



Harris Teeter Discovery

Inspiring your Culinary Journey

Special savings on
organic favorites
inside

Tasty, healthy
recipes that
everyone
will love

Look on back
and make
shopping easy
so you can have
more *me-time!*



Happier,
Healthier
with Harris Teeter

December 31, 2025 - January 27, 2026

Happier,
Healthier
with Harris Teeter

Healthier recipes with delicious results



Omega-3
rich

Sheet Pan Citrus Salmon with Fennel with Herby Yogurt Sauce

INGREDIENTS:

- 5 - 4 oz. center cut salmon filets, skin removed
- 2 Cara Cara Navel Oranges
- 1 large fennel bulb
- 2 Tbsp. olive oil, divided
- Salt and pepper, to taste
- ½ cup plain Greek yogurt
- 1 Tbsp. fresh dill, chopped
- 1 Tbsp. honey
- Salt, to taste

DIRECTIONS:

1. Preheat oven to 400° F. Coat a large, rimmed baking sheet with cooking spray.
2. Thinly slice the oranges and place on the prepared sheet. Remove the stems from the fennel bulb (reserving fronds for a garnish). Slice the fennel and place on top of the oranges. Drizzle with one tbsp. of the olive oil and sprinkle with salt and pepper. Season the salmon filets on both sides with salt and pepper and place on top of the fennel and citrus. Drizzle with the remaining tbsp. of oil.
3. Bake for 15-20 min, until salmon is flakey and just cooked through.
4. While the salmon is baking combine all sauce ingredients in a small bowl.
5. Transfer citrus, fennel, and salmon to a serving platter and garnish with reserved fennel fronds, if desired. Serve with yogurt sauce and enjoy!

Simple to make, crafted to make you feel good

High in
fiber



Chickpea & Peanut Protein Bowl

Lean
protein



Miso Glazed Pork Tenderloin



Power up with protein

Delicious and crafted
with real vanilla to keep you
satisfied, naturally.



Craving more delicious ways to fuel up?
Scan here for recipes and savings.

Discover Inspiration

Check out what's
NEW



Soda with standards



Fast-absorbing,
longer-lasting
hydration



New Year.
New Morning.
Easy prep with
15g protein.



The Original
Deli Style
Coney Island
Mustard



Incredibly sweet,
seedless, and
easy-to-peel,
Sumo Citrus®

VICKS
Formula 44
Powerful
Cough &
Chest
Congestion*
Relief



Keeping prices lower,
longer, on 1,000s of
items you buy every day.



Simple Truth Protein
Ranch Crisp Crackers
2 for \$8



Simple Truth Protein
Creamy Peanut Butter
4.59
each



Simple Truth Protein
Meatless Chili
2 for \$7



Simple Truth Organic
Oats & Honey Granola
7.99
each



Simple Truth Protein
Buttermilk Pancake Mix
3.49
each



Simple Truth Organic
Amber Maple Syrup
4.49
each



Simple Truth Organic
Rolled or Steel Cut Oats
2 for \$7



Simple Truth Protein
Shell Pasta & Cheese
2 for \$5



Simple Truth Protein
Granola Bars
2 for \$7

Discover Fresh and Organic

Prices good December 31, 2025 - January 27, 2026



10 oz.
Verde Organic
Strip Steak

9.99

each • with VIC card
Save 6.00 each
with VIC card



16 oz. Organic
Smart Chicken
Ground Chicken

7.99

each • with VIC card
Save 1.00 each
with VIC card



Organic
Smart Chicken
Drumstick

3.99

per lb. • with VIC card
Save 1.00 per lb.
with VIC card



3 lb. bag Simple Truth Organic
Red, Gold, Russet or
Sweet Potatoes

4.99

each



2 lb.
Simple Truth Organic
Red or Yellow Onions

3.99

each



1 lb.
Organic
Ginger Root

4.99

each



2 lb. Simple Truth Organic
Gala, Pink Lady or
Granny Smith Apples

4.99

each



Organic
Envy Apples

2.99

per lb.



Organic
Honeycrisp Apples

3.99

per lb.

We have so many choices... find your new favorite!



1 lb. bag
Simple Truth Organic
Baby Cut Carrots

2 for \$4



8 oz. Simple Truth Organic
Whole
White Mushrooms

2 for \$5



5 oz. Simple Truth Organic
Baby Spinach, Arugula
or Spring Mix Salads

4.29

each



Organic
Hot House Bunch
Tomatoes

2.99

per lb.



2 ct.
Simple Truth Organic
Peppers

4.49

each



.5 oz.
Simple Truth Organic
Mint, Basil or Cilantro

2 for \$4



10 oz. Organic
Chopped Collard Greens
or Rainbow Chard

4.49

each



Organic Bunched
Red or Gold Beets

2.79

each



Organic
Green, Red or Lacinato Kale

2 for \$5

Ask the Pharmacist

With so many high-protein snacks and drinks available, how much protein is actually healthy to include in my daily diet, and what should I watch out for on labels?

The recommended dietary allowance for protein is **0.8 grams per kilogram of body weight**. This represents the minimum amount needed to maintain health and prevent deficiency. For **older adults**, a slightly higher intake of **1.0-1.2 grams per kilogram per day** is recommended to help preserve muscle mass.

Although protein snacks and drinks are popular, many are less healthy than they appear. They can contain high amounts of added sugars, artificial sweeteners, and sodium. For instance, some products pack 10-20 grams of sugar per serving. When possible, choose options with no more than 8 grams of sugar to better support overall health.



**Happier,
Healthier**
with **Harris Teeter**

FREE Support from Our Dietitians*

Get simple tips to eat and live well in a free 30-minute virtual session.



*Some restrictions apply. See pharmacist for details.

*Nutrition service is based on general nutrition principles and personal preferences and does not constitute medical nutrition therapy. Nutrition services are not available in SC. Offer available to loyalty program (VIC card) members only. Loyalty program (VIC card) membership is available to the general public on equal terms and conditions and regardless of health insurance status. Not conditioned on the provision or purchase of any future products or services. Free visit is limited to one per VIC household. Terms and conditions are subject to change at any time.

Harris Teeter
Pharmacy



Start the year 'Happier, Healthier' with Our Favorite Brands



**50% MORE
ELECTROLYTES***
vs. leading
electrolyte water
beverage.



21g Protein only 4g net carbs



4 Health Benefits* In 1 Daily Fiber



Gently cleanses and
removes up to 99%
of makeup.



Get lasting freshness
for your home



Uncontain Yourself
with Tree Hut

Celebration of Flavors

**World
Flavors
Festival**
Mediterranean-
inspired

Tzatziki Dip

Ingredients:

- ½ medium English cucumber, peeled and seeds removed
- 1 cup FAGE Total Greek Yogurt
- 1 clove garlic, minced
- 2 tbsp. fresh lemon juice
- 1 tbsp. fresh mint, chopped
- 1 tbsp. fresh dill, chopped
- Salt and pepper, to taste

Directions:

1. Place a cheesecloth over a medium bowl and grate the cucumber over the cheesecloth. Squeeze the liquid out of the grated cucumber.
2. In a medium bowl, mix the squeezed cucumber, yogurt, garlic, lemon juice, mint, dill, salt, and pepper.
3. Chill for 15-30 minutes to allow the yogurt to firm up and the flavors to combine.
4. Remove from the refrigerator and drizzle with olive oil. Serve with toasted pita chips and fresh veggies for dipping.

This dip is a tasty way
to **add more veggies**
to your diet this year!

**Happier,
Healthier**
with Harris Teeter



Reduced fat Greek yogurt with a perfect balance of rich flavor and creamy texture.



Unbelievably delicious – made with no grains, no gluten, and no artificial flavors or sweeteners.



Zahav Restaurant
Recipe Hummus



scan to shop

Discover Inspiration

Whether it's **tasty meat, seafood or fresh produce**, you'll find better-for-you choices to live well your way.

Look to Harris Teeter for healthier protein options like salmon, cod, lean ground beef and ground turkey when deciding on "what's for dinner".

**Happier,
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Get creative when making your next salad... look at these **possibilities!**

Along with our great selection of dressings why not try...

Yummy nuts, fruits and berries or try something different like...



Oh, so many choices of croutons, tortilla strips and wonton strips, plus try zesty snacks like....



Looking for some **non-alcoholic** options to start the year? We have plenty!

Beers, Wine and Seltzers abound





Harris Teeter

YOUR NEIGHBORHOOD MARKET

Discover easy grocery shopping and great savings this year!



	HT Plus \$99	HT Plus \$69	eVIC Loyalty Digital Account	VIC Loyalty Account
Price	\$99 per year or \$12.99 per month	\$69 per year or \$8.99 per month	FREE	FREE
Weekly Specials	✓	✓	✓	✓
Fuel Points Earned Per \$1 Spent	2X	2X	1X	1X
Digital eVIC Coupons	✓	✓	✓	
Free Grocery Pickup	✓	✓	✓	
Exclusive Savings Offers	✓	✓		
FREE Grocery Delivery	Same day	Next day		
FREE Disney*, Hulu or ESPN* Streaming Plan	Ongoing subscription for annual membership only	6 month trial for annual membership only		
Discounted Express Delivery	✓			

Terms and Conditions apply. Visit harristeeter.com for details.

Kids, list 3 things you can do this year to brighten someone's day!
Cut this out and save as a reminder

1. _____
2. _____
3. _____

Color in Harry and don't forget...

Kids get a **FREE COOKIE** in the Bakery

