

LOOK FOR THE  
TOP KNOT!



**Sumo Citrus®**  
**Mandarins**

**\$3.98** /LB.

HERE FOR  
ONLY A SHORT  
SQUEEZE

**Organic**  
**Pineapples or Green Kiwi**  
1lb. Clamshell



**BUY ONE. GET ONE**  
**50% OFF**  
regular retail  
of equal or lesser value

**Organic**  
**Blackberries 5.6oz.**  
**Blueberries 11oz.**  
or **Raspberries 6oz.**



**3 FOR \$12**

**Organic**  
**Medium Hass Avocados**  
5ct. Bag



**BUY ONE. GET ONE**  
**50% OFF**  
regular retail  
of equal or lesser value

**Zevia**  
All Items



**BUY ONE. GET ONE**  
**50% OFF**  
regular retail  
of equal or lesser value

**Malk**  
**Organic Almond or**  
**Oat Creamer or Malk**



Select varieties,  
16 or 28 fl. oz.



**BUY ONE. GET ONE**  
**50% OFF**  
regular retail  
of equal or lesser value

**Wonderful Pistachios**  
Shelled or in-shell,  
select varieties, 5.5-12 oz.



**BUY ONE. GET ONE**  
**50% OFF**  
regular retail  
of equal or lesser value

**Wild-Caught**  
**Raw USA**  
**Gulf Shrimp**

Select varieties,  
frozen, 16-32 oz.



WILD CAUGHT  
FAVORITES

**BUY ONE. GET ONE**  
**50% OFF**  
regular retail  
of equal or lesser value

**RESPONSIBLY**  
**SOURCED**  
**SEAFOOD**

**Sprouts  
Boneless Skinless  
Chicken Breasts**

No added hormones or steroids!



NO ANTIBIOTICS, EVER

**\$3.99** /LB.

Value pack  
Everyday low price

**Sprouts  
Organic Grass-Fed  
Boneless Beef Steaks**

No antibiotics or steroids added!  
Select varieties, 8-10 oz.



**10% OFF**  
regular retail

**Premium Angus  
Boneless Beef  
Rump Roast**



**\$6.99** /LB.

**Premium Angus  
Boneless Beef  
New York Steak**



**\$14.99** /LB.

**All-Natural  
Pork Shoulder Roast**

No hormones or steroids!  
Whole in the bag, bone-in



**\$3.99** /LB.

**Alden's Organic  
Ice Cream**

Select varieties, 48 fl. oz.



**\$7.99** /EA.

**Bonafide Provisions**

All Items



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Annie's Homegrown**

All Items



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Hissho Sweet Potato  
Avocado Roll**

6.2 oz.



**\$5.99** /EA.

**Dark or Milk Chocolate  
Almonds**



**\$5.99** /LB.

**Sprouts  
Packaged Coffee**

Select varieties,  
10-12 oz.



**\$8.99** /EA.

**Source Naturals  
Wellness Support  
Supplements**

Select varieties  
and sizes



**15% OFF**  
regular retail



Organic



Gluten-free

# DISCOVER FEEL-GOOD FAVES



Non-GMO



Plant-based

Explore organic, non-GMO, gluten-free and grass-fed choices to nourish every dietary lifestyle.

## Sprouts Sliced Bacon

Uncured hickory or no sugar applewood, prepackaged, 10 oz.



\$4.99 /EA.

## Organic Cara Cara or Navel Oranges 3lb. Bag



\$4.98 /EA.

## Sprouts Cobia Fillets

Responsibly sourced, farm-raised, frozen, 16 oz.



\$15.99 /EA.

## Sprouts Maryland Style Crab Cakes

Made with real premium crab meat, frozen, 2 ct.

CHEM-FREE



\$8.99 /EA.

## Organic SugarBee 2lb. Bag or Cosmic Crisp Apples 4ct.



BUY ONE. GET ONE 50% OFF regular retail of equal or lesser value

## All-Natural Grass-Fed 85% Lean or Grain-Fed 93% Lean Ground Beef

Grass-fed sold in a 2 lb. package and Grain-fed sold in a 1 lb. package

ALWAYS FRESH. NEVER FROZEN



\$7.49 /LB.

## Catalina Crunch All Items

KETO



BUY ONE. GET ONE 50% OFF regular retail of equal or lesser value

## Elmhurst Plant-Based Lattes or Milk

Select varieties, 25.4 or 32 fl. oz.



BUY ONE. GET ONE FREE of equal or lesser value

**Celsius Energy Drinks**

Select varieties, 12 fl. oz.



**3 FOR \$5**



**Nopalli**  
All Items



**BUY ONE, GET ONE FREE**  
of equal or lesser value

**Gimme Seaweed Snacks or Immi Protein Ramen**

Select varieties, 0.7 or 2.4 oz.



**BUY ONE, GET ONE 50% OFF**  
regular retail of equal or lesser value

**Larabar Nutrition Bars**

Select varieties, 1.6-1.7 oz.



**10 FOR \$10**

**Amy's Soups**

Select varieties, 13.65-14.5 oz.



**2 FOR \$7**

**Zoup!**  
All Items



**BUY ONE, GET ONE 50% OFF**  
regular retail of equal or lesser value

**Madley Hadley Coconut Bacon Bits, Kooshy Croutons, All Day Chickpea Crunch or Organicville Salad Dressing**

Select varieties and sizes



**BUY ONE, GET ONE FREE**  
of equal or lesser value

**Rebbl Organic Elixir or Protein Drinks**

Select varieties, 12 fl. oz.



**2 FOR \$7**

**Sweet Nothings Kids Frozen Squeezable Smoothies**

Select varieties, 6 pk., 2.15 oz.



**2 FOR \$10**

**Sprouts Organic Frozen Saccottini Pasta**

Select varieties, 16 oz.



**\$6.99 /EA.**

**Sprouts Frozen Grilled Chicken Chunks or Strips**

18 oz.



**\$12.99 /EA.**

**Jack's Allergen Friendly Cookies or Brownies**

Select varieties, 7 oz.



**\$7.99 /EA.**

**Sprouts Organic Artisan Sourdough Bread**

14 oz.



**2 FOR \$10**

**True Story Organic Deli Meats**

Select varieties, 6 oz.



**\$9.99 /EA.**

**Hero Tortillas, Hawaiian Rolls or Bread**

Select varieties, 9.3-19.5 oz.



**BUY ONE, GET ONE 50% OFF**  
regular retail of equal or lesser value

**Organic Valley Organic Shredded Cheese**

Select varieties, 6 oz.



**\$6.49 /EA.**

**Rumiano Organic Cheese Bars**

Select varieties, 8 oz.



**\$6.99 /EA.**

**Love & Ladle Soup**

Select varieties, 16 oz.



**\$6.49 /EA.**

**Four Sigmatic Organic Plant-Based Protein Powder or Mushroom Supplements**

Select varieties and sizes



**15% OFF**  
regular retail

**OM Mushrooms Organic Mushroom Supplements**

Select varieties and sizes



**20% OFF**  
regular retail

**TruVani Organic Plant-Based Protein Powder**

Select varieties, 20.95-25.75 oz.



**\$47.99 /EA.**

**Taylor Farms  
Chopped Salad Kits**

Select varieties,  
9.25-13.2 oz.



**2 FOR \$7**

**Red Cherries**



**\$4.98 /LB.**

**Organic  
Romaine Hearts  
3pk.**



**\$4.48 /EA.**

**Wholesum Organic  
Poppies or Brites  
Cherry Tomatoes  
12oz.**



**\$3.98 /EA.**

**Frieda's  
Organic Stokes  
Purple Sweet Potatoes  
3lb. Bag**



**\$5.98 /EA.**

**Organic  
Mini Cucumbers  
1lb. Bag**



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Halos Organic  
Seedless Mandarins  
3lb. Bag**



**\$5.98 /EA.**

**Tasteful Selections  
Organic Baby Potatoes  
1.5lb. Bag**  
Select varieties



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

# PEAK SEASON

## WHAT'S IN SEASON?

Checkout these fresh, nutrient-packed all-stars.

### JANUARY EDITION

LEARN MORE



Sumo Citrus



Cara Cara Oranges



Pummelos



Stokes Purple® Sweet Potatoes



Dutch Blue Baby Potatoes



Spaghetti Squash



Red Dragon Fruit



Pineapples



Rokit™ Apples



Sugarbee Apples



Broccoli Crowns



Badger Flame Beets



Cauliflower



Celery Root



Baby Carrots

**Sprouts  
One Pan Meals**

Prepared fresh in-store daily using all-natural ingredients, select varieties



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value  
Discount taken at register

**Sprouts Chicken  
Drums or Thighs**

Bone-in, no hormones or steroids!



NO  
ANTIBIOTICS,  
EVER

**\$2.49 /LB.**  
Value pack

**All-Natural  
100% Grass-Fed  
Lamb Loin Chops**

No added hormones or steroids! Pasture-raised

NO  
ANTIBIOTICS,  
EVER



**\$13.99 /LB.**

**Sprouts  
93% Lean  
Ground Turkey**

All-Natural, no added hormones or steroids, 16 oz.



NO  
ANTIBIOTICS,  
EVER

**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Beyond Meat**

All Items



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Force of Nature  
Ancestral Venison  
and Beef Patties,  
Ground or Meatballs**

No antibiotics or steroids, frozen, 10-16 oz.

NO  
ANTIBIOTICS,  
EVER



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Wild Alaska  
Sockeye Salmon Fillets**

Responsibly sourced and high in omega-3 fatty acids, previously frozen



Wild, Natural & Sustainable



WILD CAUGHT  
FAVORITES

**\$12.99 /LB.**

**Super Colossal  
Peeled & Deveined  
Raw Grilling Shrimp**

8/12 ct. Phosphate-free, farm-raised, previously frozen



**\$10.99 /LB.**  
Also available in a 2 lb. bag

**Wild  
Mahi Mahi Fillets**

Previously frozen



WILD CAUGHT  
FAVORITES

**\$6.99 /LB.**

**Sprouts  
Cod, Tuna  
or Mahi Mahi**

Portions or loins, frozen, 32 oz.



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value





# NEW FOR YOU EXCLUSIVELY AT SPROUTS

## Slate High Protein Milk Shake

Select varieties, 11 fl. oz.

GLUTEN-FREE  
& KETO-FRIENDLY



20 G. OF PROTEIN  
PER SERVING

2 FOR \$6

## Ina by Ayéya Bar Soap, Bath Bomb or Salts

Select varieties, 4.5-24 oz.

ETHICALLY  
CRAFTED



SOAPS & SOAKS  
FOR A LIFE IN  
BALANCE



\$5.99-\$9.99 /EA.

## Sprouts Organic Sliced Sourdough

Select varieties, 24 oz.



HANDCRAFTED  
IN SMALL  
BATCHES

\$6.99 /EA.  
Everyday low price

## Sprouts Brownies or Brookies

Select varieties, 7.5-10.5 oz.

PERFECTLY  
PORTIONED



LIKE A BROWNIE +  
A COOKIE HAD A BABY

\$6.99 /EA.  
Everyday low price

**Rao's Homemade  
Pasta Sauce,  
Soup or Pasta**

Select varieties, 12.3-24 oz.



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Lundberg Organic  
Thin Stackers, Rice,  
Risotto or Rice Cakes**

Select varieties,  
3.3-64 oz.



**20% OFF**  
regular retail

**R.W. Knudsen**

All Items



**20% OFF**  
regular retail

**Perfect  
Organic Bars**

Select varieties, 2.3-2.5 oz.



**2 FOR \$4**

**Navitas Organics  
or C2O**

All Items



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Noka  
Organic Fruit Smoothie  
Pouches or Multipacks**

Select varieties,  
4.22 oz. or 4 pk., 4.22 oz.



**BUY ONE. GET ONE  
50% OFF**  
regular retail  
of equal or lesser value

**Poppi  
Prebiotic Soda**

Select varieties, 12 fl. oz.



**3 FOR \$6**

**Boulder Canyon  
Poppers or Potato Chips**

Select varieties, 5.25-6 oz.

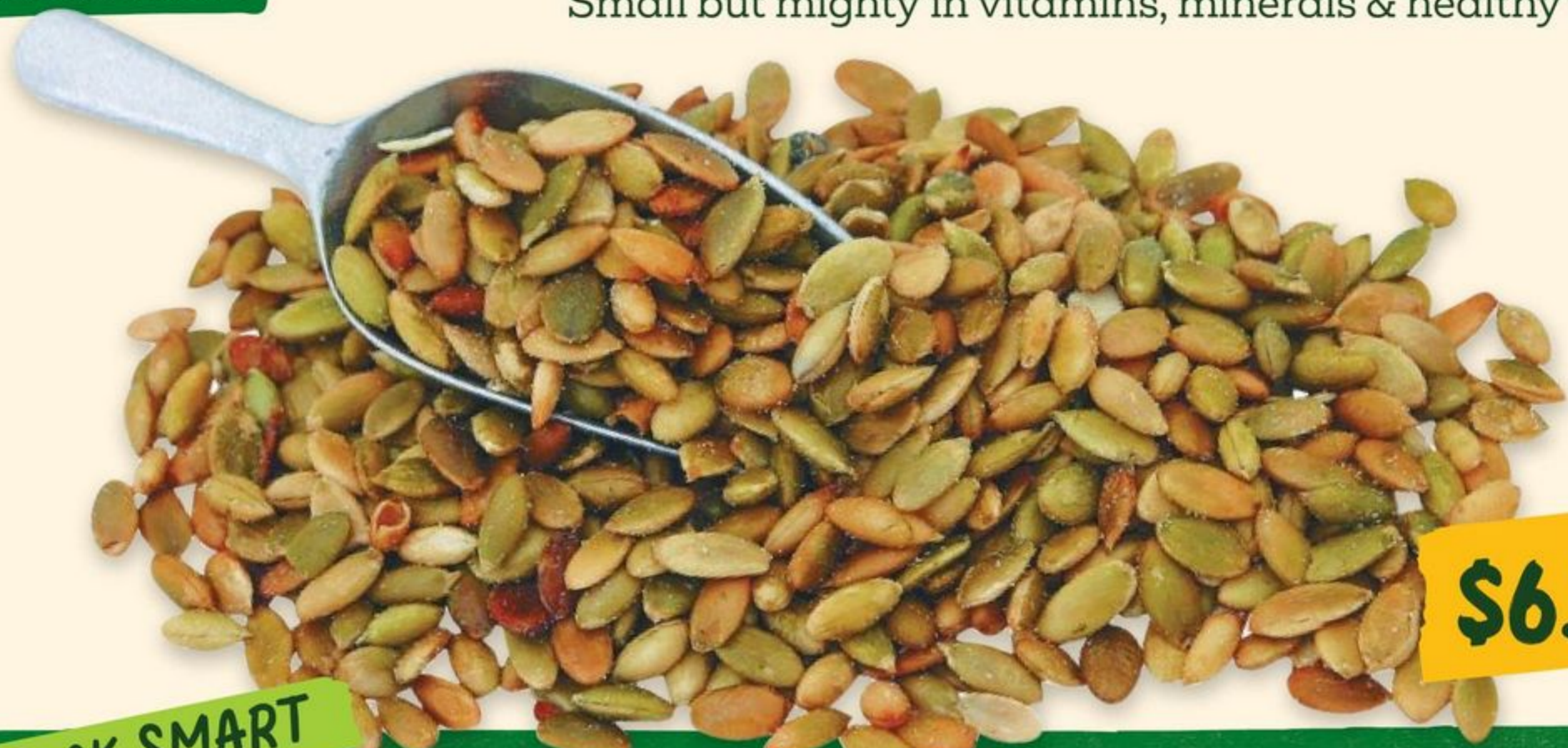


**BUY ONE. GET ONE  
FREE**  
of equal or lesser value

**Organic  
Pumpkin Seed  
Kernels**  
Raw, roasted salted or unsalted

# PUMPKIN SEEDS

Small but mighty in vitamins, minerals & healthy fats



**\$6.99 /LB.**

**STOCK SMART**

# GO **BIG** ON BULK

Shop everything you love in quantities you need.

**OPTIONS GALORE**

**Wild West Remix or  
Deluxe Snack Mix**  
Select varieties



**\$5.99 /LB.**

**Erin Baker's Granola**  
Select varieties



**\$6.99 /LB.**

**Sprouts  
Newly Harvested Dates**  
Select varieties, 10-12 oz.



**\$7.99 /EA.**

**Mixed Nuts  
without Peanuts**  
Select varieties



**\$7.99 /LB.**

**Organic  
Walnut Halves & Pieces  
or Raw Almonds**



**\$8.99 /LB.**

**Bulk  
Dried Fruit**  
Select varieties



**20% OFF**  
regular retail

excludes prepackaged items  
not sold by the pound

**MRM**  
All Items



**15% OFF**  
regular retail

**Manuka Health**  
All Items



**15% OFF**  
regular retail

# PURE & HONEST BODY CARE

Shop better-for-you  
body care essentials

## ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

### MULTIVITAMINS

**MegaFood  
Mutlivitamins**  
Select varieties and sizes



**20% OFF**  
regular retail

### OMEGA-RICH OILS

**Nordic Naturals  
Omega Rich Supplements**  
Select varieties and sizes



**20% OFF**  
regular retail

### PROBIOTICS

**Ancient Nutrition  
Probiotics**  
Select varieties, 30-60 count



**20% OFF**  
regular retail

### SUPERFOODS

**Sunfood  
Superfoods**  
All Items



**20% OFF**  
regular retail

**Alba Botanica**  
All Items



**20% OFF**  
regular retail

**Acure**  
All Items



**20% OFF**  
regular retail

Prices valid January 8-14, 2025

# AT ANY OF OUR MEMPHIS AREA LOCATIONS

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.  
OFFERS NOT AVAILABLE TO WHOLESALERS. NO CASE DISCOUNTS.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Some items may be subject to local, county or state sales tax, and (in Fort Collins and Aurora, CO) to a Public Improvement Fee (PIF). We are not responsible for any typographical errors.

**Desert Essence  
Dental Care**  
Select varieties  
and sizes



**20% OFF**  
regular retail

# JANUARY DEALS ARE HERE!

Discover new favorites and fresh savings all month!

[VIEW DEALS](#)

**SPROUTS  
FARMERS MARKET**

**DEALS  
OF THE MONTH**

**JANUARY 2025**

Offers valid January 1-28, 2025 at Sprouts stores, excluding Chula Vista, CA and Sprouts Express on High Street Phoenix, AZ.

**SEE YOU NEXT WEEK!**