

LOOK FOR THE
TOP KNOT!



Sumo Citrus®
Mandarins

\$3.98 /LB.

HERE FOR
ONLY A SHORT
SQUEEZE

Organic
Pineapples or Green Kiwi
1lb. Clamshell



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



Organic
Medium Hass Avocados
5ct. Bag



Zevia
All Items



Malk
Organic Almond or
Oat Creamer or Malk



Select varieties,
16 or 28 fl. oz.



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



Wild-Caught
Raw USA
Gulf Shrimp

Select varieties,
frozen, 16-32 oz.



WILD CAUGHT
FAVORITES

RESPONSIBLY
SOURCED
SEAFOOD

Sprouts
Boneless Skinless
Chicken Thighs or
Thin Sliced Breasts

No added hormones
or steroids!



NO
ANTIBIOTICS,
EVER

\$3.99 /LB.
Value pack

Goodness Grazeous
Organic Grass-Fed
93% Lean Ground Beef

No antibiotics or added steroids!
48 oz.

FRESH



\$8.49 /LB.
Value pack

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

Sprouts Organic Grass-Fed Boneless Beef Steaks

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



10% OFF
regular retail

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



Rockit™ 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.

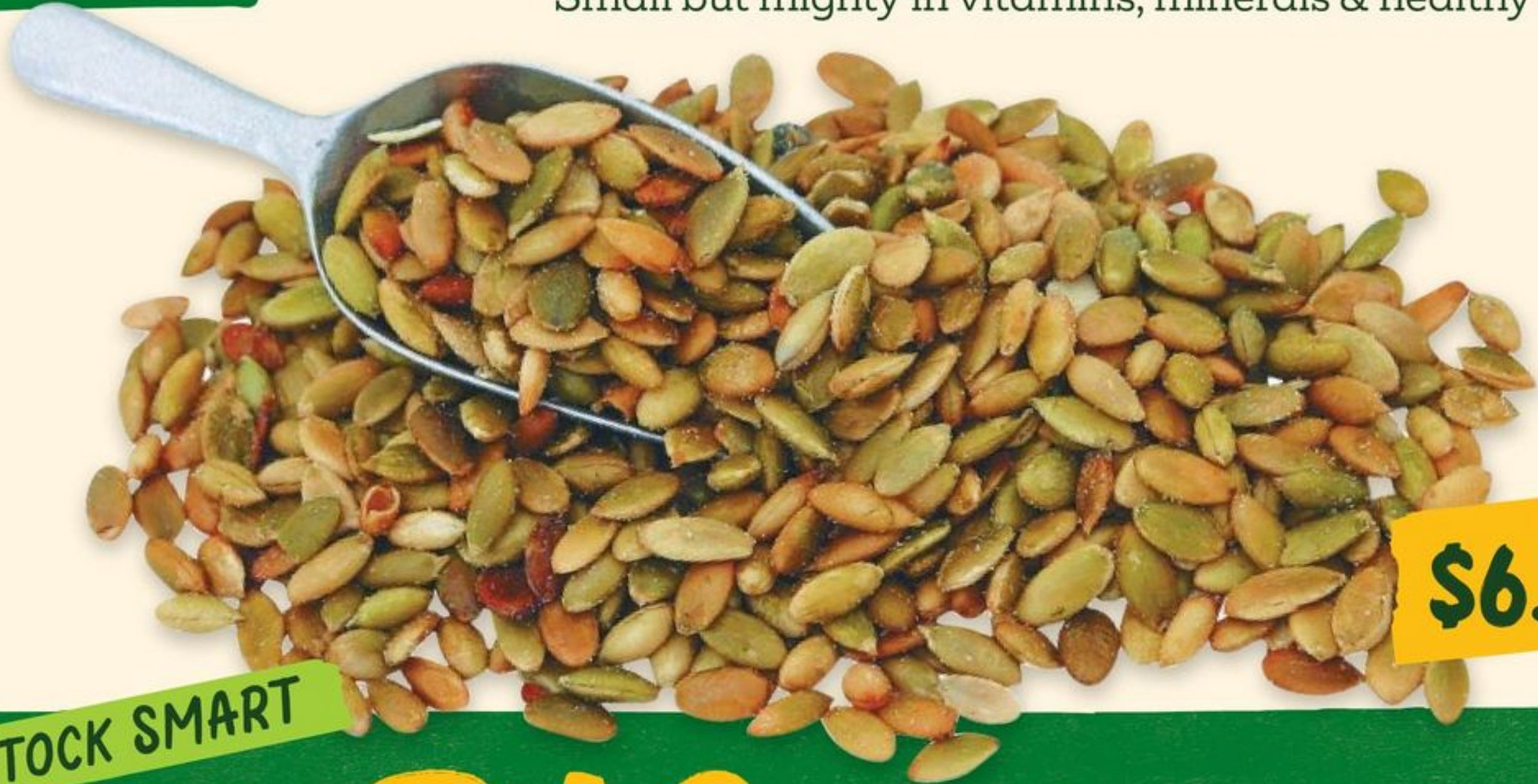


**BUY ONE. GET ONE
FREE**
of equal or lesser value

**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 NASHVILLE 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.

The graphic features several product images: Fair & Square Cheese Crackers, Organic Desi Natural Dahi Whole Milk Yogurt, Fond Organic Grass-Fed Beef Bone Broth, Rebbl Protein Cookies & Creme, Three Wishes Maple Pecan Granola, Slate Sweet Cream Latte, and Sprouts Organic Whole Blueberries.

SEE YOU NEXT WEEK!