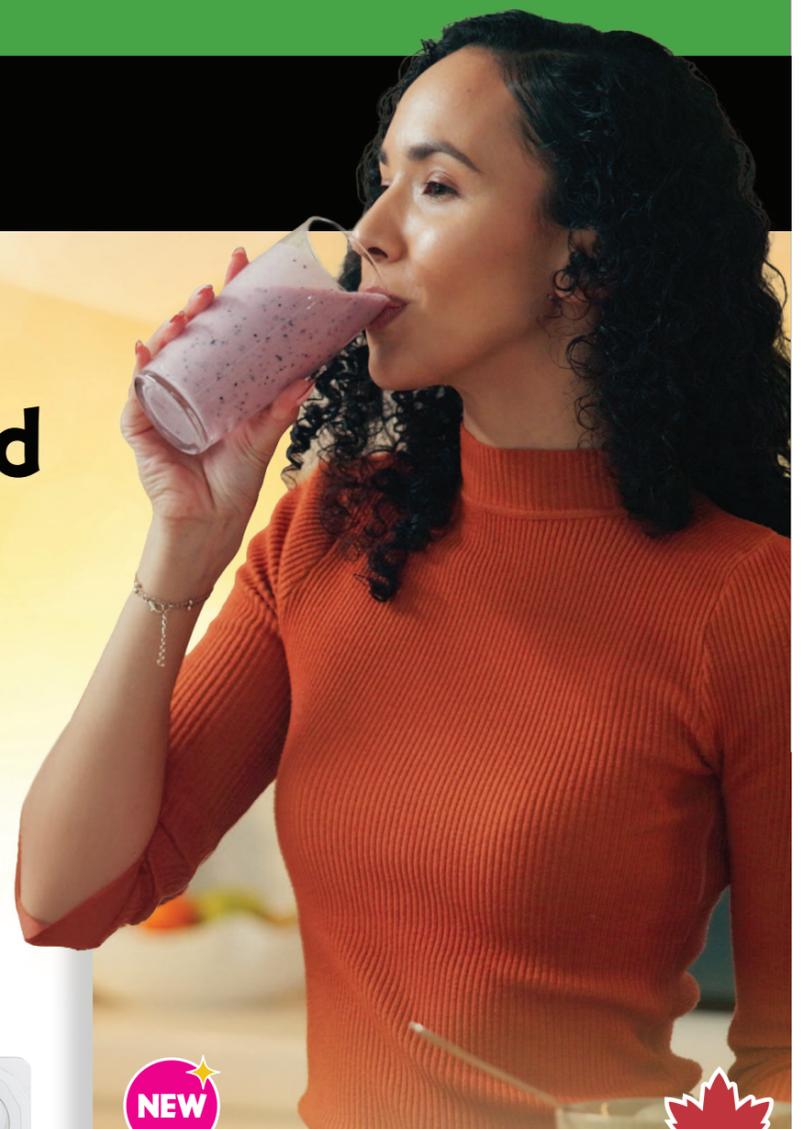


Sobeys

SAFEWAY



Everyday Plant-Based Essentials

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

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

PERFECT FOR SMOOTHIES!

7⁴⁹
SILK High Protein Soy Milk 1.42 L



4⁹⁹
VIO LIFE Cheese Blocks or Slices 200 g or Cream Cheese 227 g



4⁵⁰
ea when you buy 2 or more
SILK Select Beverages 1.75-1.89 L 6.99 ea



3⁴⁹
SILK Creamers 450-473 mL



COMPLIMENTS Protein & Greens powder featuring up to 21g 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

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Vegan,
dairy-free,
gluten-free,
peanut-free

8⁹⁹
ENJOY LIFE Chocolate
Chips 255-283 g

GLUTEN FREE



STARTING AT
7⁹⁹
ELMHURST
Milk or Barista
946 mL or
Creamers 473 mL



WITH UP TO
4x MORE ALMONDS
PER SERVING
NO ADDED GUMS OR OILS

Sparkling Sips!

ORGANIC

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

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



Mornings made easy



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

8⁹⁹

FLOURISH
Pancake Mix
430 g



STARTING AT
7⁹⁹

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

GLUTEN FREE



3⁹⁹

ALMOND
BREEZE
Milk 1.89 mL



7⁹⁹

NUTS FOR CHEESE Dairy
Free Cream Cheese 210 g

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



7⁹⁹
VALLEY POP
Popcorn 440 g



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

3⁴⁹
PANDA Licorice 170 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

100 PTS
when you buy 3
2⁹⁹



MADE WITH LOCAL
Bars 53-68 g

200 PTS
when you buy 2
9⁹⁹



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

100 PTS when you buy 2
5⁹⁹

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



15% off ORGANIKA Electrolytes 210-360 g or 20-21 pk



16⁹⁹ WAKE WATER Electrolyte Powders 8 pk

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



6⁹⁹ **300 PTS** when you buy 2 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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Rachelle Bery

Spring into wellness

Rachelle Bery
wellness boutique

15% off
HERBALAND VITAMIN C GUMMIES
60 PK OR 40-240 G

15% off
NOW VITAMINS OR SUPPLEMENTS SELECTED VARIETIES AND SIZES

600 PTS when you buy 1
46⁹⁹
GENUINE HEALTH FERMENTED PROTEIN POWDERS 600 G

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
242-337 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 Bery boutique at your local Sobeys or Safeway store