

SPROUTS®
FARMERS MARKET

A LEGEN-DAIRY SOURCE OF PROBIOTICS!

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

All Dairy Yogurt or Kefir

Select brands, varieties and sizes

MIX & MATCH



Sumo Citrus
3lb. Bag



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

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



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

Exclusive Sprouts
GoldSnap Apples



\$1.98 /LB.

Organic Green, Red
or Lacinato Kale



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

Bragg Seasoning,
Salad Dressing,
Liquid Aminos,
Apple Cider Vinegar
or Olive Oil

Select varieties
and sizes



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

Bulletproof, Four Sigmatic
or Laird Superfood Coffee

Select varieties,
3.9-12 oz.



BUY ONE, GET ONE
FREE
of equal or lesser value

Fresh Atlantic
Salmon Fillets

High in omega-3
fatty acids,
farm-raised



\$8.99 /LB.

SCROLL
FOR
RECIPES!

RESPONSIBLY
SOURCED
SEAFOOD

FAST, FRESH & FIN-TASTIC

SALMON DINNERS

High in vitamins, minerals and omega-3s, salmon is the ultimate catch for easy weeknight meals.



1

Make it sweet & savory

[Get Recipe >](#)

2

Serve it on a skewer

[Get Recipe >](#)



3

Grill it with veggies

[Get Recipe >](#)



Sprouts Boneless Skinless Chicken Thighs or Thin Sliced Breasts

Air-chilled, no added hormones or steroids!

NO ANTIBIOTICS, EVER



\$4.99 /LB.
Value pack

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



\$8.49 /LB.

Premium Angus Boneless Beef New York Steak



\$16.99 /LB.

Sprouts One Pan Meals

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



Discount taken at register

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

Sprouts All-Natural Pork Ribs Baby Back or St. Louis Style

No added hormones or steroids! Previously frozen

NO ANTIBIOTICS, EVER



Discount taken at register

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

Thomas Farms 100% Grass-Fed Ground Lamb

Fresh free range, raised without antibiotics or added hormones, 16 oz.

NO ANTIBIOTICS, EVER



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

Sprouts Organic Chicken Breasts

Air-chilled, boneless skinless, raised without antibiotics or added hormones!



\$7.99 /LB.

Value pack

Sprouts Sliced Pork or Turkey Bacon

Uncured hickory or no sugar applewood, prepackaged, 8 or 10 oz.

NO ANTIBIOTICS, EVER



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

Force of Nature 100% Grass-Fed Venison, Beef or Chicken

No added steroids or hormones! Frozen, 10-16 oz.

NO ANTIBIOTICS, EVER



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

Fresh Atlantic Marinated Salmon Portions

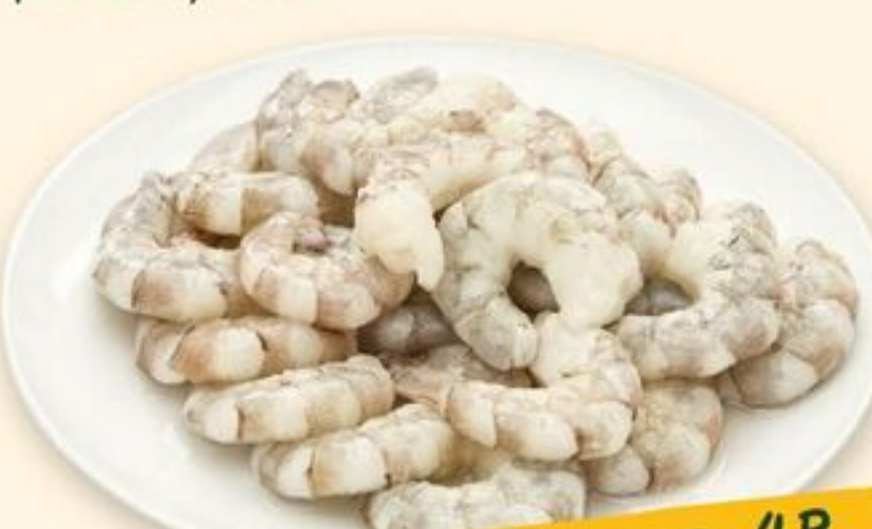
Farm-raised, select varieties, 6 oz.



\$6.99 /EA.

Colossal Raw Peeled and Deveined Grilling Shrimp

16/20 ct. Farm-raised, previously frozen



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

Sprouts Wild-Caught Tuna Steaks

Responsibly sourced, frozen, 32 oz.



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

Impossible
All Items



Premium Angus
Boneless Beef
Rump Roast



Sprouts Fresh Organic
Ground Turkey

No antibiotics or added hormones, fed a vegetarian diet, select varieties, 16-32 oz.



Copper River
Wild-Caught
Sockeye Salmon

Wild caught in the pristine
Alaska waters, frozen



Taylor Farms
Chopped Salad Kits

Select varieties, 10.65-13.2 oz.



Tasteful Selections
Organic Bite-Size Potatoes
1.5lb. Bag

Select varieties



Organic
Lemons or Limes
2lb. Bag



Organic
Medium
Hass Avocados
5ct. Bag



Halos
Seedless Mandarins
3lb. Bag



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

Red, Green or Black
Seedless Grapes



\$2.77/LB.

Organic
Honeycrisp or
Granny Smith Apples
4ct. Compostable
Packaging



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

Mighties
Kiwi Fruit
2lb. Clamshell



\$5.98/EA.

Red or Yellow
Dragon Fruit



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

Organic
Red Bunched Beets



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

Organic
Sweet Potatoes
3lb. Bag



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

Organic
Baby Peeled Carrots
1lb. Bag



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

Sunset Flavor Bombs
Cherry Tomatoes
12oz.



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

Organic
Mini Cucumbers
1lb. Bag



BUY ONE. GET ONE
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regular retail
of equal or lesser value

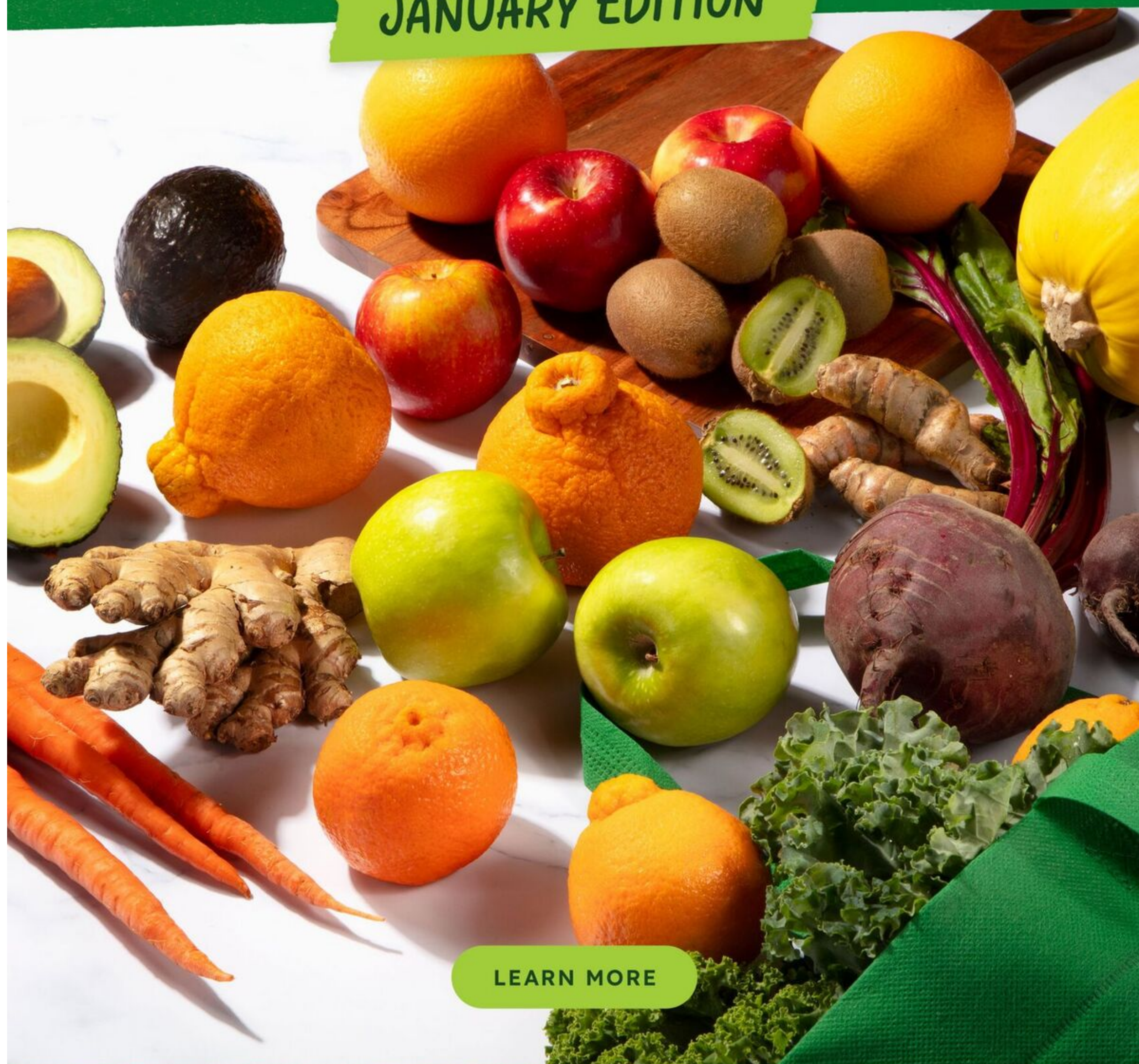
THE BEST

PEAK
SEASON

IN FRESH

According to nature.

JANUARY EDITION



LEARN MORE

Chomps

All Items



Applegate Naturals Frozen Chicken Tenders, Nuggets or Bites

Select varieties, 16 oz.



Milton's Frozen Cauliflower Crust Pizza or Rao's Frozen Brick Oven Crust Pizzas

Select varieties,
10-21.6 oz.



Against the Grain Frozen Pizza Poppers or Deep Indian Kitchen Frozen Meals

Select varieties, 6-10 oz.



Wonderful Pistachios

Shelled or in-shell, select varieties,
5.5-8 oz.



Natural Gummi Bears or Worms

Select varieties



Kevin's Natural Foods Entrées or Sides

Select varieties,
16 or 26 oz.



Organic Valley Organic Shredded Cheese

Select varieties,
6 oz.



Truveni Organic Plant-Based Protein Powder

Select varieties,
0.99-25.75 oz.



Dave's Killer Bread

Select varieties,
20.5-27 oz.



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

egglife Egg White Wraps

Select varieties, 6 ct.

KETO

GF



25% OFF
regular retail

Maxine's Heavenly Gluten-Free Creme Sandwiches

Chocolate or Oatmeal Creme, 6 pk.

GF

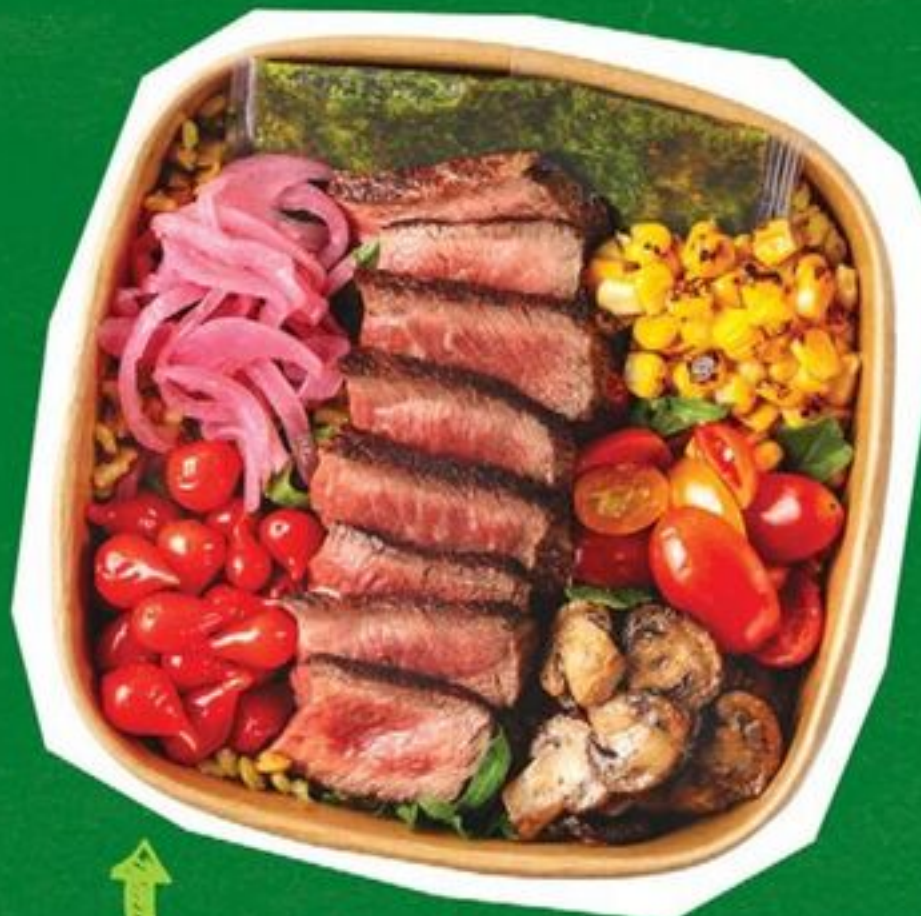


25% OFF
regular retail

SPROUTS WELLNESS BOWLS

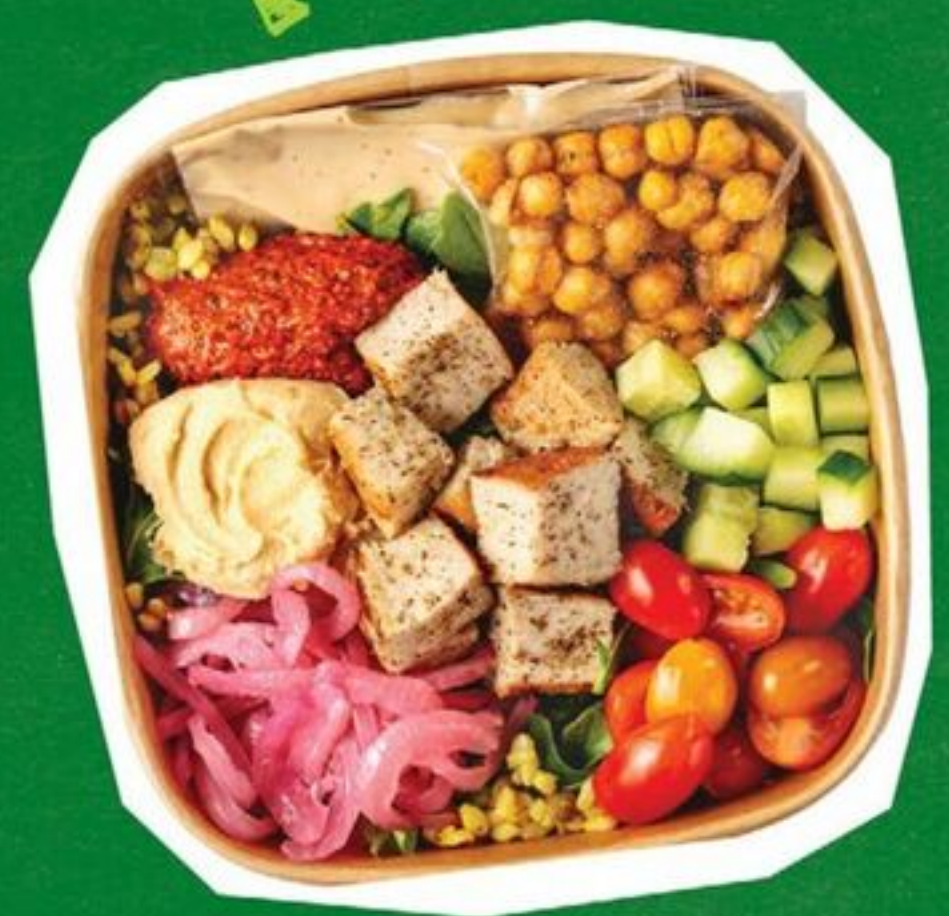
PSST. THESE COUNT
AS MEAL PREP!

SHOP ALL WELLNESS BOWLS



100%
GRASS-FED BEEF

NO ANTIBIOTICS.
EVER CHICKEN



Rumiano Organic Cheese Bars

Select varieties, 8 oz.



\$6.99/EA.

Follow Your Heart Dairy-Free Shredded Cheese

Select varieties,
7 oz.



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

Blue Zones Kitchen Frozen Entrées

Select varieties, 8-9 oz.



BUY ONE, GET ONE
FREE
of equal or lesser value

Daiya Dairy-Free Shredded Cheese

Select varieties,
7.1 oz.



BUY ONE, GET ONE
FREE
of equal or lesser value

Applegate Organic Sliced Meat

Select varieties, 6 oz.



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

Sweet Nothings Organic Frozen Açai Bowls or Squeezable Smoothies or Pops

Select varieties,
6 fl. oz. or 6 ct.



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

Bulk Organic
or Upcycled Dried Fruit
Select varieties

Top 4 PREBIOTIC

Sidekick Snacks:

Dried Dates

Upcycled
Dried Cherries

Dried Apricots

Dried Mango

20% OFF
regular retail

LIVE YOUR BULK LIFE

DIY OR GRAB & GO

Drybox Healthy Snacks
Freeze Dried Fruit
Select varieties, 0.56-1.2 oz.



Raw, Roasted Salted
or Unsalted Almonds



Walnut
Halves & Pieces



\$5.99 /LB.

\$6.99 /LB.

Kettle & Fire Bone Broth

Select varieties,
32 oz.



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

Traditional Medicinals Organic Boxed Tea

Select varieties, 16 ct.



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

Muir Glen Organic Canned Tomatoes or Sauce

Select varieties, 14.5 or 15 oz.



2 FOR \$4

Jovial

All Items



25% OFF
regular retail

Kettle Brand Potato Chips

Select varieties,
13 oz.



2 FOR \$9

C2O Organic Coconut Water

Select varieties,
16.9 or 33.8 fl. oz.



30% OFF
regular retail

Chosen Foods Dressing, Sauce, Avocado Oil or Mayo

Select varieties,
8-17 fl. oz.



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

Tasty Bite or Bachan's

All Items



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

Annie's Homegrown Granola Bars, Puffs, Crackers, Fruit Snacks, Specialty Mac and Cheese or Canned Meals

Select varieties,
3.9-15 oz.



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

Cascadian Farms Granola Bars or Cereal

Select varieties, 7.4-15 oz.



\$3.99 /EA.

Larabar Nutrition Bars

Select varieties, 1.6-1.7 oz.



5 FOR \$5

Elmhurst Aseptic Milks or Creamers

Select varieties,
32 fl. oz.



BUY ONE, GET ONE
FREE
of equal or lesser value

R.W. Knudsen's Organic Juice

Select varieties,
32-84.5 fl. oz.



25% OFF
regular retail
+CRV in CA

Mosh, Misfits or Kate's Real Food Nutrition Bars

Select varieties, 1.48-2.2 oz.



2 FOR \$5

Catalina Crunch

All Items



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

Pirate's Booty Rice and Corn Puffs or Skinny Pop Popcorn

Select varieties,
4 or 4.4 oz.



2 FOR \$6

Greenhouse Organic Supplements Shot

Green Ritual or Fiery Ginger, 2 fl. oz.



2 FOR \$8
+CRV in CA

Nature's Way Seasonal Wellness Support

Select varieties
and sizes



20% OFF
regular retail

Elevate Organics Protein Powder or Supplements

Select varieties and sizes



20% OFF
regular retail

BIOptimizers Best Selling Supplements

Select varieties
and sizes



20% OFF
regular retail

**PRÉS Protein Coffee
or Slate Protein Shakes**
Select varieties,
11 fl. oz.



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

+CRV in CA

**Transparent Labs
Protein Powder or
Sports Nutrition**
Select varieties
and sizes



20% OFF
regular retail

PURE & HONEST BODY CARE

Shop better-for-you
body care essentials

ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

MULTIVITAMINS

**Ancient Nutrition
Multivitamins**

Select varieties, 30-90 caps



20% OFF
regular retail

OMEGA-RICH OILS

**Nordic Naturals
Omegas**

Select varieties and sizes



25% OFF
regular retail

PROBIOTICS

**Seed
Digestive Health Support**

Select varieties, 28-60 caps



25% OFF
regular retail

SUPERFOODS

**Lemme
Superfood**

Select varieties and sizes



25% OFF
regular retail

Acure
All Items



25% OFF
regular retail

**Everblue Naturals
Hair Care**

Select varieties,
10-13.5 fl. oz.



25% OFF
regular retail

**Real Root by Sprouts
Body Wash or Moisturizing Lotion**

Select varieties,
16 fl. oz.



\$1 OFF
regular retail

Prices valid January 7-13, 2026

AT ANY OF OUR OKLAHOMA 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.

GOAL
FOR 2026:

**SNACK SMART,
SPEND SMARTER!**

Raise a glass to healthy savings!

[VIEW DEALS](#)



DEALS

OF THE MONTH

JANUARY 2026

HEALTHY HABITS

NEVER TASTED
THIS GOOD!



Offers valid December 31, 2025—January 27, 2026 at Sprouts stores, excluding Chula Vista, CA and Sprouts Express on High Street Phoenix, AZ.

SEE YOU NEXT WEEK!