

Boneless Skinless Chicken Thighs



\$1.69
lb.

VALUE PACK!



DOUBLE AD WEDNESDAYS!

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

Pineapples

99¢
ea.

California Navel Oranges or Texas Rio Star Grapefruit



3 for \$1

Russet Potatoes or Yellow or White Onions



49¢
lb.

Green Cabbage or Cucumbers



49¢
ea.

Hothouse Tomatoes or Hass Avocados



77¢
ea.

Yellow or Zucchini Squash



77¢
lb.

Broccoli Crowns or Bunch Spinach



88¢
ea.

Red or Green Bell Peppers



3 for \$1

Strawberries or Blackberries



2 for \$4
6 oz.

Fuji, Jonagold or Braeburn Apples



88¢
lb.

SPECIAL

Red or Green Seedless Grapes....\$1.99/lb.

Yellow or Orange Bell Peppers.....77¢/ea.

Fresh Asparagus.....\$1.99/lb.

CERTIFIED Organic

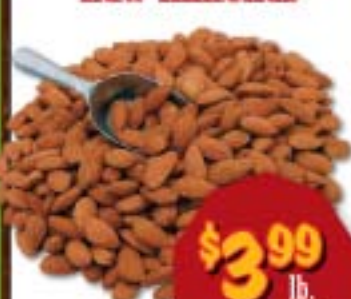


Organic Fuji Apples \$1.29
lb.



Organic Navel Oranges 99¢
lb.

Raw Almonds



\$3.99
lb.

The Greek Gods Greek Style Yogurt



2 for \$6
24 oz.

Annie's Homegrown Mac & Cheese



2 for \$3
6 oz.

Sprouts Extra Virgin Olive Oil



\$6.99
ea. 1 ltr.

- CHECK OUT THESE BARNSTORMIN' WEEKLY SPECIALS -

California Sharp Cheddar



\$3.99
lb.

Cascadian Farm Vegetables



2 for \$4
10 oz.

Sprouts Coconut Water



2 for \$3
17.5 oz.

New Chapter



25% off
all items

Wild Caught Seafood Spectacular

Alaskan Cod Filets

Great for fish 'n' chips!

WOW!

Sockeye Salmon Filets

The best price of the year!

Wild Haddock Filets



\$3.99
lb.



\$4.99
lb.



\$6.99
lb.

Large Exotic Lobster Tails (5 oz.).....\$5.99/ea.

Sale prices valid February 22, 2012 - February 29, 2012 02-22-12 SM TX-1



Say Hello to Hydration

MRM HYDRATION FACTOR

Thirst is often confused with hunger, which can lead to unnecessary calorie consumption and weight gain. So, power up your hydration with Hydration Factor, a scientifically formulated supplement designed to ensure that the water you consume provides your body with "deeper" optimal hydration. Simply pour a stick pack into your water 1-2 times per day, and you'll be on your way to improving energy and endurance, not to mention overall health and wellness!

\$13.99
15 STICK PACKS

BULK FOODS

Glazed Pecan and Cherry Trail Mix

A combination of peanuts, dried fruit, chocolate and nuts.



\$3.99
lb.

Thompson Seedless Raisins

Good source of antioxidants.



\$1.99
lb.

Chia Seeds

Naturally rich in Omega-3, fiber and antioxidants.



\$5.99
lb.

Strawberry Hemp Granola

Start your day with a healthy breakfast.



\$1.99
lb.

Dark Chocolate Espresso Beans

A high energy treat.



\$4.99
lb.

Roasted and Glazed Almonds

Cocoa or cinnamon.



\$4.99
lb.

BAKERY

Sprouts Cookies

Always fresh.



1 doz.

2 for \$5
for select varieties

Sprouts Peach Pie.....\$3.99/8 in.

Sprouts Hot Cross Buns

'Tis the season.



\$2.99
4 ct.

Olson's White or Chocolate Dessert Cups.....\$1.49/5 oz.

Nature's Grain Brown 'n' Serve Rolls

1 doz.



99¢

Brooks St. Rugalah (select varieties).....\$3.99/10 oz.



Sprouts Bulk department is a scoop-your-own wonderland of more than 200 barrels and bins full of rices, spices, aromatic coffees, granolas, trail mixes and the like. Great taste, no waste!

DAIRY & FROZEN

Organic Valley Omega-3 Milk



\$3.29
64 oz. select varieties

Green Valley Lactose-Free Yogurt



4 for \$5
6 oz. select varieties

Kashi Pizza



\$4.99
11.9-12.7 oz. select varieties

Humboldt Organic Butter



\$3.99
1 lb. select varieties

GT's Kombucha



2 for \$5
16 oz. select varieties

Kettle Cuisine Soup



2 for \$5
10 oz. select varieties

Sprouts Fruit



2 for \$6
12 oz. select varieties

Ling Ling Pot Stickers or Spring Rolls



\$3.99
11-13 oz. select varieties

CERTIFIED Organic

Blueberries



\$2.99
ea. 6 oz.

D'Anjou Pears



\$1.29
lb.

Minneola Tangelos



\$1.29
lb.

Red Leaf or Green Leaf Lettuce



\$1.29
ea.

Braeburn Apples.....\$1.29 lb.	Red Delicious Apples.....\$1.29 lb.
Grape Tomatoes (dry pint).....\$2.49 ea.	Celery.....\$1.49 ea.
Potatoes (5 lb. bag.).....\$2.99 ea.	Roma Tomatoes.....\$1.49 lb.
Yellow Onions (3 lb. bag.).....\$2.49 ea.	Red Onions (3 lb. bag.).....\$2.49 ea.
Organic Cilantro.....99¢ ea.	Broccoli.....\$1.99 ea.



Recycling just one aluminum can saves enough energy to power a TV for three hours!

GROCERY SPECIALS

**Newman's Own Organics
Newman-O's**



13 oz. **2 for \$6**
select varieties

Think Thin Bars



1.4-1.6 oz. **4 for \$5**
select varieties

**Arrowhead Mills
Pancake and Waffle Mix**



26 oz. **\$2.99**
select varieties

Pacific Foods Soup



17.6 oz. **2 for \$4**
select varieties

**Muir Glen
Organic Pasta Sauce**



25.5 oz. **2 for \$5**
select varieties

Thai Kitchen Coconut Milk



13.66-14 oz. **2 for \$3**
select varieties

**Kettle Tias
Tortilla Chips**



8 oz. **2 for \$4**
select varieties

**Guayaki Organic
Hot Tea**



16 bags **2 for \$7**
select varieties

Guayaki Organic Tea



16 oz. **4 for \$5**
select varieties

**Hawaiian Springs
Artesian Water**



750 ml. **5 for \$5**
select varieties

**Sprouts Unrefined
Coconut Oil**



14 oz. **\$5.99**
select varieties

**Sprouts or Sun Harvest
Canned Beans**



15-16 oz. **99¢**
select varieties

**Tasty Bite
Meal Inspirations**



8-8.8 oz. **2 for \$4**
select varieties
Tasty Bite Simmer Sauce.....\$1.29/7 oz.

Westbrae Vegetables



14.5-15.25 oz. **2 for \$4**
select varieties



The rutabaga is a root vegetable that originated as a cross between the cabbage and the turnip. Rutabagas are excellent in soups and stews or simply peeled, chopped and roasted to create a savory side dish.

VITAMINS & BODY CARE



**Sun Harvest
Whole Psyllium
Husk**
12 oz.

\$8.99



Fruitarian's

**LINE DRIVE
SAVINGS**
All Items
20% off



**MRM
DHEA 25mg**
90 v-caps

**Buy 1 Get 1
FREE**



**Solaray
Magnesium**
100 ct.

\$7.99



**Nature's Gate
Whitening
Toothpaste**
5 oz.

\$4.99



**Aura Cacia
Bath Packets**
1.75-2.5 oz.

40% off
select varieties



**Country
Life
Maxi-Hair**
90 tabs

\$14.99



**Source
Naturals
Essential
Enzymes
500mg.**
120 v-caps

\$15.99



**Gaia Herbs
Black
Elderberry
Syrup**

Choose from
Regular or
Nighttime.

\$17.99
5.4 oz.



**Alba
Botanica
Body Care**

25% off
select varieties



**MRM
CoQ10 100mg
with
L-Carnitine**
16 oz.

\$19.99



**Nature's
Plus
SPIRU-TEIN**
0.82-1.20 lb.

\$18.99
select varieties



**Michael's
Naturopathic
Programs
Cholesterol
Metabolism**
180 tabs

\$26.99



**Dr. Bronner's
Shikakai Soap**
24 oz.

\$11.99
select varieties



**Bluebonnet
Nutrition
Probiotic
Acidophilus
Plus**
100 v-caps

\$15.99



**Green
Foods
Magma Plus**
5.3 oz.

\$17.99



**Rainbow
Light
Just Once
Multivitamins**

Choose from
Men's or
Women's.

\$19.99
90 tabs



**Nordic
Naturals
Ultimate
Omega**
Lemon flavor.
60 softgels

\$21.99



All varieties on sale now!

Pork or Chicken Sausage Bonanza

Links or Bulk

WOW!

- Handmade in every store
- Made with all-natural chicken and pork
- Only all-natural seasonings
- No MSG or nitrates added

HOT OR SWEET

\$2.99 lb.

SAUSAGE SAMPLING SATURDAY

11am-6pm
February 25
Come on down,
try some sausage
and have some fun!
This Saturday Only!

Farm-Fresh Chicken Drumsticks or Thighs

Hand-packaged to ensure quality!

VALUE PACK!



\$1.49 lb.

Sprouts Famous Marinated Pollo Asado or Chicken Kabobs

All varieties on sale now! Sweet and tangy.



\$2.99 lb.

Fresh Ground Chicken, Pork or Chicken Breast

Ground fresh in every store!

FRESH



\$2.99 lb.

SPECIAL

Boneless, Skinless Chicken Breast (value pack).....\$3.99/lb.

Starfish Gluten-Free Haddock, Sole or Cod.....\$5.99/9.5-10 oz. pkg.

Sprouts Gourmet Bulk Bacon (thick-cut).....\$3.99/lb.

85% Extra-Lean Ground Beef

The best ground beef in town!

VALUE PACK!



\$3.89 lb.

All-Natural Rump Roast or Stew

Trimmed and tied with "oldtime" pride!

BONELESS



\$4.49 lb.

Marinated Carne Asada.....\$4.49/lb.

All-Natural Ribeye Steak

Serve your family the best steaks in town!

BONELESS



\$9.99 lb.



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

Chicken Meatballs

Just heat and enjoy!

Macaroni and Cheese

Comfort food at its best.

Roasted Chicken

Spend less time cooking and more time with the family.



\$3.99 lb.



\$2.99 lb.



\$6.49 ea.



Save 10% when you buy 6 bottles of wine.

BV Coastal Wines

Incredible low price.

SAVE UP TO \$7



750 ml.

\$5.99 select varieties

Shiner Beers

Nothing is finer than on-ice-cold Shiner!

SAVE UP TO \$4



\$11.99 12pk. 12oz. btl. select varieties

Caesar Salad

Made fresh in our kitchen.

10 oz.



\$3.99 ea.

Blue Cheese and Bacon Potato Salad

A wonderful side dish to complement any meal.



\$3.99 lb.

Boar's Head Black Forest Ham

Try a grilled ham and muenster cheese sandwich.

SLICED



\$7.99 lb.

Pita Pal Hummus

The art of healthy living.

8 oz.



Buy 1 Get 1 FREE select varieties

Cutler Creek Wines

750 ml.



3 for \$10 select varieties

Rosemount Wines

750 ml.



\$5.99 select varieties

Il Bastardo Wines

750 ml.



2 for \$10 select varieties

Stella Artois Beers

6pk. 11.2oz. btl.



\$7.99 select varieties

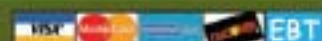
DOUBLE AD WEDNESDAYS!

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

Effective February 22, 2012 - February 29, 2012

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
22	23	24	25	26	27	28	29

Open daily 7am - 10pm



San Antonio
17700 N. US Hwy 281 Ste. 200
San Antonio, TX 78230
210-499-1446

Nacogdoches
2502 Nacogdoches Rd.
San Antonio, TX 78232
210-824-7800

Callaghan
8101 Callaghan Rd.
San Antonio, TX 78230
210-979-8121

OFFERS VALID ONLY IN THE SPROUTS STORES LISTED HERE.

BEER & WINE IS NOT AVAILABLE AT OUR McALLEN LOCATION.

Corpus Christi
1440 Airline Rd.
Corpus Christi, TX 78412
361-993-2850

McAllen
2008 N. 10th St.
McAllen, TX 78501
956-618-5388
(open 8am-9pm)

SATISFACTION GUARANTEED!
If you don't like it, bring it back!

If for any reason you are not delighted with your purchase at Sprouts, we'll be happy to exchange it or (with a proper receipt) refund your money. We want you to use this guarantee as a license to be adventurous, and try new products without risk.

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

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02-22-12 SM TX-4