

Sobeys

Everyday Plant-Based Essentials

Your go-to plant-based basics, all in one place!



7⁴⁹

SILK High Protein Soy Milk 1.42 L

The pour that gives you more with 18 grams of plant-based protein per cup

PERFECT FOR SMOOTHIES!



4⁹⁹

VIOLIFE Cheese Blocks or Slices 200 g or Cream Cheese 227 g



4⁵⁰

SILK Select Beverages 1.75-1.89 L 6.99 ea



3⁴⁹

SILK Creamers 450-473 mL



COMPLIMENTS Protein & Greens powder featuring up to 21 g of protein per serving. Available in chocolate & vanilla flavours

23⁹⁹

COMPLIMENTS Protein+Greens 520 g

Lunchbox favourites!

200 PTS when you buy 2

12⁹⁹

PURE PROTEIN Bars 6 pk



Soda made with big fizz, big flavour & zero sugar!

2/\$5

COVE Soda 355 mL



MADE GOOD Bars, Minis or Rice Crisps 120-150 g

Prices & offers in effect Thursday, March 19 - Wednesday, April 29, 2026.

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8⁹⁹

ENJOY LIFE Chocolate Chips 255-283 g

GLUTEN FREE

Better Easter Baking

Plant based & free-from favourites

STARTING AT 6⁹⁹

XO BAKING CO. Gluten Free Baking Mixes 210-538 g

GLUTEN FREE

6⁹⁹

MANITOBA HARVEST Hemp Hearts 227 g

GLUTEN FREE

STARTING AT 7⁹⁹

ELMHURST Milk or Barista 946 mL or Creamers 473 mL

STARTING AT 7⁹⁹

ELMHURST Milk or Barista 946 mL or Creamers 473 mL

Sparkling Sips!

3⁶⁹

RISE Botanicals Beverage or Organic Kombucha 414 mL

Fun, fruity & fizzy!
Made with real fruit juice, herbs & botanicals

100 PTS
when you buy 2

7⁴⁹

ZEVIA Soda 6x355 mL

Mornings made easy

8⁹⁹

FLOURISH Pancake Mix 430 g

Protein pancakes in whey & plant-based varieties. No added sugar, great taste!

STARTING AT 6⁹⁹

LITTLE NORTHERN BAKEHOUSE Gluten Free Breads, Buns or Bagels 260-567 g

GLUTEN FREE

7⁹⁹

NUTS FOR CHEESE Dairy Free Cream Cheese 210 g

3⁹⁹

ALMOND BREEZE Milk 1.89 mL

Packed with craveable clusters and wholesome ingredients, there's something to love in every crunchy bite.

5⁴⁹

JORDANS Cereal 375-400 g or Granola 325-375 g

7⁹⁹

YOGGU! Plant Based Yogurt 450 g

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Pantry staples



6⁹⁹
NONNA PIA'S
Pasta Sauce
660 mL



7⁹⁹
THREE FARMERS
Roasted Fava Beans
or Chickpeas 170 g



Spring Break snacks



Delicious,
soft, slow
cooked
licorice
made with
carefully
selected
natural
ingredients.

3⁴⁹
PANDA Licorice 170 g



7⁹⁹
VALLEY POP
Popcorn 440 g



2/\$9
QUEST Protein Bars
42-60 g or Chips 32 g



2/\$8
BUILT Bars or SINFRIT
Protein Chips 40-54 g

Bites for every moment



3⁹⁹ **100 PTS**
when you buy 4
BAREBELLS Protein
Bars 55 g

20 g of
protein,
no added
sugar &
available
in a ton
of great
flavours.



2/\$7 **100 PTS**
when you buy 2
GRENADE Bars 60 g



2/\$5
SIMPLY Protein
Bars 40 g



2²⁹
KIND Fruit & Nut
Bars 40 g

Organic,
nourishing
bars

2⁹⁹ **100 PTS**
when you buy 3



MADE WITH LOCAL
Bars 53-68 g



9⁹⁹ **200 PTS**
when you buy 2
CLIF Bars 5 pk

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Strong starts, smooth finishes

Everything
you need for
pre and post
workout!



300 PTS
when you buy 1

43⁹⁹
KAIZEN Whey or Plant Protein Powders 840 g

Plant-based
protein powder
made with
simple
ingredients

17⁹⁹

VEGA Protein Made Simple 259-271 g



400 PTS
when you buy 2

20% off

WEBBER NATURALS Magnesium, Collagen or Multivitamin Supplements selected varieties and sizes



25⁹⁹

CELLUCOR Sport or Pre-Workout Protein Powder 220-285 g



15% off

ORGANIKA Electrolytes 210-360 g or 20-21 pk



16⁹⁹

WAKE WATER Electrolyte Powders 8 pk

100 PTS
when you buy 2

5⁹⁹

TOM'S Toothpaste 85-90 mL selected (excludes Sensitive)



15% off

DR. SQUATCH Soap, Body Wash or Deodorants 75-141 g or 414 mL



Gentle care for your home!

Hypoallergenic & dermatologist tested laundry detergent designed with sensitive skin in mind



14⁹⁹

NATURE CLEAN Laundry Detergent 3 L



12⁹⁹

ECO MAX Laundry or Fabric Softener 3 L



300 PTS
when you buy 2

6⁹⁹

MRS. MEYER'S Dish Soap, Cleaners or Hand Soap 370-473 mL selected

Plant-based multi-purpose cleaning wipes that are safe to use around your kids, pets and food-contact surfaces

100 PTS
when you buy 2

6⁴⁹

GREEN WORKS Wipes 75 pk selected



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Spring into wellness

Rachelle
Béry 

wellness boutique

Rachelle
Béry 



**15%
off**

HERBALAND VITAMIN GUMMIES
60 PK OR 40-240 G



15% off

NOW VITAMINS OR SUPPLEMENTS SELECTED VARIETIES AND SIZES



600 PTS
when you buy 1

46⁹⁹

Made in
Canada. Sugar
& Gluten free.
Contains 20 g
of fermented
plant protein
per serving.

**Dietary
supplements
and vitamins
containing
raw, sprouted
and fermented
ingredients.**



600 PTS
when you buy 1

3999

ANCIENT NUTRITION BONE BROTH OR COLLAGEN
242-357 G



15% off

**NATURE'S WAY NUTRASEA
OR NUTRAVEGE LIQUIDS**
200-500 ML



15% off

A.VOGEL ECHINAFORCE 30-100 ML OR 30-90 PK SELECTED



15%
off

EVERYONE HAND SOAP, BODY WASH OR BODY LOTION
60-946 ML SELECTED



20% off

**THE UNSCENTED COMPANY HAIR CARE,
SKIN CARE, CLEANING OR LAUNDRY PRODUCTS**
30 PK. 65-120 G OR 500 ML-2 L



Hair care
made with
gentle, and
plant-based
ingredients.

1699

HERBATINT NATURAL HAIR COLOUR
120-135 ML SELECTED

A selection of organic and natural products
made to enrich your life

Products available at select locations only.

Browse a Rachelle Béry boutique at your local Sobeys store