ea.  
CALIFIA FARMS BEVERAGE  
1.4 L  
SELECTED VARIETIES



**12<sup>99</sup>** ea.  
NATURE'S NUTS ALMOND BUTTER  
500 g  
SELECTED VARIETIES

made with only one ingredient; no added sugar



**6<sup>99</sup>** ea.  
A2 MILK  
2 L  
SELECTED VARIETIES



**50** points  
**8<sup>49</sup>** ea.  
LAKEWOOD BLACK CHERRY JUICE  
946 ml



**5<sup>99</sup>** ea.  
TUTTI GOURMET BISCOTTI  
180 g  
SELECTED VARIETIES



spotlight on

# enjoying dairy-free

smooth & creamy plant-based  
yogurts are nutritious & delicious



biotics



LOVE GOOD  
FATS BARS  
40 g  
SELECTED VARIETIES  
2.99  
ea.

TRUBAR  
PROTEIN BARS  
50 g  
SELECTED VARIETIES  
2.49  
ea.

## did you know?



oats and chia seeds can help  
you feel full and reduce cravings.



PRANA  
OVERNIGHT  
CHIA OATS  
250 g  
SELECTED VARIETIES  
6.99  
ea.

# moi rewards

# i earn points fast with

- + more points in
- + more on-s
- + more in-ap
- + more mem
- + more point
- your eligib

## i earn and save on the app

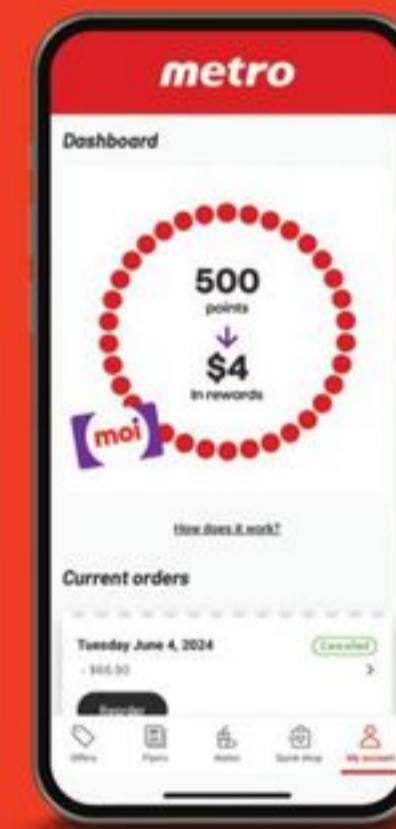


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