

STRENGTHEN YOUR ROUTINE

Fuel up with this deal on protein and collagen favorites for strength, recovery, and support.

Really BIG DEAL

30% off PROTEIN POWDER AND COLLAGEN

Limited to stock on hand. No additional case discounts.
Selection varies by location. Items priced as marked.



MARY'S WHOLE FRYER CHICKEN

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



\$1.99
lb
SAVE \$1.60lb

BLOUNT CLAM SHACK SEAFOOD SOUPS

Comforting seafood soups made with simple ingredients. Ready to heat and serve.

24oz



BUY 1 GET 1 FREE
SAVE \$10.99 ON 2

ORGANIC ATAULFO MANGOS

Sweet and creamy with a honey-like flavor. From Crespo Organic in Mexico.



CATALINA CRUNCH PROTEIN CEREAL AND SNACKS

Selected Varieties



50% off

RAO'S HOMEMADE BRICK OVEN FROZEN PIZZA

Assorted Varieties
18.3-20.8oz



\$8.99
ea
SAVE \$4ea

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



2 for \$7
SAVE \$1.99ea

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WHAT WE'RE loving

High-Protein Chia Seed Pudding

Packed with protein, fiber, and New Seasons favorites, this quick and easy chia seed pudding makes for delicious mornings.

Ingredients

- 6 tbsp New Leaf Bloom Organic Black Chia Seeds
- 1 scoop of collagen or protein powder
- 1 ½ cup milk of choice
- 1 tbsp New Seasons Market Maple Syrup or Honey
- Pinch of salt
- New Seasons Market Creamy Peanut Butter
- New Seasons Fruit Spread
- Optional toppings: sliced banana, sliced strawberries, granola, or hemp seeds

Directions

- In a bowl or jar, combine the chia seeds, protein powder, milk, maple syrup, and salt. Stir well.
- Cover and chill in the fridge for 2 hours or overnight.
- Finish with a layer of fruit spread and a drizzle of nut butter, plus any other toppings. Enjoy!



MEAT & SEAFOOD

CREEKSTONE FARMS

95% LEAN 5% FAT GROUND BEEF

Freshly ground USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.

\$8.99
lb

SAVE \$1lb



NEW SEASONS

ALL HOUSE-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added hormones. Available in a variety of flavors.

\$8.99
lb

SAVE \$1lb



COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.

\$20.99
lb

SAVE \$1lb



ALBACORE TUNA

Mild, flaky, and protein-packed local Albacore, sustainably harvested at the peak of season.

\$19.99
lb

SAVE \$6lb



PRODUCE

ORGANIC ENVY APPLES

Firm, crisp, and super sweet. From Oppy Growers in Wenatchee, WA.

PNW
LOCAL



\$2.99
lb

SAVE \$1lb

ORGANICGIRL SELECT SALAD BLEND

Great for a quick and easy lunch or dinner. From organicgirl in Salinas, CA.
5oz



\$4.49
ea

SAVE 50¢ea

DEKOPON MANDARINS

Easy to peel and bursting with sweet-tart flavor! From Sun Pacific in Bakersfield, CA.



\$5.49
lb

SAVE 50¢lb

BAKERY & CHEESE**RUBICON BAKERS
MANGO PASSION FRUIT
CUPCAKES**

Vegan vanilla cupcakes finished with a mango and passion fruit icing.

2ct

**\$2.99
ea
SAVE \$1ea****HOFFMAN'S
SHARP CHEDDAR**

A flavorful sharp cheddar perfect for grilled cheese, party platters, or lunch boxes.

**20%
off****NEW SEASONS
BAKED ZITI WITH
ITALIAN SAUSAGE**

Locally made ziti layered with marinara, Italian sausage, and a generous mix of melty cheeses.

**\$9.99
lb
SAVE \$3lb****NEW SEASONS
FARRO LENTIL SALAD**

This hearty salad features kale, toasted pecans, and bell peppers in a maple Dijon mustard dressing.

**\$9.99
lb
SAVE \$3lb****NEW SEASONS
GARLIC NAAN**

Soft, garlicky flatbread for scooping, dipping, or building a quick pizza.

4ct

**\$6.49
ea
SAVE 50¢ea****BELGIOIOSO
PARMESAN**

Aged over 10 months, this Wisconsin parmesan is a great addition to lasagna, salads, or mac & cheese.

8oz

**\$6.49
ea
SAVE 50¢ea****NEW SEASONS
DELI HAM**

Classic deli ham with subtle smoke and a touch of maple syrup for the perfect balance of sweetness.

**\$11.99
lb
SAVE \$3lb****ORIGAMI CATERING
CUCUMBER
AVOCADO ROLL**

Featuring English cucumber, avocado, and toasted sesame seeds.

**\$7.99
ea
SAVE \$2ea****BEER & WINE****MIX
&
MATCH****10%
off
6 bottles of wine****20%
off
12 or more bottles
of wine**

*Offer available in-store only.

**OVUM WINES
PNK SALT &
ORANGE ROSÉ**

PNK offers ripe cherry and currant, while the Orange Rosé layers in citrus, ginger, and turmeric.

750ml

**\$16.99
ea
SAVE \$8ea****BATTLE CREEK CELLARS
UNCONDITIONAL
PINOT NOIR**

Balancing elegance with power, this Pinot Noir bursts with ripe red raspberry, hints of earth, and delicate floral notes.

750ml

**\$14.99
ea
SAVE \$25ea****DESCHUTES BREWERY
NON-ALCOHOLIC
CRAFT BREWS**

From a renowned Oregon brewery, these non-alcoholic brews deliver bold flavors and smooth drinkability. Availability may vary by location.

6pk/12oz

**\$12.99
ea
SAVE \$1ea****PLAIMONT
GASCOGNE
BLANC**

Exceptionally well-balanced with naturally low alcohol and crisp notes of lemon, grapefruit, white peach, and spring flowers.

750ml

**\$9.99
ea
SAVE \$5ea****IT SAVES TO
SHOP ONLINE**Find all your favorite in-store items online, and get free delivery or pickup on orders of \$35+ with code **SHOPONLINE26**shop.newseasonsmarket.com

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WELLNESS

**PRIMAL KITCHEN
UNFLAVORED
COLLAGEN PEPTIDES**
 Support healthy hair, skin, and nails with 10g collagen per serving.

**30%
off**

PRICING INCLUDES ALL DISCOUNTS


**ANCIENT NUTRITION
SBO PROBIOTICS**

 A unique blend of probiotics for overall gut health. Save on select probiotics.
 30cap

**\$19.99
ea**
 SAVE \$10ea

**MICKELBERRY GARDENS
HONEY PROPOLIS
THROAT SPRAY**

 A delicious herbal throat spray designed to quickly soothe sore throats.
 2oz

**\$9.99
ea**
 SAVE \$4ea


PNW LOCAL

**HIBAR
SHAMPOO AND
CONDITIONER**

All the benefits of quality hair care without any of the plastic! Save on a variety of formulas.

2.9-3.2oz

**\$9.99
ea**
 SAVE \$4ea

**STRAUS FAMILY CREAMERY
ORGANIC ICE CREAM**

 Assorted Varieties
 1pt

**\$6.99
ea**
 SAVE \$2ea

**BIG MOZZ
GIANT-SIZED
MOZZARELLA STICKS**

 Original or Super Ranch.
 13.44oz

**\$6.99
ea**
 SAVE UP TO \$4ea

**AGAINST THE GRAIN
GLUTEN-FREE BREAD,
PIZZA AND SNACKS**

Assorted Varieties


**20%
off**
**NO GRAINS.
NO PROBLEM!**

When you're craving good-for-you deliciousness, go Against the Grain—pizza, bread, and snacks with no gluten, grains, seed oils, or preservatives.

Prices shown are sale prices. Selection may vary by store.

**VEGA
PLANT-BASED PROTEINS**

Plant-based protein powders made from natural, real-food ingredients. Save on select formulas and flavors.

**30%
off**

PRICING INCLUDES ALL DISCOUNTS


**TOM'S OF MAINE
ORAL AND BODY CARE**

Stock up with great savings on all your favorites from Tom's of Maine.

**30%
off**

**BLOOM
CRANBERRY + D-MANNOSE**

 A dual-action formula to support urinary tract health.
 60vc

**\$14.99
ea**
 SAVE \$7ea

**HUME SUPERNATURAL
DEODORANTS**

Aluminum-free deodorants designed to fight odor naturally. Save on select formulas.

2oz


**\$10.99
ea**
 SAVE \$4ea

**RIF CARE
MENSTRUAL CARE**

 Super soft period care made with organic cotton and hemp fiber.
 10-18ct

**\$7.49
ea**
 SAVE UP TO \$3.50ea

GROCERY

**MILTON'S
CAULIFLOWER
CRUST PIZZA**

 Assorted Varieties
 10.8-11.3oz

**\$9.99
ea**
 SAVE \$2.70ea

**KEVIN'S NATURAL FOODS
FROZEN BOWLS**

 Selected Varieties
 9-9.5oz

**2 for \$10
SAVE \$1.89ea**
**MILA
NOODLES AND
DUMPLINGS**

Assorted Varieties

**20%
off**

**WOW BAO
FROZEN
BAO**

Assorted Varieties


**20%
off**

GROCERY

GARDEN OF EATIN'
**ORGANIC
TORTILLA
CHIPS**
Assorted Varieties
14oz



**BUY 1 GET 1
FREE**
SAVE \$7.89 ON 2

GOOD HEALTH
VEGGIE SNACKS
Selected Varieties
6.25oz



**\$2.99
ea**
SAVE \$1.60ea

STACY'S
BAKED PITA CHIPS
Assorted Varieties



**20%
off**

CARR'S
WATER CRACKERS
Assorted Varieties
4.25-7oz



**\$4.99
ea**
SAVE UP TO \$1.60ea

AL'S REAL GOODS
CHEWY COOKIES
Assorted Varieties
6.7oz



**\$6.99
ea**
SAVE \$3.50ea

GOODIE GIRL
**GLUTEN-FREE
COOKIES**
Assorted Varieties
7-10.6oz



**\$5.99
ea**
SAVE \$1.80ea

SCHÄR
GLUTEN-FREE SNACKS
Selected Varieties



**20%
off**

PANDA
NATURAL LICORICE
Black or Raspberry.
7oz



**\$4.99
ea**
SAVE UP TO \$4ea

OLD TRAPPER
BEEF JERKY
Assorted Varieties
4oz



**\$8.99
ea**
SAVE \$4ea

LILY'S SWEETS
CHOCOLATE
Selected Varieties



**33%
off**

MAGIC
**ARTISAN SWISS
CHOCOLATE
BAR**
Assorted Varieties
2.93oz



**\$4.49
ea**
SAVE \$1.20ea

CHOCXO
**ORGANIC
CHOCOLATE
CUPS**
Selected Varieties
3.45oz



**\$5.99
ea**
SAVE UP TO \$2.30ea

ANTIOXIDANT SOLUTIONS
JUICE
Assorted Varieties
32oz



**\$5.99
ea**
SAVE UP TO \$2.40ea

MINERAGUA
SPARKLING WATER
9pk/12.5oz



**\$9.99
ea**
SAVE \$5.50ea

ALO
JUICE DRINK
Assorted Varieties
16.9oz



**\$1.79
ea**
SAVE 70¢ ea

YERBA MADRE
**ORGANIC
YERBA MATE**
Assorted Varieties
15.5oz



**2 for \$5
SAVE 79¢ ea**

NEW SEASONS
**SALTED PLANTAIN
CHIPS**

From SunRidge Farms.
6oz



**\$4.99
ea**
SAVE \$2ea

HUMMINGBIRD WHOLESALE
ORGANIC QUINOA
Selected Varieties



**\$5.99
lb**
EVERYDAY VALUE

SUNRIDGE FARMS
**SALTED
SESAME STICKS**



**\$9.99
lb**
SAVE \$1lb

SUNRIDGE FARMS
**CHOCOLATE PEANUT
BUTTER MALT BALLS**



**\$15.99
lb**
SAVE \$2lb

GROCERY

NOSSA FAMILIA COFFEE

Selected Varieties
12oz

PNW LOCAL

\$13.99

SAVE UP TO \$4ea

NUTPODS DAIRY-FREE CREAMER

Selected Varieties
11.2oz

2 for \$7

SAVE UP TO \$1.49ea

SILLYCOW FARMS HOT CHOCOLATE

Assorted Varieties
16.9oz

\$7.99

SAVE \$2ea

NEWMAN'S OWN ORGANIC TEA

Selected Varieties
100ct

\$6.99

SAVE \$1.40ea

NUMI ORGANIC TEA

Selected Varieties
12-18ct

BUY 1 GET 1 FREE

SAVE \$7.99 ON 2

BOB'S RED MILL MUESLI

Selected Varieties
16.9oz

PNW LOCAL



20% off

2 for \$7

SAVE UP TO \$1.49ea

FERRIS NUT CO. NUT BUTTER

Selected Varieties



30% off

SPECTRUM COOKING OILS

Selected Varieties



20% off

LUCINI ITALIA EXTRA VIRGIN OLIVE OIL

Selected Varieties
16.9oz

\$15.99

ea
SAVE \$5ea

DAMYA BIODYNAMIC EXTRA VIRGIN OLIVE OIL

16.8oz



\$19.99

ea
SAVE \$10ea

MEZZETTA PASTA SAUCE

Assorted Varieties
6.25-25oz

\$4.99

ea
SAVE UP TO \$1.60ea

TINKYADA BROWN RICE PASTA

Assorted Varieties



20% off

SOMOS FOODS COOKING SAUCES, RICE AND BEANS

Assorted Varieties



20% off

MISSION FOODS SOFT TACO FLOUR TORTILLAS

10ct



\$2.49

ea
SAVE 50¢ea

DAVE'S KILLER BREAD ORGANIC THIN-SLICED BREAD

Assorted Varieties
20.5ozBUY 1 GET 1
1/2 OFF

SAVE \$3.25 ON 2

Available
in-store only

ELMHURST PLANT MILK

Assorted Varieties
32oz

\$5.99

ea
SAVE \$1.60ea

TRUFF TRUFFLE-INFUSED CONDIMENTS

Selected Varieties



30% off

GROCERY

LUCKY FOODS
SEOUL KIMCHI
Original or Spicy.
14oz



PNW
LOCAL

\$5.99
ea
SAVE 90¢ea

SWEET LOREN'S
**PUFF PASTRY OR
COOKIE DOUGH**
Selected Varieties
12oz



\$5.99
ea
SAVE 1.50¢ea

TOFUTTI
**DAIRY-FREE
PRODUCTS**
Selected Varieties



**20%
off**

SUJA ORGANIC
**COLD-PRESSED
JUICE**
Selected Varieties
12oz



2 for \$7
ea
SAVE \$1.09ea

NOSSA FAMILIA COFFEE
**ICED
COFFEE**



PNW
LOCAL

**BUY 2 GET 1
FREE**
ea
SAVE \$4.99 ON 3

Available
in-store only

GREEN VALLEY
**LACTOSE-FREE
DAIRY PRODUCTS**



Selected Varieties

**25%
off**

STONYFIELD
**KIDS ORGANIC
YOGURT POUCH**



Selected Varieties
3.5oz

PLANET OAT
**OATMILK
CREAMER**



\$4.49
ea
SAVE \$1ea

GOOD KARMA
FLAXMILK
Selected Varieties
1/2gal



\$4.99
ea
SAVE \$1.40ea

SILK
**PLANT-BASED
MILK**
Selected Varieties
1/2gal



\$4.49
ea
SAVE UP TO \$1ea

HEALTH-ADE
**ORGANIC
KOMBUCHA**



Selected Varieties
16oz

Available
in-store only

NOOSA
YOGHURT
Assorted Varieties
4.5oz



2 for \$3
ea
SAVE 49¢ea

SKINNY DIPS
ORIGINAL SEED DIP
Assorted Varieties
8oz



\$4.99
ea
SAVE \$2.80ea

SNO-PAC
**ORGANIC FROZEN
VEGETABLES**
Assorted Varieties



**20%
off**

KEFIRLAB
**PROBIOTIC
KEFIR**
Assorted Varieties
16oz



\$4.99
ea
SAVE \$1.90ea

STRAUS FAMILY CREAMERY
**ORGANIC
WHOLE MILK YOGURT**
32oz



\$5.99
ea
SAVE \$1.30ea



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OUR APP!**

Want to save time?
Money? Both?
We've got you!

Our app makes it easier than ever
to quickly order your groceries for
pickup or delivery.

Get FREE pickup* anytime you
order \$35 or more online.

*Pickup not
available at all stores.

