

save **on** foods

feel good with

HEALTHIER CHOICES



LIVE STRONG

with smart protein habits



\$14⁹⁹ EACH
Clif Bar Sport Bars
10-Pack



\$14⁹⁹ EACH
Clif Builder Bars
Multipack (6 x 68g) or Minis (10 x 34g), Selected Varieties



2 for \$6
Clif Builders Protein Bar
Selected Varieties, 68g



2 for \$6
Clif Sport Bar
Selected Varieties, 68g



\$44⁹⁹ EACH
Core Power Sports Drinks
12 x 414 mL



\$30⁹⁹ EACH
Organika Creatine
Powder
Fruit Punch Flavour, 600g

Fuel your day with protein bars, powders and ready-to-drink shakes. Choose from whey blends to support workouts, recovery, and busy schedules



\$3⁹⁹ EACH
Core Power Protein Drink
414 mL



Chocolate

414 mL

\$4⁹⁹ EACH
Core Power Elite Protein Drink
Chocolate, 414 mL

**Banana
Peanut Butter
Coffee
Smoothie**

[SEE RECIPE](#)

Boost energy by adding protein powder to coffee.

**Protein Vanilla
Cinnamon Latte**

[SEE RECIPE](#)



30% Off

Organika Electrolytes

Sachets, Selected Varieties, 20's



\$58⁴⁹

EACH

**Vega One Nutritional
Shake Mix**

Selected Varieties, 827g



15% Off

Vega Protein + Creatine

Selected Varieties, 864g or 918g



15% Off

Vega Sport Protein

Selected Varieties



\$31⁹⁹

EACH

Vega Hydrator

Selected Varieties, Tub, 168g



\$29⁹⁹

EACH

**Vega Protein & Greens
Powder**

Selected Varieties



\$13⁹⁹

EACH

**Liquid I.V. Hydration
Multiplier**

Selected Varieties, 6-Pack

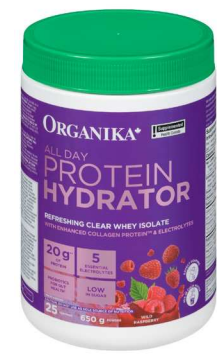


\$29⁹⁹

EACH

**Liquid I.V. Hydration
Multiplier**

Selected Varieties, 16's



\$50⁹⁹

EACH

**Organika Protein
Hydrator**

Wild Raspberry or Classic Lemon-
ade, 650g

SMART HYDRATION for better living

Boost your energy every day
with protein-packed,
electrolyte-rich functional drinks.

Elevate smoothie bowls with frozen
fruit, convenient, nutrient-rich, and
packed with natural flavour.

HEALTHIER LIVING

starts here

White mushrooms offer low-calorie protein, antioxidants, and vitamin D for immunity and bone health.

Heirloom tomatoes provide vitamin C, potassium, and lycopene to boost heart health and immunity.

Healthy choices every day
add up. Small steps lead to
lasting wellness and vitality.



\$3⁹⁹ EACH
Organic Kale
California, Selected Varieties



\$9⁹⁹ EACH
Organic Navel Oranges
California, 4 lb Bag



\$6⁹⁹ EACH
Organic Lemons
California, 2 lb Bag



2 for \$6
**Organic White
Mushrooms**
or Crimini, BC, 227g



\$3⁹⁹ EACH
**Organic Baby Peeled
Carrots**
California, 1 lb Bag



\$6⁷⁹ LB
**Organic Heirloom
Tomatoes**
BC

HEALTHIER BITES

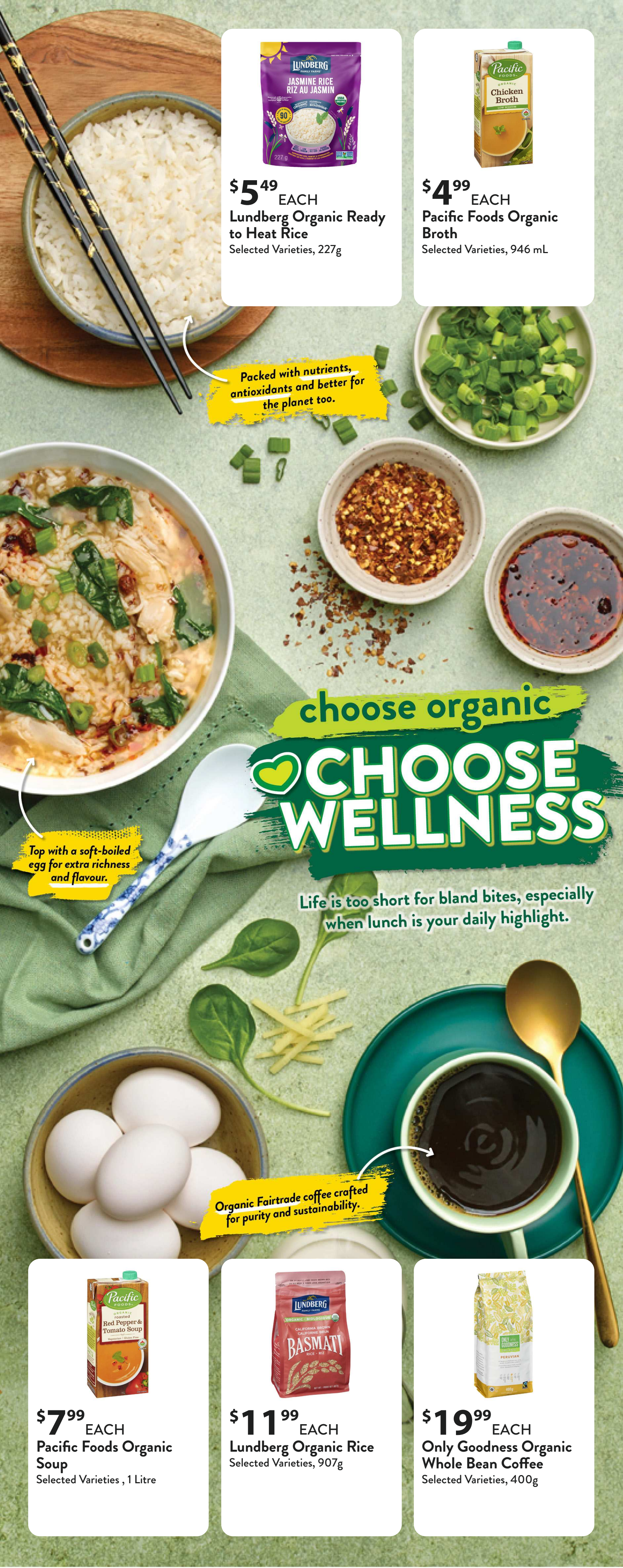
for busy weeks



Raspberries' antioxidants reduce oxidative stress, supporting heart health and lowering chronic disease risk.

Raspberry Power Muffins

[SEE RECIPE](#)



\$5⁴⁹ EACH
Lundberg Organic Ready to Heat Rice
Selected Varieties, 227g



\$4⁹⁹ EACH
Pacific Foods Organic Broth
Selected Varieties, 946 mL

Packed with nutrients,
antioxidants and better for
the planet too.

choose organic

♥ **CHOOSE
WELLNESS**

Life is too short for bland bites, especially
when lunch is your daily highlight.

Top with a soft-boiled
egg for extra richness
and flavour.

Organic Fairtrade coffee crafted
for purity and sustainability.



\$7⁹⁹ EACH
Pacific Foods Organic Soup
Selected Varieties , 1 Litre



\$11⁹⁹ EACH
Lundberg Organic Rice
Selected Varieties, 907g



\$19⁹⁹ EACH
Only Goodness Organic Whole Bean Coffee
Selected Varieties, 400g



\$5⁹⁹ EACH
Liberte Kefir
Selected Varieties, 1 Litre

Boost digestion with
probiotics and prebiotics

Kefir supports gut health,
boosts immunity, and is rich
in calcium and protein.

Rich in antioxidants to
help digestion and give
you an energy boost!

Packed with probiotics
for smoother digestion.



\$6⁴⁹ EACH
**Danone Activia Expert
Yogurt**
Selected Varieties, 750g



\$3⁶⁹ EACH
Danone Activia Yogurt
Selected Varieties, 650g

healthy gut
**HEALTHY
YOU**



\$4⁹⁹ EACH
Bigelow Specialty Tea
20's

Enjoy a refreshing taste
of soda with the added
benefits of probiotics.

Enjoy cool Ice Pop
flavoured soda and
gut friendly fizz.



2 for \$5
Cove Soda
Selected Varieties, 355 mL

SNACK HAPPY

feel good all day long



\$8⁹⁹ EACH
Kind Bars
Selected Varieties, 5 x 40g



\$6⁹⁹ EACH
Kind Granola
Selected Varieties, 312g



\$8⁹⁹ EACH
Kind Minis
200g

Low sugar. Big flavour. Snack with care,
live with purpose, and let every bite
and sip fuel your best self.



Only Goodness Fizz adds
fibre for gut health while
delivering a refreshing,
flavourful fizz.



\$11⁹⁹ EACH
Splenda Sweetener
Selected Varieties, 200's



2 for \$6
Only Goodness Fizz Soda
Selected Varieties, 355 mL



\$7⁹⁹ EACH
Splenda Brown Sugar Blend
454g



\$8⁹⁹ EACH
Stevia Liquid Sweetener
(100 mL) or Jar (280g), Selected Varieties

START WITH BALANCE

not perfection

Fibre-rich foods like fruits, and whole grains keep you full, support digestion, and help maintain energy.



\$4⁹⁹ EACH
Kellogg's Special K Cereal
(355g) or Vector Peanut Butter
(306g), Selected Varieties



\$5⁹⁹ EACH
Kellogg's All Bran Buds
Cereal
500g



Buy 2 Get 500 Points
Kellogg's Vector Granola
Vanilla or Chocolate, 311g



\$7⁹⁹ EACH
Kashi Cereal
Selected Varieties, 479g or 510g

Fibremaxxing is about boosting the fibre content in your meals which supports: blood sugar levels, heart and gut health and can help with weight management.

SMART SIPS

for better living

Discover non-alcoholic beverages
that don't compromise taste.



\$21⁴⁹ EACH
Corona Cero 0% Alcohol-
Free Beer
Bottles (12 x 330 mL) or Cans (12
x 355 mL)



\$16⁹⁹ EACH
Budweiser Zero Alcohol
Beer
12 x 355 mL



\$9⁹⁹ EACH
Stanley Park Non
Alcoholic Beer
Selected Varieties, 4 x 355 mL



\$10⁹⁹ EACH
Michelob Ultra Zero Beer
6 x 355 mL



\$10⁹⁹ EACH
Sapporo Premium
Alcohol Free Beer
Selected Varieties, 6 x 355 mL

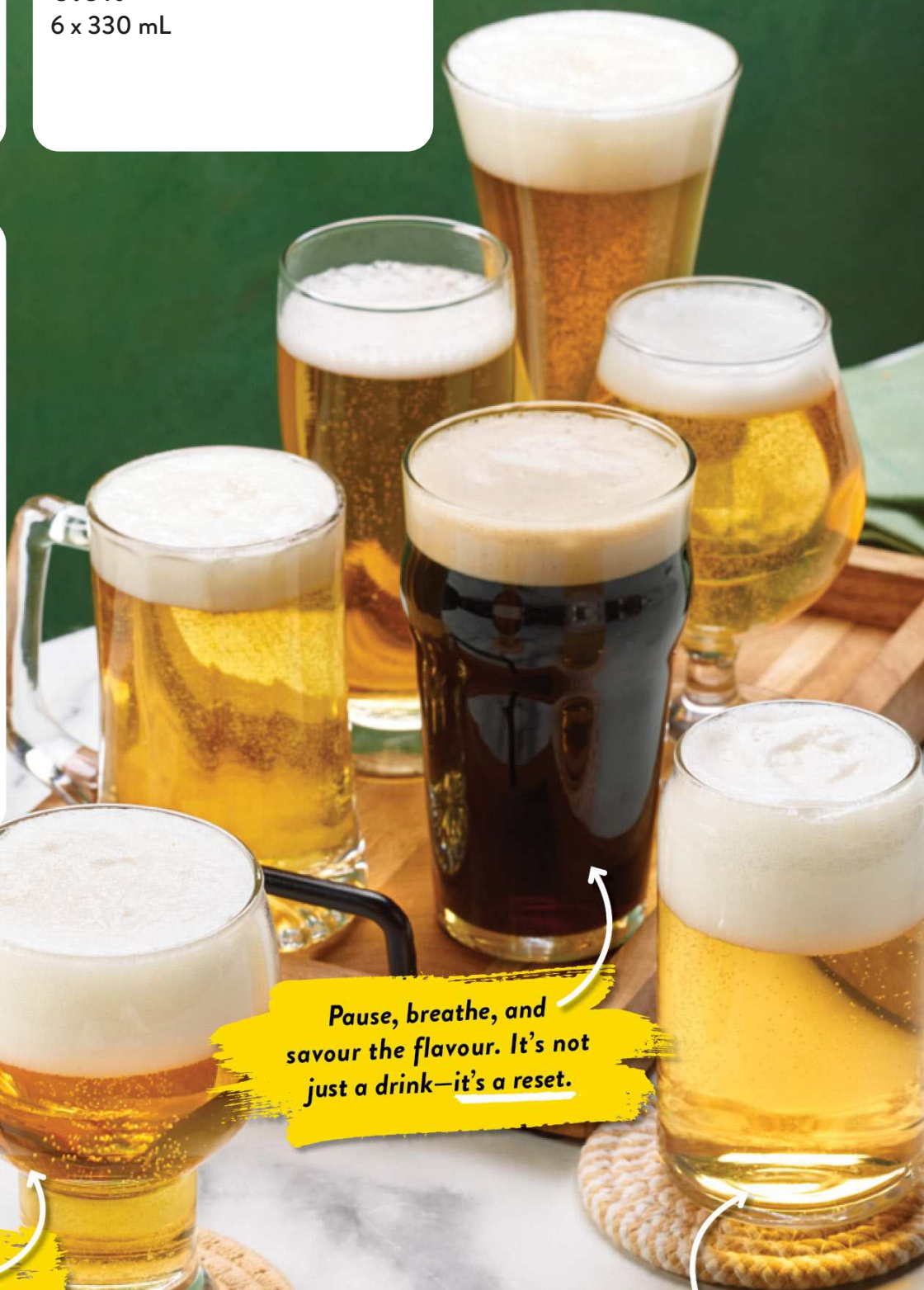


\$11⁹⁹ EACH
Peroni Nastro Azzurro
0.0%
6 x 330 mL

Swap the spirits for
something that truly lifts
you up. Non-alcoholic
drinks are simple way to
enjoy flavour without
compromising your health.
Better rest, better focus,
better you.



\$10⁹⁹ EACH
Guinness 0 Non-
Alcoholic Draught Beer
4 x 440 mL



Pause, breathe, and
savour the flavour. It's not
just a drink—it's a reset.

Cold is key. Non-alcoholic beer
tastes best when served at the right
temperature—usually 3–7°C.

Dry January isn't about restriction—
it's about feeling good.

Enjoy feel-good sips that skip the alcohol, not the taste.



\$8⁹⁹ EACH
Loxton Dealcoholized Wine
Selected Varieties, 750 mL



\$9⁹⁹ EACH
Not Guilty Dealcoholized Wine
Selected Varieties, 750 mL



\$7⁹⁹ EACH
Atypique Non-Alcoholic Mocktails
Selected Varieties, 4 x 355 mL



Use a mix of fresh citrus slices and berries, then let the fruit steep in the juice for at least two hours before serving to infuse maximum flavour and natural sweetness.

Non-alcoholic Sangria

[SEE RECIPE](#)

CHOOSE WELLNESS

celebrate without alcohol

Refresh with vibrant mocktails and the nutrients your body loves.



2 for \$7
Edna's Non-Alcoholic Cocktails
Selected Varieties, 355 mL

Frozen mango is packed with vitamin C and fibre, supporting immunity and digestion naturally.

Mango Mule Mocktail

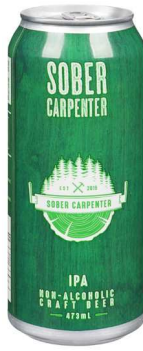
[SEE RECIPE](#)



\$13⁴⁹ EACH
Edna's Non-Alcoholic Cocktails
Selected Varieties, 4 x 355 mL



2 for \$5.50
Clever Mocktail
Selected Varieties, 355 mL



2 for \$5.50
Sober Carpenter Non Alcoholic Beer
Selected Varieties, 473 mL



\$5⁹⁹ EACH
Pacific Foods Plant-Based Chili
Selected Varieties, 468g



2 for \$6
Blue Diamond Almond Breeze Beverage
Selected Varieties, 946 mL



\$5⁹⁹ EACH
Prana Granolove Oatmeal
Selected Varieties, 300g

Benefits of beans: A powerhouse of plant based protein, fibre and essential nutrients.

EAT CLEAN!

with plant based goodness



\$4⁹⁹ EACH
Only Goodness Oat Barista
946 mL

Chia seeds are rich in soluble fibre - which can help to lower cholesterol and support healthy digestion.



\$6⁴⁹ EACH
Prana Protein Overnight Chia
Selected Varieties, 260g



\$6⁴⁹ EACH
Prana Overnight Chia
Selected Varieties, 250g





25% Off

Only Goodness
Supplements
Selected Varieties

RESET & RECHARGE

with the power of vitamins

Power up your day and recharge naturally with the right vitamins.

Stay hydrated and replenish electrolytes after exercise with mineral-rich drinks

Collagen supports healthy skin elasticity, stronger hair and nails, and joint mobility. Making it a simple daily boost for wellness.

Build healthy routines with vitamins, collagen, and supplements to support immunity, mental health, and balance.



\$22⁹⁹

EACH

Olly Gummy Vitamins
Selected Varieties, 50's or 60's



\$18⁴⁹

EACH

Olly Multivitamins
Selected Varieties, 90's



\$27⁴⁹

EACH

Olly Vitamins
Capsules, Selected Varieties, 25's or 40's



\$25⁹⁹

EACH

Organika Enhanced Collagen
250g



\$35⁹⁹

EACH

Sisu Ester-C
600 mg, 120's



\$41⁹⁹

EACH

Sisu Ester-C
1000 mg, 120's



\$43⁹⁹

EACH

Sisu Ester-C Supreme
120's



made easy every day

\$4⁹⁹ EACH

Pacific Foods Hearty Soup

Selected Varieties, 440 mL



2 for \$6
Annie's Gluten Free Pasta
or Vegan, Selected Varieties, 170g