

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**LOCAL ORGANIC
CILANTRO BUNCHES**

Siri & Son Farms

\$1.29/EA



Close to Home!



**ORGANIC
CANTALOUPE**

\$1.29/LB



**ORGANIC
KALE BUNCHES**

Green • Purple • Lacinato

\$1.99/EA



RECIPE
INSIDE



Yumi
**ORGANIC
WATERMELON**

99¢/LB



**ORGANIC
CAULIFLOWER**

\$1.79/LB



Organic Produce • On Sale 6/3–6/9

MUSHROOM “SCALLOP” PASTA WITH KALE



Makes 4 servings

- 8 oz linguine, cooked until almost al dente (about 5 minutes), 1 cup pasta water reserved
- 1 lb trumpet mushrooms, the largest you can find
- 2 Tbsp butter or vegan butter
- 1 Tbsp olive oil
- 1 shallot, minced
- 1 head black garlic, minced
- 1 cup dry white wine
- 1 meyer lemon, zest and juice
- 1 small bunch kale, stemmed and torn into bite sized pieces
- 2 Tbsp slivered almonds, toasted

1. Slice the trumpet mushroom stems into 1 inch thick rounds. Mince the caps and set aside.
2. Melt butter and olive oil in a large cast iron skillet over medium heat. Sear mushroom scallops for 3 minutes on each side, or until golden. Remove from the skillet and set aside.
3. Add shallot and garlic to the skillet, saute for 1 minute. Stir in minced mushroom, cook for an additional minute. Deglaze with wine, scraping up any browned bits. Cook until reduced by half, about 3 to 5 minutes.
4. Stir in lemon juice and zest. Bring to a boil. Add kale, cook until wilted. Add pasta, mushroom scallops, almonds, and a splash of pasta water. Toss until evenly coated, cooking until kale and pasta is tender, and sauce is thickened. Season with salt and pepper, to taste.

ORGANIC
YELLOW NECTARINES

\$4.99/LB



ORGANIC
TRUMPET ROYALE
MUSHROOMS

\$11.99/LB



ORGANIC
BLUEBERRIES

\$5.99



PINTS

**ORGANIC
HONEYDEW
\$1.39/LB**



**ORGANIC
PERSONAL
WATERMELONS
\$1.19/LB**



**ORGANIC
GALIA MELONS
\$1.69/LB**



THE LIFESOURCE KITCHEN

SCRATCH MADE



SERVED UP FRESH
EVERY DAY

**HOT BAR & SALAD BAR
8 AM - 8 PM**

GRAB AND GO ANYTIME



WINE & BEER DEALS



Lapis Luna
CALIFORNIA WINES

Your Choice

\$12.99

750 ml | **Save \$2-3**



Close to Home!

Sweet Cheeks Winery
OREGON PINOT GRIS

Willamette Valley

\$21.99

750 ml | **Save \$2**



Close to Home!

Duck Pond Cellars
OREGON PINOT GRIS

Willamette Valley

\$12.99

750 ml | **Save \$2**



Prairie Artisan Ales
**HOLLABACK GIRL
SOUR ALE**

\$4.79

12 fl oz | **Save \$1**

**ALL
PRAIRIE ARTISAN
ALES ON SALE**



Organic Valley
**RAW MILK
ORGANIC CHEESE**

Mild Cheddar • Jack
Sharp Cheddar

\$4.49

8 oz | **Save \$3**



Violife
**DAIRY FREE
CHEESE SHREDS
& SLICES**

Your Choice

\$4.49

7.1-8 oz | **Save \$3**



The Humble Seed
**GRAIN FREE
CRACKERS**

Sea Salt • Garlic Herb
Everything

2 FOR \$7

4.25 oz | **Save \$2.99/ea**



Simple Mills
**SEED FLOUR
& ALMOND CRACKERS**

Your Choice

2 FOR \$7

4.25 oz | **Save \$2.49/ea**



Late July
**PARTY SIZE
TORTILLA CHIPS**

Sea Salt • Lime

\$3.99

14.75 oz | **Save \$2.50**



Back to Nature
**CRACKERS
& FLATBREAD**
Select Varieties

2 FOR \$6

5-7 oz | Save \$1.79/ea



Wild Planet
**SKIPJACK
WILD TUNA**

Salted • No Salt Added

\$2.99

5 oz | Save \$1.80



Deep Indian Kitchen
**CHICKEN ENTRÉES
WITH RICE**

Korma • Tikka Masala
Butter Chicken

\$4.49

9 oz | Save \$3.50



Atoria's
**NAAN & PITA
BREAD**

Traditional & Garlic Naan
Traditional Pita

\$3.49

11 oz | Save \$1.50



Smart Chicken
**WHOLE ORGANIC
CHICKENS**

\$3.99/LB

Save \$1.30/lb

LONELY LANE FARMS

Third-generation farmers Mike and Patty Kloft run a 165-acre farm in Mt. Angel and lease 300 acres of grazing lands at the historic Mt. Angel Abbey. This land provides space for the farm's animals to graze and roam freely, creating a great quality of life for the animals, a sustainable way of farming, and delicious, high quality meats for you.

PORK SPARE RIBS

- 2 lbs pork spare ribs
- 2 Tbsp Dijon mustard
- 1/4 cup brown sugar
- 1 tsp smoked paprika
- 1/2 tsp garlic granules
- 1/2 tsp onion powder
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1/2 tsp cumin
- 1/2 tsp chili flakes
- 1/2 tsp mustard powder
- 1/4 tsp cayenne pepper
- 1/4 cup BBQ sauce

1. Make the dry rub by mixing brown sugar, paprika, garlic, onion, salt, pepper, cumin, mustard powder, and cayenne in a small bowl.
2. Brush ribs on both sides with Dijon mustard. Sprinkle with dry rub all over and pat to make sure the mixture sticks to the meat. This step can be done the night before, if desired.
3. Place ribs meaty side up on a rack on a foil lined, rimmed baking sheet. Broil about 5 minutes on low, or until sugar is bubbly and ribs are browned.
4. Bake at 300° for about 60 minutes on low, then cover with foil and bake for another 30 minutes. Brush with BBQ sauce, recover with foil, and bake for another 30 minutes.
5. Remove from the oven and allow to rest covered at least 10 minutes.

PORK SPARE RIBS

\$7.99/LB

Save \$2/lb

Close to Home!



HAPPY EGG



**ORGANIC
FREE RANGE EGGS**

\$5.99

1 doz | Save \$4



ORGANIC VALLEY



ORGANIC MILK

Whole • 2% • 1% • Fat Free

\$4.99

64 fl oz | Save \$1-\$2



Cascadian Farm
ORGANIC GRANOLA

Your Choice

2 FOR \$6

11 oz | Save \$5.49



Cascadian Farm
**ORGANIC
BREAKFAST CEREAL**

Your Choice

2 FOR \$6

8.6-14.6 oz | Save \$4.49



Close to Home!

Nancy's
**ORGANIC PLAIN
YOGURT**

Nonfat • Low Fat
Whole Milk

\$3.99

32 oz | Save \$3



GT's Cocoyo
COCONUT YOGURT

Vanilla • Cacao • Pure
Peach Nectarine

\$4.79

8 oz | Save \$2.20



Cascadian Farm
**HASH BROWNS
& SPUD PUPPIES**

Your Choice

2 FOR \$7

12-16 oz | Save \$2.49/ea



PERFECT BARS

Your Choice

4 FOR \$9

2.2-2.5 oz | Save \$1.54/ea



Eternal

SPRING WATER

4 FOR \$5

33.8 fl oz | Save \$1.24/ea



GoMacro

MACROBAR

Your Choice

\$2.29

2-2.3 oz | Save \$1.20



Saratoga

SPRING WATER

Still • Sparkling

\$2.29

28 fl oz | Save \$1.50



PRO Bar

20g PROTEIN BARS

Your Choice

\$1.99

2.46 oz | Save \$1.30



Tejava

UNSWEETENED TEA

Black Tea • Peach Black
Hojicha Green Tea

\$2.29

33.8 fl oz | Save \$1.70



Epic

MEAT BARS

Your Choice

3 FOR \$5

1.3-1.5 oz | Save \$2.33/ea



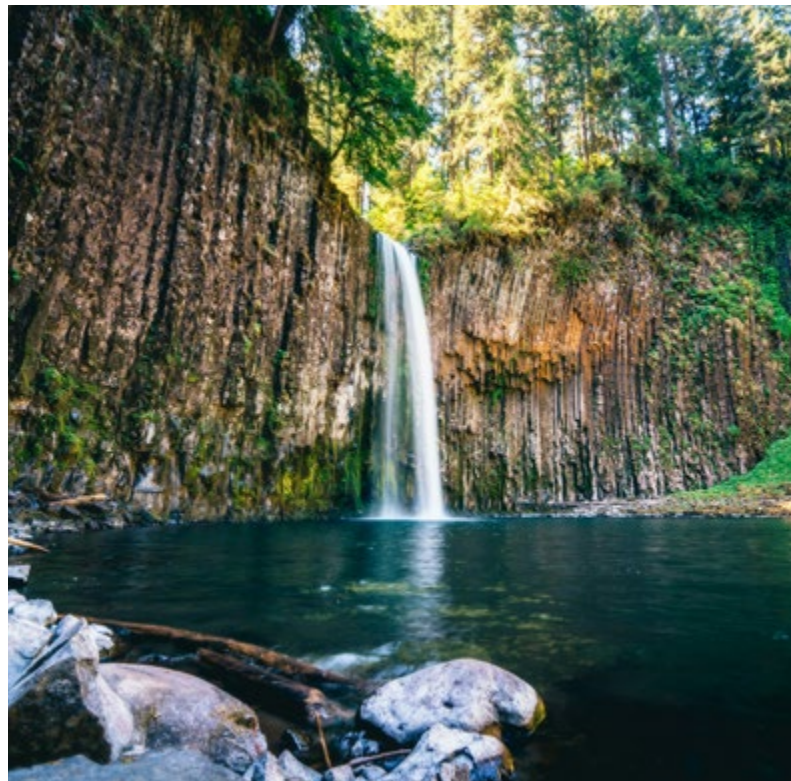
Odyssey

FUNCTIONAL ENERGY DRINKS

Your Choice

\$2.29

12 fl oz | Save \$1.70





Endangered Species CHOCOLATE BARS

Your Choice

2 FOR \$7

3 oz | Save \$2.49/ea



Cosmic Bliss PLANT-BASED FROZEN DESSERT

Your Choice

\$4.99

14 fl oz | Save \$3

BLACK BEAN BROWNIES

Yields about 16 brownies

- 1½ cups black bean flakes
- 1½ cups cashew milk (or other milk of choice)
- ⅔ cup organic granulated cane sugar
- 2 large eggs, or two flax eggs*
- ¼ cup avocado oil (or other neutral oil)
- 1 tsp vanilla extract
- ½ cup unsweetened baking cocoa powder
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 1 cup dark chocolate chips

1. Preheat the oven to 350°F. Grease an 8x8-inch baking dish, and line with parchment paper.
2. Stirring constantly, bring milk to a simmer in a small saucepan over medium heat. Stir in black bean flakes and cane sugar and continue stirring for five minutes. Beans will thicken and develop a matte look. Remove from heat and let cool for ten minutes.
3. Add bean mixture to a food processor or high speed blender.** Puree until smooth. Add eggs, oil, and vanilla extract, pulse until blended.
4. Add cocoa powder, baking powder, baking soda, and salt and chocolate chips. Pulse until blended.
5. Scrape batter into the prepared baking dish. Bake for 25-30 minutes, or until a toothpick comes out with fudgy crumbs. Allow to cool before slicing.

*For 1 flax egg, mix 1 Tbsp flax meal with 2½ Tbsp water

**No food processor or high speed blender? Mash the beans as best you can with a fork until smooth. The texture might change slightly, but they will still be delicious!



Back to Nature FUDGE COOKIES

Fudge Striped
Fudge Mint

\$4.49

5.5-7.7 oz | Save \$2.50



Chocxo CHOCOLATE CUPS

Peanut Butter · Coconut
Lemon Creme

\$4.99

3.45 oz | Save \$3.50



Simple Mills SWEET THINS & CRUNCHY COOKIES

Your Choice

2 FOR \$7

4.25-5.7 oz | Save \$2.49/ea



Unreal CHOCOLATE CUPS & GEMS

Your Choice

\$4.49

3.2-5 oz | Save \$3

BULK DEPARTMENT DEALS

**ORGANIC
ROLLED OATS**

\$1.79/LB

Save 70¢/lb



**ORGANIC
RED LENTILS**

\$2.79/LB

Save 50¢/lb



Azure
**ORGANIC
TRICOLOR ROTINI**

\$4.49/LB

Save \$1.50/lb



Edison Grainery
**ORGANIC QUINOA
RICE FUSILLI**

Non Gluten

\$6.99/LB

Save \$2/lb



Sun Valley
**ORGANIC THOMPSON
GREEN RAISINS**

\$3.79/LB

Save 70¢/lb



ORGANIC SWEETENED BANANA CHIPS

\$4.79/LB

Save \$1/lb



Café Mam

ORGANIC TANGO BLEND COFFEE

\$12.99/LB

Decaf

\$13.99/LB

Save \$3/lb



**ORGANIC
RED QUINOA**

\$3.99/LB

Save \$1/lb



Azure
ORGANIC KASHA

Roasted buckwheat

\$3.29/LB

Save 70¢/lb



Frontier
**ORGANIC
BLACK BEAN
FLAKES**

\$13.99/LB

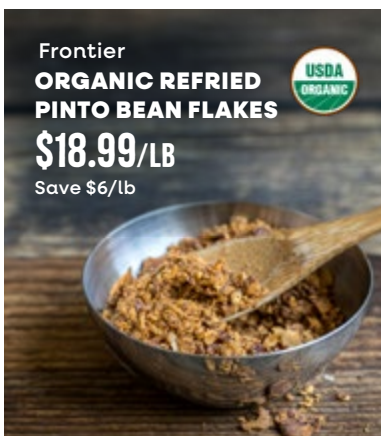
Save \$4/lb



Frontier
**ORGANIC REFRIED
PINTO BEAN FLAKES**

\$18.99/LB

Save \$6/lb



**ORGANIC
CHUNKS OF ENERGY**

Choco Chip Almond
Lemon Pomegranate
Carob Spirulina
Cacao Goji

\$11.49/LB

Save \$2.50/lb



Over 1000 items on SALE! • 5/27-6/9

STRAWBERRY SHORTCAKE

4 WAYS

Nothing captures the taste of the heady first days of June quite like the combination of sweet, ripe strawberries, buttery shortcake, and fluffy whipped cream. But why stop at just one recipe when you could try four?

Find your way to use the bounty of berries with our original recipes at LifeSourceNaturalFoods.com

1 Strawberry Shortcake with Black Pepper Whipped Cream



2 Chocolate Strawberry Shortcake



3 Triple Strawberry Shortcake



4 Vegan Strawberry Shortcake



HOUSEHOLD SAVINGS



Seventh Generation **DISH SOAP**

Lemongrass • Lavender
Free & Clear

\$3.49

19 fl oz | Save \$2



ECOS **LAUNDRY DETERGENT SHEETS**

Lavender Vanilla
Free & Clear

\$10.99

50 ct | Save \$6



Cookie Pal **ORGANIC DOG TREATS**

Peanut Butter Apple
Pumpkin Chia
Sweet Potato Flax

\$4.99

8.8-10 oz | Save \$3.50



NORDIC NATURALS



OMEGA-3 FISH OIL

\$23.99

120 sg | Save \$6



OMEGA-3 LIQUID

\$37.99

16 fl oz | Save \$9.50



ULTIMATE OMEGA

\$40.99

120 ct | Save \$9

**ALL
NORDIC NATURALS
ON SALE**

ANCIENT NUTRITION

Clinically studied yeast peptides act as bioactive signaling messengers in the body, helping regulate hunger hormones, curb cravings, and reduce fat.*



ACTIVE PEPTIDES METABOLISM CAPSULES

\$38.99

60 caps | Save \$21



ACTIVE PEPTIDES METABOLISM POWDER

Guava Grapefruit
Chocolate

\$38.99

4.4-5.3 oz | Save \$21



MULTI COLLAGEN PROTEIN GEL PACKS

Tropical

\$1.49

1 fl oz | Save \$1



CREATINE +COLLAGEN GEL PACKS

Lemon • Orange

\$2.49

1 fl oz | Save \$1.50

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Biochem WHEY ISOLATE PROTEIN

Vanilla • Chocolate
Natural Flavor

\$25.49

12.3-15.4 oz | Save \$7



Garden of Life ORGANIC MCT POWDER

Dr. Formulated

\$20.99

10.58 oz | Save \$9



NEW!

Natural Factors REGENERLIFE NMNSURGE 500 MG

NAD+ Boost

\$29.99

30 cap | Save \$12



ALL MEGAFOOD ON SALE

MegaFood BLOOD BUILDER

\$10.99

30 tab | Save \$6



Kuli Kuli PURE MORINGA POWDER

\$14.99

7.4 oz | Save \$9

Terry Naturally®

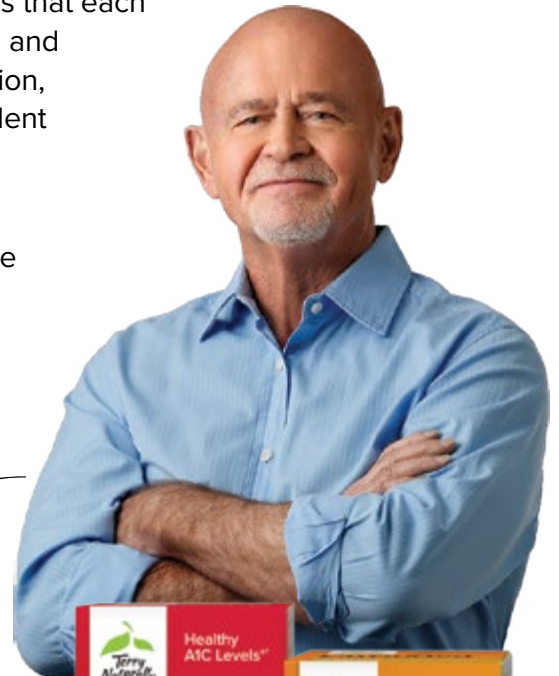
Vendor Spotlight

When it comes to supplements you can trust, few brands have the legacy and expertise of Terry Naturally. Founded by Terry Lemerond, a pioneer in the natural health industry, the company has spent decades developing formulas that combine the best of what nature and science have to offer.

Each Terry Naturally product is formulated with premium ingredients and an uncompromising commitment to quality, created to help you feel your best and live your healthiest life. Customer favorites like Curamin®, CuraMed®, AnxioCalm®, and Sucontral® D provide exceptional targeted support for pain relief, healthy inflammation response, occasional stress and anxiety relief, and blood sugar balance.*†^

We manufacture our supplements under strict Good Manufacturing Practices (GMPs), following rigorous quality control and testing at every step. This ensures that each Terry Naturally product meets the highest standards for purity, potency, and consistency. From raw ingredient selection to finished product verification, our commitment to quality and transparency means you can feel confident that what's on the label is exactly what's in the bottle.

We believe in formulating health products that go above and beyond industry standards. We source non-GMO ingredients whenever possible and utilize thoughtfully harvested herbal ingredients in our products. The Terry Naturally brand of supplements is safe, powerful, and effective, and delivers results you can count on.



Terry

20% off

All Terry Naturally® Products

Stop in today at:



2649 Commercial St. SE, Salem Oregon
LifeSourceNaturalFoods.com



†Occasional muscle pain or inflammation due to exercise or overuse. ^Supports healthy levels already within normal range. *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SOLARAY



MULLEIN

\$8.49

100 vcap | Save \$3.50



Country Life
ALLER-MAX

\$14.99

50 vcap | Save \$7

ALL
COUNTRY LIFE
ON SALE



Flora

SUPER 8 PROBIOTIC

\$20.99

30 cap | Save \$7

ALL FLORA
ON SALE

KAL



MAGNESIUM
GLYCINATE 350

\$17.99

160 vcap | Save \$5



Host Defense
**SELECT MUSHROOM
SUPPLEMENTS**

Stamets 7 • Reishi
Cordyceps • Lion's Mane
MyCommunity

\$14.99

30 vcap | Save \$5

ALL
HOST DEFENSE
ON SALE

ZHOU NUTRITION



ORGANIC
BLACK SEED OIL

\$18.99

8 fl oz | Save \$5



Four Sigmatic
**ORGANIC
MUSHROOM COFFEE**

Focus • Balance

\$12.99

10 oz | Save \$12





Tom's of Maine
SELECT TOOTHPASTE

Peppermint • Cinnamon • Fennel

\$5.99

4-4.5 oz | **Save \$4**



Giovanni
SELECT HAIR PRODUCTS

Styling Foam Mousse
Vitapro Fusion Treatment
L.A. Hold Spritz • L.A. Hold Gel

\$6.79

Save \$4.20



Tom's of Maine
KID'S TOOTHPASTE

With Fluoride or Fluoride Free

\$4.99

5.1 oz | **Save \$3**



Humble
ALUMINUM-FREE DEODORANT

Plastic-Free Packaging
Your Choice of Scents

\$8.99

2.65 oz | **Save \$4**



Acure
SHAMPOO & CONDITIONER

Clarifying • Smoothing
Volume • Ultra Hydrating

\$6.49

8 fl oz | **Save \$6.50**

BIG DEAL!



Crystal Body
ROLL-ON DEODORANT

Unscented • Lavender
Vanilla Jasmine

\$3.79

2.25 fl oz | **Save \$2.70**



Seashine Labs
MINERAL SUN SERUM

\$31.99

1.7 fl oz | **Save \$8**

ALL SEASHINE LABS ON SALE

Fat and the Moon
LIP & CHEEK STAIN

\$12.99

0.5 oz | **Save \$11**

ALL FAT AND THE MOON ON SALE



BOIRON

ARNICARE

Gel • Cream • Bruise Gel

\$5.99

1.33-1.5 oz | **Save \$2.50**

ALL SIZES ON SALE

LifeSource

natural foods
BRAND SUPPLEMENTS



BOSWELLIA

450 mg

\$11.99

60 vcap | Save \$3.50

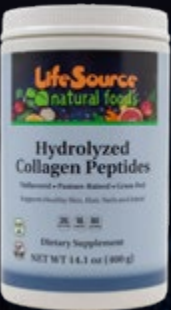


HYALURONIC ACID

100 mg

\$18.99

50 cap | Save \$4



COLLAGEN PEPTIDES

\$22.99

14.1 oz | Save \$5



GLUCOSAMINE CHONDROITIN MSM

\$26.99

120 tab | Save \$6

BADGER



ANTI-BUG SPRAY

\$9.99

4 fl oz | Save \$4

ANTI-TICK SPRAY

\$8.99

4 fl oz | Save \$4

NEW!



**ALL
BADGER
ON SALE**



Dr. Bronner's MAGIC BAR SOAP

Baby Unscented • Almond • Rose
Eucalyptus • Citrus • Lavender
Peppermint • Tea Tree

\$3.99

5 oz | Save \$1



Grandpa's PINE TAR SOAP

\$3.29

3.25 oz | Save \$1.70