

SPECIAL

Flora



25% off
All Items

MISSISSIPPI NUTRITION



DOUBLE AD WEDNESDAYS!

BOTH THIS WEEK'S AND LAST WEEK'S ADS ARE IN EFFECT!



Red Seedless Grapes

77¢ lb.



Hass Avocados



2 for \$1



Gala Apples

NEW CROP



99¢ lb.

Red or Green Bell Peppers



2 for \$1

Zucchini or Yellow Squash



99¢ lb.

Strawberries



16 oz. 2 for \$4

Green Beans or Baby Carrots



99¢ ea.

Iceberg, Romaine, Red or Green Leaf Lettuce



99¢ ea.

Yellow Onions or Russet Potatoes



2 lbs. for \$1

Northwest Bartlett, Bosc or D'Anjou Pears



99¢ lb.

SPECIAL

Green or Black Seedless Grapes... 2 lbs for \$3

Cluster Tomatoes... 4 lbs for \$5

Navel Oranges or Tangerines... 99¢/lb.



Organic Roma Tomatoes

\$1.29 lb.



Organic Valencia Oranges

\$1.29 lb.

Kind Bars



1.4-1.6 oz.

10 for \$10

Pirate's Booty



4 oz.

2 for \$3

Lifeway Kefir



32 oz.

2 for \$5

Organic Valley Milk



64 oz.

2 for \$6

- CHECK OUT THESE BARNSTORMIN' WEEKLY SPECIALS -

MRM

LINE DRIVE SAVINGS

All Items



30% off

Raw Almonds



\$3.99 lb.

Homestyle Turkey Breast



SLICED

\$5.99 lb.

Organic Walnuts



\$6.99 lb.



WOW!

Rib Festival

Choose from beef or pork.

100% Grass-Fed Organic Ground Beef
No hormones or antibiotics added, ever!

GRASS-FED!

\$3.99 lb.



- Boneless Pork Shoulder Country-Style
- Boneless Pork Loin Country-Style
- English-Style Beef Short Ribs
- Boneless Beef Short Ribs
- Meaty Pork Spare Ribs
- Beef Short Ribs
- Pork Baby Back

ALL-NATURAL



50% off

Price on package reflects discount.

Sale prices valid September 26 2012 - October 3, 2012

09-26-12 OK-1

Medjool DATES

New crop has just arrived!

Medjool dates are harvested once a year in the U.S., beginning in September and continuing through October. Now is your opportunity to buy plump, moist, meaty medjools at their peak of freshness.

Dates are loaded with fiber and contain more potassium than bananas, yet they are virtually fat-, cholesterol- and sodium free! Sink your teeth into the satisfyingly sweet flesh that tastes of rich caramel, hints of honey and a touch of cinnamon.

BULK FOODS

Mixed Nuts Without Peanuts Choose from raw, roasted salted or roasted unsalted. \$6.99 lb.	Turkish Apricots \$2.99 lb.	Chocolate Cherries \$6.99 lb.
Maple Dream Granola \$1.99 lb.	Hulled Sunflower Seeds Choose from raw, roasted salted or roasted unsalted. \$1.99 lb.	Yogurt Raisin Trail Mix \$2.99 lb.
Sweet Dried Ginger \$3.99 lb.	Jasmine Rice 99¢ lb.	Golden Brown Sugar 99¢ lb.



Conventional grown fruits and vegetables are on average eight times more like to carry multiple pesticide residues than organic fruits and vegetables.
 SOURCE: www.generationsoforganic.com



DAIRY & FROZEN

Voskos Greek Yogurt 5 for \$5 select varieties <small>Voskos Greek Yogurt (select varieties).....\$2.99/16 oz.</small>	Sprouts Butter 2 for \$5 select varieties	Rice Expressions Organic Brown Rice \$2.99 30 oz.
Florida's Natural Orange Juice 2 for \$6 select varieties	Sprouts Coconut Milk 2 for \$6 select varieties	

USDA ORGANIC CERTIFIED Organic USDA ORGANIC

Organic Green or Red Leaf Lettuce \$1.29 ea.	Organic Acorn, Butternut or Spaghetti Squash \$1.29 lb.
Organic Gala Apples \$1.49 lb.	Organic Bartlett Pears \$1.49 lb.

Baby Carrots (1 lb. bag).....2 for \$3
Yellow Onions (3 lb. bag).....\$2.49/ea.
Granny Smith Apples.....\$1.99/lb.
Cauliflower.....\$2.49/ea.
Duo Grapes (20 oz. pkg.).....\$3.99/ea.

Hass Avocados.....\$1.29/ea.
Large Tomatoes.....\$1.49/lb.
Bunch Broccoli.....\$2.49/ea.
Grape Tomatoes (1 dry pint).....\$2.99/ea.
Medley Peppers (3 ct. pkg.).....\$3.99/ea.

Seapoint Farms Shelled Edamame 2 for \$4 select varieties
Sprouts Frozen Fruit Bars 2 for \$5 select varieties
Boca Burgers 2 for \$7 select varieties

GROCERY SPECIALS

Zevia Soda
6 pk., 12 oz. cans
SAVE UP TO \$2
\$3.99
select varieties

Boulder Canyon Potato Chips
5 oz.
SAVE UP TO \$1.58 on 2
2 for \$4
select varieties

Sweet Leaf Tea
16 oz.
SAVE UP TO \$3.45 on 5
5 for \$5
select varieties

Hint Flavored Water
16 oz.
5 for \$5
select varieties

Wild Planet Albacore Tuna
5 oz.
\$2.99
select varieties

Newman's Own Organic Fig Newmans
10 oz.
\$2.99
select varieties

The Spice Hunter Soup Bowls
1.4-2.5 oz.
2 for \$3
select varieties

Food for Life Ezekiel Cereal
16 oz.
\$3.99
select varieties

Terra Chips
5-6 oz.
2 for \$5
select varieties

Schär Cookies
3.7-7 oz.
\$2.99
select varieties

Ecover Laundry Products
16-100 oz.
25% off
select varieties

Sprouts BRAND Products
Quality that you can trust!

Sprouts Stuffed Green Olives
21 oz. **\$6.99**

Sprouts Organic Chili
15 oz. **\$2.49**
select varieties

Sprouts Canola Oil
32 oz. **\$3.99**

DID YOU KNOW? The terms "yam" and "sweet potato" are used more or less interchangeably, but they are really two different vegetables. Although both are starchy, orange root vegetables with a natural sweetness, sweet potatoes are much smaller, with fewer calories and a lower glycemic load. They are much higher in beta-carotene, too.

VITAMINS & BODY CARE

Creative BioScience
LINE DRIVE SAVINGS
All Items
35% off

Amazing Grass
LINE DRIVE SAVINGS
All Items
25% off

Source Naturals
LINE DRIVE SAVINGS
All Items
25% off

Solgar
LINE DRIVE SAVINGS
All Items
25% off

Tahiti Trader
LINE DRIVE SAVINGS
All Items
25% off

Desert Essence
LINE DRIVE SAVINGS
All Items
25% off

NATROL BIOTIN 10,000mcg
\$7.99
100 tabs

Super Nutrition Simply One Prenatal
\$9.99
30 tabs

Nature's Secret 15-Day Weight Loss Cleanse & Flush
\$9.99
60 tabs

Mineral Fusion
LINE DRIVE SAVINGS
All Items
25% off

HEEL Traumeel Ointment
\$12.99
1.76 oz.

Nature's Way Alive! Once Daily
\$15.99
60 tabs
select varieties

Sunflower Oregano Oil
\$19.99
120 caps

Jason Naturals Shampoo or Conditioner
16 oz.
30% off
select varieties

Bio-K+ Probiotic
\$22.99
6 pk., 3.5 oz. btl.

Vega One All-In-One Nutritional Shake
15-15.4 oz.
\$29.99

New Chapter Zylamend
\$39.99
120 softgels

Dr. Bronner's Shikakai Hand & Body Soap
\$10.99
24 oz.
select varieties



Great for Oktoberfest! 99% Fat-Free Chicken Breast Tenders
Pork Italian or Bratwurst Sausage

Handmade with no MSG or nitrates added!
 A great addition to any healthy meal!



ALL-NATURAL! Your Choice
\$2.99 lb.
FRESH



Wild species, weather permitting
Wild Caught Haddock Fillets
 A buttery alternative to cod. Great for fish 'n' chips! Previously frozen.



\$4.99 lb.
FRESH

Atlantic Salmon Fillets
 Delivered fresh up to six days a week!



\$5.99 lb.
FRESH

Fresh Catfish Fillets
 (regular or Cajun).....\$5.99/lb.



\$5.99 lb.

Extra-Large Raw Peeled & Deveined Shrimp
 Great for scampi or added to any seafood dish! 26/30 ct. Previously frozen.



\$5.99 lb.

Farm-Fresh Chicken Drumsticks, Thighs or Whole Legs
 Hand-packaged in each store to ensure quality and freshness!



ALL-NATURAL!
VALUE PACK! **\$1.29** lb.

Premium Pork Sirloin Chops or Roast
 No enhancers or solutions added!



ALL-NATURAL!
BONELESS **\$2.99** lb.
 Fresh Super-Lean Ground Pork.....\$2.99/lb.

SPECIAL Sprouts Gourmet Chicken Kabobs (all varieties).....\$3.99/lb. Sprouts Famous Marinated Carne Asada.....\$3.99/lb.

USDA Choice Boneless Ranch Steak, Cross Rib Roast or Stew
 "Old Tyme" natural beef cut with old-fashioned skill!



ALL-NATURAL!
CHOICE **\$3.99** lb.
 USDA Choice Flat Iron Steak.....\$5.99/lb.

USDA Choice Boneless Center-Cut Top Sirloin Steak
 The best steaks in town! Hand-cut and trimmed in every store!



ALL-NATURAL!
CHOICE **\$5.99** lb.
 USDA Choice New York Cut Sirloin.....\$6.99/lb.

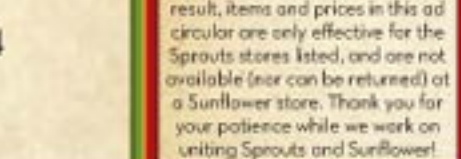
Mini French Bread.....89¢/6 oz.

Food For Life Ezekiel Bread



\$4.49 24 oz.
 select varieties
 Give & Go Mini Cupcakes (sel. var.)...\$2.99/12 pk.

Irish Soda Bread
 16-17 oz.



2 for \$6 for select varieties
 Lemon Meringue Pie.....\$5.99/8 in.



Not the cook-from-scratch type? Let Sprouts Country Kitchen do it for you.

Salisbury Steak Dinner
 Comfort food at its best!

Roasted Dark Turkey
 Cooked and ready to serve.

Chicken Caesar or Garden Salad
 Made fresh daily!



\$3.99 12 oz. **HOT!** **\$7.99** 24 oz. **\$3.99** 12 oz.
 Roasted Garlic & Herb Potatoes.....99¢/16 oz.

60% Double Cream Brie
 Hand-cut in our stores.



BULK CUT!
\$7.99 lb.
 Kerrygold Imported Irish Cheese...\$4.99/7 oz.

Gluten-Free Cheese Pizza
 Restricted diet shouldn't mean restricted taste!



\$2.99 ea.
 Provolone Cheese Slices.....\$5.99/lb.

Colby Jack Cheese



BULK CUT!
\$3.99 lb.
 BBQ Turkey Sliders.....2 for \$5/8 oz.

Parmesan Cheese
 Great grated over pasta.



BULK CUT!
\$6.99 lb.
 Schneider's Quiche.....\$9.99/24 oz.

DOUBLE AD WEDNESDAYS!

Come on in Wednesday while this week's ad and last week's ad are effective for twice as many items on sale!

Effective September 26, 2012 - October 3, 2012

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
26	27	28	29	30	1	2	3

For store hours, visit us online at sprouts.com



OFFERS ONLY GOOD AT

Oklahoma City
 6410 N. May Ave.
 Oklahoma City, OK 73116
 405-879-9989

Edmond
 24 E. 2nd St.
 Edmond, OK 73034
 405-341-5727

SPROUTS AND SUNFLOWER HAVE MERGED
 (But our items and prices haven't yet!)

Although our merger is now official, we still have different cash register systems and different short-term deals to honor. As a result, items and prices in this ad circular are only effective for the Sprouts stores listed, and are not available (nor can be returned) at a Sunflower store. Thank you for your patience while we work on uniting Sprouts and Sunflower!

sprouts.com ★ Coupons, free products and more when you join our FREE mailing list. ★ Visit us online @SproutsFM

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