



Sweet Clementine Tangerines

3 LB. BAG

Delicious Citrus

Healthy Living For Less!

Navel Oranges or Grapefruit

lb. **49¢** ea.

\$1.88 ea.

Bulk Raw Almonds.....\$3.99/lb.

Red, White or Sweet Yellow Onions

JUMBO
49¢ lb.

Cluster Tomatoes

Asparagus Your Choice
\$1.88 lb.

Green Onions, Cilantro or Red Radishes

49¢ ea.

Broccoli Crowns or Green Beans

99¢ lb.

Gala, Fuji, Braeburn or Jonagold Apples

88¢ lb.

Cauliflower or Bunch Spinach

99¢ ea.

CERTIFIED Organic



Organic Fuji or Red Delicious Apples **99¢** lb.



Organic Cello Carrots **88¢** ea.

SPECIAL

Sweet Strawberries (16 oz.).....2 for \$4

Green or Red Leaf Lettuce.....99¢/ea.

Jumbo Cantaloupes.....2 for \$4

Sprouts Kettle Corn

It's okay, we won't tell anyone if you eat the whole bag.



7oz. **2 for \$3**

Sprouts Cage-Free Eggs

Excellent source of quality protein, vitamins and minerals.



dozen **2 for \$5**

Roasted Turkey Breast

Hot and ready for you to make a quick tasty meal for your family.



BONELESS **\$5.77** lb.

The BIG CHEESE Sale

Every bulk cheese we cut,
30% Off
Everyday Retail Prices.

AMAZING!



Stock up and save!



30% off

price marked reflects discount

Sprouts OLD TIME BUTCHER SHOP
Natural Meats!

Center Cut Pork Loin Roast

No sodium-based enhancers or solutions added, hand tied!



\$1.97 lb.

E-Z Peel Raw Shrimp

High in selenium. Top vein removed for convenience. 41/50 ct.



\$3.97 lb.

Boneless Pork Loin Chops.....\$2.97/lb.

Sale prices valid March 23, 2011 - March 30, 2011

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Sprouts Sandwich Special

- Handmade for you just the way you like your sandwich to be made
- 1/4 lb. of meat on every sandwich
- Only solid white albacore tuna is used to make our Tuna Salad
- Only the best chicken tender is used in our chicken salad
- Special sandwich of the day. (We choose a different sandwich a day and make it a special.)
- In a hurry? Call in your order and have it waiting for you.
- Add ons 50¢ extra. Choose from cheese, bacon or avocado.



SPROUTS COUNTRY KITCHEN

Virginia Peanuts

Roasted salted, roasted unsalted or raw.



\$1.99
lb.

Whole Delget Dates

Prepackaged. Nature's candy!



\$2.49
lb.



Sourdough Round or Loaf

Old San Francisco flavor.



\$2.99
24oz.

Sprouts Bagels.....\$1.99/6 pk.

Roasted In-Shell Pistachios

Salted or unsalted.



\$6.99
lb.

Turkish Apricots

High in vitamin C.



\$4.49
lb.

Cookies

Zero trans fat.



FRESH BAKED!

\$2.99
dozen

Homestyle 2-Bite Scones.....\$2.99/11.25 oz.

Dark Chocolate Cherries

A tasty combination.



\$5.99
lb.

Caramel Delight Trail Mix

Nuts, caramel pieces and dried fruit.



\$3.49
lb.

Mission Soft Tacos

Your choice, multigrain or 96% fat-free regular or 96% fat-free whole wheat.



10ct.

2 for \$5

Sprouts Onion Pockets.....\$1.99/4 pk.

ALWAYS SATISFIED, A

Stonyfield Oikos Yogurt

Authentic Greek-style yogurt! Delicious!



2 for \$3
5.3oz.

Stonyfield Oikos Yogurt (16 oz.).....\$3.99/ea.

Sprouts Orange Juice

Filled with calcium and essential vitamins.



ALL NATURAL!

2 for \$6
64oz.

all varieties

Cascadian Farm Frozen Fruit

Great for smoothies.



2 for \$5
8-10oz.

all varieties

Brown Cow Yogurt

Made with milk from Jersey cows.



ALL NATURAL!

4 for \$3
6oz.

all varieties

Almond Breeze Almond Milk

Only 60 calories per glass and no saturated fat or cholesterol.



ALL NATURAL!

2 for \$5
64oz.

all varieties

Clemmy's Ice Cream

Super premium and sugar free.



ALL NATURAL!

2 for \$5
pint

all varieties



Green Onions

89¢
ea.

Fresh Lemons

3 for \$1

Navel Oranges



69¢
lb.

Gala Apples



\$1.29
lb.

Ethnic Gourmet Entrees

Authentic Asian meals.



ALL NATURAL!

10-12oz.

2 for \$5

all varieties

Ling's Chicken

BBQ teriyaki or orange mandarin.



21-22oz.

\$5.99

Go Beyond Calories for Successful Weight Loss in 2011!

By Valerie Hall, C.N.H.P.

Join us to learn to get your year started your way and learn about:

- How different types of food affect weight gain
- How zero-calorie foods can make us add pounds
- Strategies to control appetite and cravings
- Many ways to accelerate your metabolism
- Beneficial nutritional supplements, including fiber, Omega-3, EFAs, alpha lipoic acid and minerals.



TODAY, Wednesday, March 23

2pm • Southlake #104 (Southlake & Randol Mill)
6:30pm • Coppell #108 (Sandy Lake & Denton Tap)

Thursday, March 24

11am • Cedar Hill #113 (FM 1382 & HWY 67)
2pm • Dallas #103 (Forest & Marsh)

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

Crofter's Just Fruit or Premium Spread



So good, you'll wish your toast had more sides.



2 for \$4
all varieties

Crofter's Superfruit.....2 for \$5/11 oz.

Nature's Path Optimum Cereal

Enough protein to serve as an excellent post-workout snack.



2 for \$6
all varieties

Westsoy Low Fat Soymilk

Rich in calcium and vitamin D.



32oz.

2 for \$3
select varieties

Annie's Organic Mac & Cheese

Made with only the best straight-from-nature ingredients.



6oz.

\$1.79
select varieties

Pacific Soup

The taste of nature in every spoonful.



32oz.



\$2.99
all varieties

Drew's Organic Dressing

The dressing your salad has always dreamed about.



8oz.



\$2.69
all varieties

Metromint Flavored Water

Armed with the natural benefits of real mint, Metromint re-hydrates, refreshes breath and aids digestion.



16.9oz.

5 for \$5
all varieties

Nature's Path Granola Bars

Eating on the go is no reason to sacrifice taste or nutrition. Nature's Path makes sure you get both.



6.2-7oz.



\$2.99
all varieties

Miguel's Tortilla Dippers

Vehicle: Miguel's Tortilla Dippers. Passenger: Miguel's Salsa. Destination: your mouth.



7.5oz.



\$1.99
all varieties

Sprouts Peanut Butter

Made from peanuts grown in the high plains of Texas.



16oz.

2 for \$5
all varieties

Sprouts Flatbread

No, we didn't forget the yeast. Yes, it's delicious.



10oz.

\$2.99
all varieties

Miguel's Salsa

Enjoy with Miguel's organic Tortilla Dippers.



16oz.

\$2.49

ALWAYS GUARANTEED!

LifeSeasons



LINE DRIVE SAVINGS
All Items

25% off
our everyday discounted prices

Emerald Laboratories



LINE DRIVE SAVINGS
All Items

20% off
our everyday discounted prices

NutriCology



LINE DRIVE SAVINGS
All Items

25% off
our everyday discounted prices

King Bio



LINE DRIVE SAVINGS
All Items

20% off
our everyday discounted prices

Natrol

Sleep'n Restore

Promotes normal sleep patterns with valerian and melatonin. Vitamin E added for extra antioxidant protection throughout the day.



20 tabs

Buy One Get One FREE
regular retail \$7.99/ea.
limited time offer

ChildLife

Multi Vitamin & Mineral or Aller-Care

Choose from great-tasting orange/mango multivitamin & mineral or grape Aller-Care.



4-8oz.

\$11.99

Gaia Herbs

Sound Sleep

Ultimate support for refreshing and revitalizing sleep. Promotes restfulness and helps to support the body during occasional times of stress.



60 v-caps

\$16.99

American Health

Probiotic CD

Delivers all day digestive, intestinal and immune support essential for healthy digestion, natural regularity, intestinal function and immune health.



60 v-tabs

\$21.95

Flora

Flor-Essence

Gentle detox for the entire body, powerful antioxidant, immune system booster, cellular regenerator, safe, effective tonic.



22-17oz.

\$27.95

Genuine Health

Fast Joint+Care

Fast, convenient and effective way to help manage joint discomfort and stiffness.

NEW!

30 caps

\$27.95

Pure Essence Labs

One 'n' Only Men's or Women's Formula

Once daily multiple formula, whole food power, quality assured.



30 tabs

\$13.99

Dr. Tung's



LINE DRIVE SAVINGS
All Items

20% off

Natural Being



LINE DRIVE SAVINGS
All Items

25% off

Nelsons

Acne Facial Care



LINE DRIVE SAVINGS
All Items

20% off

Earthscience



LINE DRIVE SAVINGS
All Items

20% off



Sprouts Sausage Bonanza

Chicken and Pork Links or Bulk

Every flavor on sale now!

Handmade in every store with all-natural chicken, pork and seasonings. No MSG or nitrates.

HOT OR SWEET

ALL-NATURAL!



Your Choice
\$2.99
lb.

SPROUTS FISH MARKET

Wild Caught Haddock Filets

A buttery alternative to cod. Great for fish and chips!



\$5.99
lb.

Boneless Skinless Chicken Thighs

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



\$1.99
lb.

99% Fat-Free Chicken Tenders

A great addition to any healthy meal!



\$2.99
lb.

Ahi Tuna Filets

Flash frozen at sea to ensure quality and freshness.



\$8.99
lb.

Zacky Farms Ground Turkey... \$3.99/20 oz. pkg.

Extra Lean Ground Beef (Value Pack)... \$3.89/lb.

Fresh Boneless Trout (Regular or Breaded)... \$7.99/lb.

Farm-Fresh Chicken Wingettes

No sodium-based enhancers or solutions added.



\$1.99
lb.

USDA Choice Filet Mignon Steak

Restaurant-quality beef cut with old-fashioned skill. The King of Steaks!



\$12.99
lb.

USDA Choice Rump Roast or Stew Meat

Trimmed and tied with Oldtime pride.



\$3.99
lb.



SPROUTS COUNTRY KITCHEN

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

Pork Chop, Salisbury Steak or Meatloaf

Your Choice

\$3.99
10-15oz.



With mashed potatoes or stuffing.

With mashed potatoes or vegetables.

Salisbury Steak (Family Size)... \$6.99/ea.

Andrew & Everett Sliced Cheese

Made from only the freshest milk available.



\$3.99
7oz.

Roast Beef

Tender beef cooked to a perfect medium rare.



\$5.99
lb.

Wisconsin Provolone (Sliced)... \$5.99/lb.

Greek Pasta Salad

Cool refreshing and enough feta to make it tasty.



\$3.99
lb.

Santa Barbara Cheese Sticks... 3 for \$11/1 oz.

Dirty Potato Chips

At "Dirty" the flavor isn't washed away, so the chips are crunchier and tastier.



1.5-2oz.

69¢
ea.

Maria's Masconi's String Cheese... \$3.99/16 oz.



Save 10% when you buy 6 bottles of wine.

Tisdale Wines

750 ml.

We know life is full of quality experiences, take the time to savor them. Enjoy a glass of Tisdale today.

3 \$10
for select varieties

Gazella Vihno Verde... 2 for \$10/750 ml.

Sierra Madre Pilsner or Light

Simply incredible.

\$3.99
6 pk. 12 oz. cans

Broke Ass Wines

Quality wines that won't break the budget.

750 ml.

2 \$10
for

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 23, 2011 - March 30, 2011

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
23	24	25	26	27	28	29	30

sprouts.com

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

Visit us online
f @Sprouts_TX

Open daily 7am - 10pm



Cedar Hill
FM-1382 & HWY 67 • 972-637-5108

Coppell
W. Sandy Lake & Denton Tap • 972-350-8051

Dallas
Forest & Marsh • 214-350-0574

Flower Mound
Cross Timbers & Morris • 972-874-7380

Frisco
Preston & Lebanon • 972-464-5776

PRICES MAY VARY IN OTHER LOCATIONS

Murphy
E. FM-544 & Murphy • 972-265-4770

Plano
Coit & Legacy • 972-618-8902

Richardson
Coit & Campbell • 214-442-5961

Southlake
Randall Mill & Southlake • 682-223-5805

BEER & WINE IS NOT AVAILABLE AT OUR CEDAR HILL LOCATION.

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.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Some items may be subject to local, county or state sales tax, and in Fort Collins and Aurora, CO to a Public Improvement Fee (PIF). We are not responsible for any typographical errors.

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