

FUEL YOUR RESOLUTIONS:

discover better-for-you options

Staying on track
is simple with
tasty picks for the
whole family



4⁹⁹
ea. AMY'S BURRITOS
156 - 170 g
SELECTED VARIETIES



1⁹⁹
ea. ANNIE'S PASTA
57 - 170 g
SELECTED VARIETIES



3⁹⁹
ea. MADE GOOD GRANOLA BAR
5 x 24 g
SELECTED VARIETIES



2⁴⁹
ea. MID-DAY SQUARES BARS
33 g
SELECTED VARIETIES

3⁹⁹
ea. SIMPLY PROTEIN TORTILLA CHIPS
130 g
SELECTED VARIETIES



3⁹⁹
ea.



19⁹⁹
ea. JAMIESON MULTI VITAMIN GUMMIES
130 - 150 un
SELECTED VARIETIES



3⁹⁹
ea. GT'S KOMBUCHA
480 ml
SELECTED VARIETIES



4⁹⁹
ea. OAT-LY BARISTA BEVERAGES
946 ml
SELECTED VARIETIES



6⁴⁹
ea. CHICKAPEA PASTA
198 g
SELECTED VARIETIES



8⁹⁹
ea. BLACK RIVER JUICE
1 L
SELECTED VARIETIES



9⁹⁹
ea. BRAGG APPLE CIDER VINEGAR
946 ml



2⁹⁹
ea. EARTH'S OWN BEVERAGE
946 ml
SELECTED VARIETIES



9⁹⁹
ea. NUTS FOR CHEESE SPREAD
120 g
SELECTED VARIETIES



3⁹⁹
ea. ANGIE'S POPCORN
136 - 198 g
SELECTED VARIETIES

NEW AT METRO:

Tasty and better for you, too.

GHOST
ENERGY DRINK
473 ml
SELECTED VARIETIES
3⁹⁹
ea.



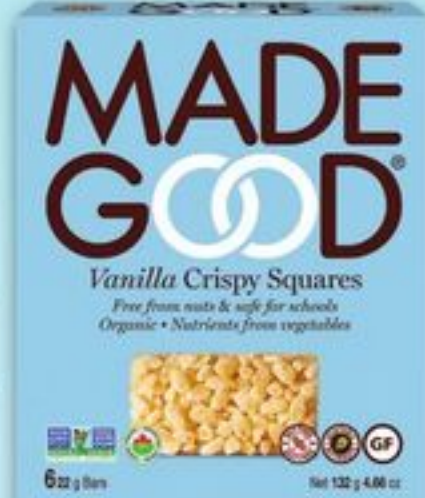
GURU
ENERGY DRINK
355 ml
SELECTED VARIETIES
2⁹⁹
ea.



KIND
GRANOLA BARS
5 x 40 g
SELECTED VARIETIES
Non-GMO
8⁴⁹
ea.



MADE GOOD
CRISPS
6 x 22 g
SELECTED VARIETIES
Non-GMO
3⁹⁹
ea.



Non-GMO
3⁹⁹
ea. RISE
KOMBUCHA
414 ml
SELECTED VARIETIES

Start 2026 by
trying new options,
new flavours &
better ingredients by
our trusted brands.

DISCOVER
NEW



Gluten-Free
5⁴⁹
ea. G. H. CRETORS POPCORN
184 - 213 g
SELECTED VARIETIES

FROM THE
GROUND UP
SNACKS
113 g
SELECTED VARIETIES
Non-GMO
6⁴⁹
ea.



Non-GMO
6⁴⁹
ea. FROM THE GROUND UP
CRACKERS
113 g
SELECTED VARIETIES



Non-GMO
5⁹⁹
ea. MARTIN'S APPLE SAUCE
5 x 120 g
SELECTED VARIETIES

SAMBAZON
FROZEN SNACKS
173 g
SELECTED VARIETIES
6⁴⁹
ea.



Organic
4⁹⁹
ea. AMY'S SOUP
398 ml
SELECTED VARIETIES

OCEAN'S HALO
DRESSING
355 ml
SELECTED VARIETIES
Non-GMO
8⁴⁹
ea.



Gluten-Free
6⁴⁹
ea. LILY'S
CHOCOLATE BARS
80 - 85 g
SELECTED VARIETIES



5⁴⁹
ea. CHOCOLIVE
CHOCOLATE BARS
85 - 90 g
SELECTED VARIETIES

FREE Windowsill pot when you buy any 3 herb or lettuce plants!

HERB OR LETTUCE
PLANTS
4" POT
ASSORTED VARIETIES
4⁹⁹
ea.



WINDOWSILL POT
\$5 VALUE



Fuel your day
with a quick
snack loaded
with protein

PROTEIN PICKS FOR EVERY CRAVING

Delicious, protein-packed options for
snacks, meals and everything in between.

VEGA
NUTRITIONAL
SUPPLEMENT
812 - 876 g
SELECTED VARIETIES
20% off



11.99
ea. TRUELY CEREAL
200 g
SELECTED VARIETIES



6.99
ea. NANA POPSI! ICE BARS
4 x 60 ml
SELECTED VARIETIES



CLEAN BEANS
BROAD BEANS
85 g
SELECTED VARIETIES
3.49
ea.



MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
32 g
SELECTED VARIETIES
1.99
ea.



6.49
ea. DANONE SILK
YOGOURT
500 g
SELECTED VARIETIES



15.99
ea. PREMIER PROTEIN
BEVERAGES
4 x 325 ml
SELECTED VARIETIES



9.99
ea. FLOURISH
PANCAKE AND
WAFFLE MIX
430 g
SELECTED VARIETIES



3.99
ea. JORDANS
PROTEIN GRANOLA CEREAL
325 g
SELECTED VARIETIES



4.49
ea. QUAKER
PROTEIN OATMEAL
168 g
SELECTED VARIETIES



6.49
ea. PRANA OVERNIGHT
CHIA OATS
260 g
SELECTED VARIETIES



13.99
ea. BOB'S RED MILL
PROTEIN OATS
907 g
SELECTED VARIETIES

Your
groceries,
decoded.

My Health My Choices make it easy to find the products
that are right for you. Now with NEW attributes:



SNACK SMARTER EVERY DAY

Discover bars that balance taste, protein and smart nutrition.



PERFECT PROTEIN BAR
46 - 48 g
SELECTED VARIETIES

Organic
2.99 ea.



NO SUGAR KETO BAR
40 g
SELECTED VARIETIES
2.49 ea.



LOVE GOOD FATS BARS
39 g
SELECTED VARIETIES

Plant-Based
2.79 ea.



CLIF BUILDERS PROTEIN BARS
68 g
SELECTED VARIETIES

Vegetarian
2.99 ea.



TASTE OF NATURE BARS
40 g
SELECTED VARIETIES

Non-GMO
1.99 ea.



GO MACRO BARS
65 - 69 g
SELECTED VARIETIES

Non-GMO
2.99 ea.



SIMPLY PROTEIN SNACK BAR
40 g
SELECTED VARIETIES

Non-GMO
2.49 ea.



TRUBAR PROTEIN BARS
50 g
SELECTED VARIETIES

Gluten-Free
2.49 ea.



QUEST PROTEIN BAR
60 g
SELECTED VARIETIES

Gluten-Free
4.99 ea.



KIND GRANOLA BAR
40 g
SELECTED VARIETIES

Vegetarian
1.49 ea.



Non-GMO
5.99 ea.

TASTE OF NATURE BARS
200 g
SELECTED VARIETIES



Non-GMO
6.49 ea.

SIMPLY PROTEIN BARS
5 x 25 g
SELECTED VARIETIES



3.49 ea.

KIND BREAKFAST BARS
4 x 50 g
SELECTED VARIETIES

ANCIENT GRAIN
5.49 ea.



PURE PROTEIN BARS
6 x 50 g
SELECTED VARIETIES
13.99 ea.

QUICK, TASTY & GOOD FOR YOU

From sandwiches to snacks, Metro has everything for a balanced lunch.



CWENCH
SPORTS DRINK
500 ml
SELECTED VARIETIES

2⁹⁹
ea.



Three Farmers
CHICKPEA SNACKS
120 g
SELECTED VARIETIES

Non-GMO 

4⁴⁹
ea.

Afterschool sports? Make a filling snack to fuel the fun



ORGANIC
Peanut Butter
500 g
SELECTED VARIETIES

6⁹⁹
ea.



CROFTER'S
Jam
383 ml
SELECTED VARIETIES

Non-GMO 

5⁹⁹
ea.



MADE GOOD
Soft Baked Mini Cookies
Chocolate Chip
5 x 24 g
SELECTED VARIETIES

Organic 

3⁹⁹
ea.



QUEEN ST. BAKERY
Supergrain White Bread
480 - 500 g
SELECTED VARIETIES

8⁴⁹
ea.



STORE-MADE BENTO KITS
253 - 279 g
SELECTED VARIETIES

5⁴⁹
ea.



CRACKER BARREL
Cheesecake
140 g
SELECTED VARIETIES



MADE GOOD
Soft Baked Mini Cookies
Chocolate Chip
5 x 24 g
SELECTED VARIETIES



CRUNCHMASTER
Multi-Seed Multigrains
100 - 128 g
SELECTED VARIETIES

6⁴⁹
ea.



SKINNY POP
Popcorn
125 g
SELECTED VARIETIES

Non-GMO 

3⁹⁹
ea.



TERRA
Chips
141 g
SELECTED VARIETIES

Gluten-Free 

5⁹⁹
ea.



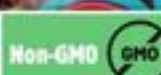
Sensible Portions
Veggie Straws
120 - 142 g
SELECTED VARIETIES

Plant-Based 

2⁹⁹
ea.



Enjoy Life
Chocolate Chips
255 g
SELECTED VARIETIES

Non-GMO 

7⁹⁹
ea.



BABYBEL
VÉGÉTAL Plant-Based Cheese
100 g
SELECTED VARIETIES

Keto 

5⁹⁹
ea.



PUR
Gum
1 un
SELECTED VARIETIES

3⁴⁹
ea.



ZORAW
Chocolate Bars
52 g
SELECTED VARIETIES

Vegetarian 

3⁹⁹
ea.



PRANA
Overnight Chia Mix
250 g
SELECTED VARIETIES

Non-GMO 

6⁹⁹
ea.



NATURE'S NUTS
Smooth Natural Almond Butter
500 g
SELECTED VARIETIES

Non-GMO 

14⁹⁹
ea.



SUN BUTTER
Spread
454 g
SELECTED VARIETIES

Plant-Based 

9⁹⁹
ea.

START SMART START DELICIOUS

From quick bites to hearty plates, Metro has healthy options for every schedule.



EARTH'S OWN
BARISTA
946 ml
SELECTED VARIETIES
Non-GMO
4⁹⁹ ea.



Light & quick for
mornings on the go.

4⁷⁹ ea. STORE-MADE
YOGURT PARFAITS
328 g

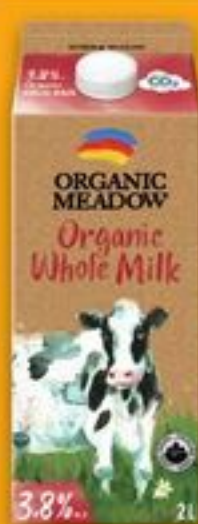


In a hurry? Go with light,
yet satisfying picks

49TH PARALLEL
COFFEE
340 g
SELECTED VARIETIES
18⁹⁹ ea.



ORGANIC MEADOW
MILK
2 L
Non-GMO
7⁹⁹ ea.



5⁹⁹ ea. KASHI
CEREAL
SELECTED SIZES
SELECTED VARIETIES



8⁹⁹ ea. EGGLE
WRAPS
170 g
SELECTED VARIETIES



GREENHOUSE
BEVERAGES
946 ml
SELECTED VARIETIES
Non-GMO
6⁴⁹ ea.



ELMHURST
BEVERAGES
946 ml
SELECTED VARIETIES
Non-GMO
7⁹⁹ ea.



CALIFIA FARMS
BEVERAGES
1.4 L
SELECTED VARIETIES
Gluten-Free
5⁹⁹ ea.



Hearty & healthy – perfect
for weekends.

Gluten-Free
8⁹⁹ ea. QUEEN ST. BAKERY
ENGLISH MUFFINS
480 g
SELECTED VARIETIES



LAKEWOOD
JUICE
946 ml
SELECTED VARIETIES
Non-GMO
11⁹⁹ ea.



5⁴⁹ ea. BLUE DIAMOND
BEVERAGE
1.89 L
SELECTED VARIETIES



4⁹⁹ ea. BOB'S RED MILL
OATMEAL
454 g
SELECTED VARIETIES



5⁹⁹ ea. BEYOND MEAT
PLANT-BASED BREAKFAST
SAUSAGE LINKS
235 g



LifeSmart
Mieux
-ette



LIFE SMART
NATURALIA
FROZEN FRUITS
400 - 600 g
SELECTED VARIETIES
6⁹⁹ ea.

FROZEN FAVOURITES MADE BETTER

Discover wholesome, flavourful options that fit
your family's busy lifestyle and tastes.



Plant-Based **PLANT-BASED**
9⁹⁹ ea. **DAIYA PIZZA**
346 - 550 g
SELECTED VARIETIES



Gluten-Free **GLUTEN**
9⁹⁹ ea. **PIETRO'S FROZEN PASTA**
300 g
SELECTED VARIETIES



Non-GMO **GMO**
9⁹⁹ ea. **GARDEIN FROZEN MEALS**
390 - 425 g
SELECTED VARIETIES

Quick & easy to make –
loaded with flavour



Plant-Based **PLANT-BASED**
8⁴⁹ ea. **VG GOURMET BITES**
300 g
SELECTED VARIETIES



Plant-Based **PLANT-BASED**
5⁵⁹ ea. **NOBLE BEAN TEMPEH**
240 g
SELECTED VARIETIES

Organic **ORGANIC**

4⁹⁹ ea. **NATURE'S PATH WAFFLES**
210 g
SELECTED VARIETIES



10⁹⁹ ea. **PIANO PIANO PIZZA**
474 - 495 g
SELECTED VARIETIES



9⁹⁹ ea. **CRAFTY RAMEN NOODLES**
500 - 550 g
SELECTED VARIETIES



Plant-Based **PLANT-BASED**
7⁹⁹ ea. **PLANT UP FROZEN ENTRÉES**
288 - 300 g
SELECTED VARIETIES



Organic **ORGANIC**
8⁴⁹ ea. **OCEAN'S HALO KIMBAP MEALS**
230 g
SELECTED VARIETIES



Gluten-Free **GLUTEN**
4⁹⁹ ea. **O'DOUGHS GLUTEN-FREE BAGELS**
300 g
SELECTED VARIETIES



Non-GMO **GMO**
8⁴⁹ ea. **EVIVE SMOOTHIES**
450 g
SELECTED VARIETIES



Gluten-Free **GLUTEN**
6⁹⁹ ea. **COOL WAY FROZEN DESSERT**
500 ml
SELECTED VARIETIES



7⁹⁹ ea. **HALO TOP FROZEN DESSERT**
473 ml
SELECTED VARIETIES

Your
groceries,
decoded.

My Health My Choices make it easy
to find the food that's right for you.
In partnership with the
Organic Council of Ontario.



OCO

Organic Council of Ontario
The Voice for Organics in Ontario



Create a
Buddha bowl
with these
ingredients

DINNER'S READY!

Discover simple dinner solutions that
make healthy eating effortless

GOGO
QUINOA
375 g
SELECTED VARIETIES

Non-GMO 

4⁹⁹
ea.



IMAGINE
BROTH
946 ml
SELECTED VARIETIES

Non-GMO 

6⁴⁹
ea.



O-LIVE & CO.
OLIVE OIL
1L
SELECTED VARIETIES

Keto 

17⁹⁹
ea.



Organic 

Ontario
Super Crunch
Très croquant

142 g
SELECTED VARIETIES

4⁹⁹
ea.

GREENBELT ORGANIC SPRING MIX
OR SUPER CRUNCH GREENS
PRODUCT OF ONTARIO, 142 g
SELECTED VARIETIES

4⁹⁹
ea.

Foodland
ONTARIO

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.

142 g
SELECTED VARIETIES

4⁹⁹
ea.



ENJOY!
CHEESE SLICES
200 g
SELECTED VARIETIES

4⁹⁹
ea.



PARTAKE
NON-ALCOHOLIC
BEER
4 x 355 ml
SELECTED VARIETIES

8⁴⁹
ea.



PACIFIC FOODS
SOUP
1L
SELECTED VARIETIES

8⁹⁹
ea.



CHA'S ORGANICS
RICE
900 g
SELECTED VARIETIES

11⁹⁹
ea.



LIVIVA
NOODLES OR RICE
120 g
SELECTED VARIETIES

3⁹⁹
ea.



AMY'S BURRITOS
156 g
SELECTED VARIETIES

4⁹⁹
ea.



DI MARTINO PASTA
500 g
SELECTED VARIETIES

3⁹⁹
ea.



TINKYÁDA
PASTA
280 - 454 g
SELECTED VARIETIES

3⁹⁹
ea.



NUPASTA
210 g
SELECTED VARIETIES

3⁹⁹
ea.



MARY'S CRACKERS
184 g
SELECTED VARIETIES

5⁹⁹
ea.



JOVIAL PASTA
340 g
SELECTED VARIETIES

5⁹⁹
ea.



BEYOND BOWLS
FAJITA OR TERIYAKI
FROZEN, 241 g
SELECTED VARIETIES

4⁹⁹
ea.

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