



# Seedless Green Grapes

**88¢ lb.**

## Tender Asparagus

**\$2.99 lb.**

## Sweet Onions, Red or Russet Potatoes

**77¢ lb.**

## Sweet Clementine Tangerines

3 LB. BAG

**\$2.88 ea.**

## Braeburn, Pinova or Cameo Apples

**77¢ lb.**

## Celery, Bunch Spinach or Roma Tomatoes

**99¢ lb.**

## Rio Red Grapefruit or Navel Oranges

**49¢ ea.**

## Red, Gold or Orange Bell Peppers

**99¢ ea.**



## Organic Fuji, Gala or Braeburn Apples

**99¢ lb.**

## Organic Green or Red Leaf Lettuce

**2 for \$3**

**SPECIAL**

Blueberries (6 oz.) or Strawberries (1 lb.).....2 for \$5

Creamy Hass Avocados.....4 for \$5

Ripe Golden Pineapple or Jumbo Cantaloupe.....2 for \$5

## Dried Cranberries

Sweetened and high in antioxidants.

**\$2.99 lb.**

## Pork Polish, Andouille or German Bratwurst Sausage

Made with all-natural ingredients. No MSG or nitrates added.

**\$2.99 lb.**

## Sprouts Frozen Fruit

Frozen at the peak of freshness.

**2 for \$5**  
all varieties

## Bulk Oats

Rolled or quick. High in fiber.

**69¢ lb.**

## Chobani Greek Yogurt

It's hard to resist the delicious flavors of Chobani authentic Greek yogurt.

**5 for \$5**  
select varieties

Chobani Yogurt (16 oz., select varieties).....2 for \$6

## Mild Cheddar

Creamy, mild cheese, perfect for any recipe. Stock up and save.

**\$2.99 lb.**

## Kettle Potato Chips

100% of the vegetable oil used for the production of Kettle Potato Chips is converted to biodiesel, an alternative to petroleum fuel.

**2 for \$6**  
all varieties



## Pork Sirloin Chops or Roasts

Hand-trimmed in every store. No additives or preservatives.

**\$1.97 lb.**

**WOW!**

## Fresh Tilapia Filets

Start your year off right! Great broiled, baked or sautéed. Lowest price in years!

**\$4.97 lb.**

Sale prices valid March 16, 2011 - March 23, 2011

03-16-11 CO-1



# Cascadian Farm

## Organic Cereal and Granola Bars



Your Choice  
**\$2.79**  
select varieties



### Cinnamon or Cocoa Roasted Almonds

A tasty combination.



**\$5.99**  
lb.

### Fancy Medjool Dates

Nature's candy. Prepackaged.



**\$3.99**  
lb.

### Chocolate Covered Peanuts

Double dipped.



**\$3.49**  
lb.

### Gummi Bears, Worms or Neon Worms

Classic American candy.



**\$1.99**  
lb.

### French Vanilla Granola

Try our top-selling granola.



**\$2.49**  
lb.

### Toffee Almond Granola

A tasty and healthy breakfast.



**\$2.99**  
lb.

### Antioxidant Trail Mix

Cranberries, currants, walnuts and almonds.



**\$6.99**  
lb.

### Tropical Chocolate Raisins

Available in dark or milk chocolate.



**\$3.99**  
16oz.

### Island Tropical Trail Mix

A blend of 5 different dried fruits.



**\$2.49**  
lb.

## SEE ADDITIONAL SPECIALS

### 50 Delicious Coconut Milk

Lactose and soy-free! Vegan! Wow! That's Sooo Delicious.



64oz.

**2 for \$5**

### Shamrock Farms Milk

Rockin' Refuel and flavored milks.



12oz.

**FAST-FREE**

**5 for \$5**  
select varieties

### Kashi Entrees

Good source of protein and fiber.



9.5-10oz.

**2 for \$6**  
all varieties

### Wallaby Down Under Yogurt

There's more fruit than you'd expect underneath this delicious, lightly sweetened yogurt.



6oz.

**4 for \$3**  
select varieties

### Sprouts Large Eggs

Excellent source of quality protein, vitamins and minerals.



dozen

**2 for \$4**  
ALL NATURAL

### Purely Decadent Coconut Milk Dessert

Dairy-free and soy-free. Agave sweetened.



pint

**\$3.99**  
all varieties

## CERTIFIED Organic



Kiwi

**\$1.99**  
ea.

### Blueberries

6oz.

**\$2.99**  
ea.

### Russet Potatoes

5LB. BAG

**2 for \$5**

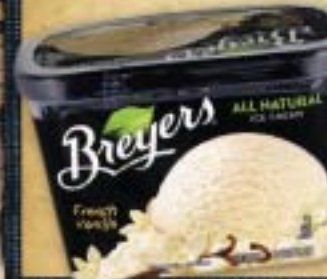
### Yellow Onions

3LB. BAG

**2 for \$5**

### Breyers Ice Cream

Smooth and creamy.



1.5qt.

**\$3.99**  
all varieties

### Seapoint Farms Vegetable Blends

Great variety of vegetables to add to any family meal.



12-16oz.

**\$1.99**  
select varieties

## The Caveman Diet... or Not

Reconciling our ancient biochemistry with the modern world.

By Mark Timon, MS Clinical Nutrition

- How old are you...really?
- Dietary adaptations over time, or bugs in your soup.
- What your gut, and other parts, say you really need.
- The battle of the century: Food Then vs. Food Now.
- How to win, and what happens if you don't.

Mark Timon is the founder of and formulator for Vibrant Health. He entered the nutrition industry in 1971, and designed over 450 nutritional supplements for other companies before founding Vibrant Health in 1987.

"The above schedule is subject to change without notice. Confirm with store. Space is limited. Please sign up in advance in the vitamin department."



**Upcoming Events**

Tuesday March 15  
11am - Parker #302  
(Parker & Lincoln)

Wednesday March 16  
11am - Westminster #301  
(120th Ave. & Southern)



# Muir Glen

## Tomatoes

Vine-ripened organic tomatoes are a perfect start to all your homemade recipes.

**\$1.69**

all varieties



25.5oz.

## Pasta Sauce

Made with premium-quality organic ingredients.

**2 for \$5**

all varieties

## Annie's Naturals Dressing

To this day, Annie herself is the primary developer of new dressings.

**\$2.99**

all varieties

## Wolfgang Puck Soup

Keeping the world-famous chef in your pantry... strange. Keeping his distinctive soups in your pantry... delicious!

**2 for \$4**

all varieties

## Santa Cruz Organic Apple Sauce

Award-winning sauces with no added sugar.

**\$2.99**

all varieties

Santa Cruz Organics Apple Sauce (6-pk).....2 for \$6

## O.N.E. Coconut Water

Keep your body working in harmony. Naturally charged with 5 essential electrolytes.

**4 for \$5**

all varieties

## Annie's Bunny Crackers

Annie's vows to only use ingredients from environmentally friendly farmers.

**2 for \$5**

select varieties

## Glutino Crackers

Diagnosed with the munchies? Glutino has the gluten-free snacks to cure your craving.

**\$2.99**

all varieties

## Sprouts Broth

The start to any great soup or sauce.

**\$1.99**

all varieties

## Sprouts Beans

Packed with protein and fiber.

**89¢**

all varieties

## Sprouts Balsamic Vinegar

Aged to develop its distinctive flavor and rich aroma.

**\$2.99**

**IN SUNDAY'S DENVER POST!**

## Garden of Life

**LINE DRIVE SAVINGS**

All Items

**25% off**

our already discounted prices

## Country Life, Biochem and Iron-Tek

**LINE DRIVE SAVINGS**

All Items

**25% off**

our already discounted prices

## Nature's Way Coconut Oil

Pure extra virgin organic coconut oil. A natural energy source with 62% MCTs. Good for cooking or a natural complement to healthy weight loss programs.

**\$8.99**

## Olympian Labs Greens Protein 8 in 1

The most complete greens formula ever made! Great tasting!

**\$24.99**

## Natrol Melatonin 5 mg.

Provides relief for occasional sleeplessness, and helps promote a more relaxing night and better overall health.

**\$4.99**

60 tabs

## Enzymatic Therapy DGL or DGL ULTRA

DGL supports a healthy digestive system and helps provide soothing relief of, and support for, the stomach lining and intestinal tract.

**\$8.99**

90-100 tabs

## Boiron Sabadil

A homeopathic formula for itchy nose, sneezing, runny nose, itchy and watery eyes.

**\$6.59**

60 tabs

## Nature's Plus Source of Life

A perfect blend of vitamins, minerals, lipids, Bioflavonoids, enzymes, plant pigments, amino acids, nucleic acids and herbs.

**\$22.95**

90 tabs

## Neocell Collagen+C Type 1 & 3

Type I and III hydrolyzed collagen for support of joints, tendons, ligaments, bones, muscles, skin, hair and nails. With vitamin C added to assist in the formation of collagen.

**\$10.99**

120 tabs

## Plantiva Aller DX, Immune DX or Vira DX

Clinically and scientifically tested botanical health formulas. Choose from Aller DX, Immune DX and Vira DX.

**\$14.99**

60 caps

## Sprouts Aloe Vera Juice or Gel

Great-tasting, whole-leaf, no water added, 100% farm-fresh guaranteed.

**\$5.99**

32oz.

## Glad Rags Feminine Pads

All-natural, reusable, absorbent option.

**30% off**

## Kiss My Face Obsessively Natural Kids

The funniest kid's bath and body care, naturally. Orange U Smart variety.

**25% off**

## Alba Very Emollient Body Lotion

Select from Original, Unscented, SPF 16 or Max Dry Skin formulas.

**25% off**

32oz.

## Tea Tree Therapy

**LINE DRIVE SAVINGS**

All Items

**20% off**

03-16-11 CO-3





## Fresh Ground Meats Super Sale

- Extra Lean Ground Beef VP
- Super Lean Ground Beef
- Organic Ground Beef
- Ground Pork
- Ground Chicken
- Ground Chicken Breast
- Ground Turkey Breast



price on package reflects discount

### Farm-Fresh Chicken Drumsticks or Thighs

Hand-packaged in every store to ensure quality and freshness.



**\$1.49** lb.

### Boneless Skinless Chicken Breasts

Plump and juicy with no sodium-based enhancers or solutions added.



**\$2.99** lb.

## SPROUTS FISH MARKET

### Alaskan Sockeye Salmon Filets

Caught at the peak of the season. Flash frozen.



**\$9.99** lb.

### Colossal Dry Sea Scallops

Caught off George's Bank. Flash frozen at sea. U-10 ct.



**\$9.99** lb.

Pork Steak or Country-Style Ribs (bone-in).....**\$2.49/lb.**

USDA Choice Boneless Ribeye Steak.....**\$9.99/lb.**

51/60 Count Cooked Shrimp.....**\$6.99/lb.**

### USDA Choice Sirloin Tip Roast or Stew

Trimmed and tied with oldtime pride.



**\$3.99** lb.

### USDA Choice Flank, Skirt or Tri-Tip

Oldtime natural cut with old-fashioned skill and quality.



**\$5.99** lb.

### Individually Packaged Swordfish or Tuna Steak

Flash frozen at sea and packaged for your convenience.



**\$8.99** lb.

## SPROUTS COUNTRY KITCHEN

Not the cook-from-scratch type? Let Sprouts Country Kitchen come to the rescue.

### Country Turkey Pot Pie

Comfort food at its best without the cooking.



**\$3.99** lb.

### Roasted Dark Turkey

Bone-in, fully cooked and ready to serve.



**\$6.99** ea.

### Cobb Salad

Fresh, crisp salads made in our kitchens.



**\$3.99**

### Black Forest or Ham off the Bone

Try a grilled ham and swiss cheese sandwich.



**\$5.99** lb.

Swiss Cheese (sliced).....**\$6.99/lb.**

### Spaghetti and Meatballs or Pasta Marinara with Italian Sausage

Just heat and eat.



**2 for \$5**

### Applegate Farms Sliced Meats

Certified organic and perfectly seasoned.



**\$5.99**

Italian Blend Cheese (shredded).....**\$4.99/lb.**

### Fiorucci Salami or Mortadella

Authentic, high-quality Italian meats.



**2 for \$6**

Mexican 4-Cheese Blend (shredded).....**\$3.99/lb.**



### Country White or Wheat Bread

Great for ham sandwiches.



**\$1.99**

Sprouts Sprouted 11-Grain Bread.....**\$2.49/16 oz.**

### Muffins

Wholesome and delicious. 100% trans-fat free.



**\$3.29**

Give and Go Cookie Dippers.....**\$3.49/9.5 oz.**

### Rudi's Sandwich Breads

No high-fructose corn syrup and a great source of fiber.



**\$3.79**

Fabulous Flats Naan Breads.....**2 for \$5/8.8 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 March 16, 2011 - March 23, 2011

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
16	17	18	19	20	21	22	23

sprouts.com

Coupons, free products and more when you join our FREE mailing list.

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Open daily 7am - 10pm



VISA MasterCard EBT

**Aurora**  
SEC Havana & Mississippi  
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**Boulder**  
Baseline & 30th  
720-279-6758  
**Castle Rock**  
Allen Way & Founders Pkwy  
720-305-0684

**Centennial**  
Smoky Hill & Picadilly  
720-305-0959  
**Fort Collins**  
Corbett & Harmony  
970-416-3350  
**Greeley**  
47th Ave. & Hwy 34  
970-576-3050

**Lone Tree**  
Lincoln & Yosemite  
720-279-6616  
**Parker**  
Parker & Lincoln  
720-475-8684  
**Westminster**  
120th & Sheridan  
303-803-1010

Always Satisfied  
Always Guaranteed

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.