

Roasted Pistachios

Inshell, choose from salted or unsalted.

\$5.99
lb.

SPROUTS
FARMERS MARKET

Now Open in
Citrus Heights

Strawberries

1 LB. CLAM-SHELL

4 for \$5

Artichokes

JUMBO

4 for \$5

2 for \$1

Cucumbers

Whole Seedless Watermelons

3 lbs. for \$1

Navel Oranges or Rio Red Grapefruits

3 for \$1

Broccoli Crowns, Roma Tomatoes or Italian Squash

88¢ lb.

Red, Yellow or Orange Bell Peppers

88¢ ea.

Spinach, Iceberg or Romaine Lettuce

88¢ ea.

Fuji, Gala or Red Delicious Apples

88¢ lb.

Golden Whole Pineapples or Blackberries

2 for \$4

5.6 oz.

Red or Green D'Anjou Pears or Minneola Tangelos

88¢ lb.

SPECIAL

Red Seedless Grapes.....2 lbs. for \$5

On-the-Vine Tomatoes or Asparagus\$1.99/lb.

Grape Tomatoes (dry pint) or Hass Avocados.....4 for \$5

CERTIFIED Organic



Organic Bananas **88¢ lb.**

4 LB. BAG



Organic Valencia Oranges **\$1.99 ea.**

VITAMIN & BODY CARE

Yes, Everything is...

EXTRAVAGANZA

Limited To Stock On Hand

25% OFF

- CHECK OUT THESE BARNSTORMIN' WEEKLY SPECIALS -

The Greek Gods Greek Yogurt



2 for \$6

Greek Gods Yogurt (6 oz. sel. var.)...5 for \$5

Reduced Sodium Turkey Breast Sliced

Great taste with less sodium.



\$5.99 lb.

Dark Chocolate Fruit and Nut Mix



\$3.99 lb.

Kashi



25% off

SPROUTS OLD TIME BUTCHER SHOP
Natural Meats!

USDA Choice Angus Chuck Roast

Great for BBQ beef or an old-fashioned pot roast.



\$2.88 lb.

BONELESS

WOW!

Boneless Skinless Chicken Breast

VALUE PACK!

Farm fresh, never frozen! No enhancers or solutions added.



\$1.88 lb.

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Sale prices valid April 25 - May 2, 2012

04-25-12 263-1



The Bird is the Word

Let's talk turkey. Everyone knows it makes for a delicious deli meat, turning simple sandwiches and salads into savory, craveable meals. But did you know that Jennie-O® now offers new Deli Favorites Reduced Sodium Turkey Breast? Hand-crafted and 99% fat-free, it's been endorsed by the American Heart Association for its low sodium content, as well as starred on the hit NBC show, *The Biggest Loser*. With 11 grams of protein and only 50 calories per serving, we can see why!

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BULK FOODS

Super Antioxidant Trail Mix



\$5.99
lb.

Maple Pecan Dream Granola



\$1.99
lb.

Lemon Crème Almonds



\$4.99
lb.

Chia Seeds



\$5.99
lb.

Roasted and Salted Inka Corn Nuts



\$3.99
lb.

Sweetened Banana Chips



\$1.99
lb.

BAKERY

Sprouts Muffins

Sweet treats.



2 for \$6
4 pk. select varieties

Kontos Pizza Crust (select varieties)...2 for \$5/14 oz.

EONI Barookies and Cakes

Nature's best.

6.8-11 oz.



20% off
select varieties

Oasis Sprouted Wheat Fruit Bars...\$2.99/16 oz.

Nature's Grain Brown & Serve Rolls

Perfect for dinner.



99¢
ea.

Greenlee's Toasting Breads (sel. var.)...\$6.79/20 oz.



Our people are passionate about what they do! Sprouts Vitamin Experts are here to assist you in simplifying your daily routine for optimal health, inside and out.

DAIRY & FROZEN

Silk Soymilk



2 for \$6
64 oz. select varieties

WholeSoy Soy Yogurt



4 for \$3
6 oz. select varieties

WholeSoy Yogurt (24 oz. select varieties)...\$2.49/ea.

Sun Tropics Juice



2 for \$6
64 oz. select varieties

Yves Veggie Cuisine



30% off
select varieties

Kashi Steam Meals



25% off
select varieties

Kashi Entrées

Black Bean Burger

9-10 oz.



25% off
select varieties

Ben & Jerry's Ice Cream



\$3.99
16 oz. select varieties

Evol. Bowls



2 for \$7
9 oz. select varieties



Steaming vegetables is not only super simple, it's also a great way to preserve essential nutrients.

Organic

Red Delicious Apples



99¢
lb.

Strawberries



\$2.99
ea.

Baby Peeled Carrots or Yellow Onions



\$1.49
ea.

Broccoli Crowns or Vine-Ripe Tomatoes



\$1.49
lb.

Bunched Celery.....99¢/ea.

Cilantro or Green Onions.....99¢/ea.

Granny Smith or Gala Apples.....\$1.49/lb.

Red Bell Peppers (2 ct. pkg.).....\$2.99/ea.

Green Beans (1 lb. pkg.)....\$2.99/ea.

Bunched Carrots with Tops.....99¢/ea.

Minneola Tangelos.....99¢/lb.

Romaine, Red or Green Leaf Lettuce.....\$1.49/ea.

Yellow or Italian Squash (3 ct. pkg.).....\$2.99/ea.

Cucumbers (2 ct. pkg.)...\$2.99/ea.

GROCERY SPECIALS

Cascadian Farm Cereal



SAVE UP TO \$2.30
\$2.99
 9-15 oz.
 select varieties

R.W. Knudsen Simply Nutritious Juice



SAVE UP TO \$1.30
\$2.49
 32 oz.
 select varieties

Zevia Soda



SAVE UP TO \$1.50
\$3.99
 6pk., 12oz. cans
 select varieties

Good Health Veggie Stix



6-7 oz.
2 for \$5
 select varieties

Frontera Tortilla Chips



10 oz.
2 for \$4
 select varieties
 Frontera Salsa..... 2 for \$6/16 oz.

Balance Bars



1.76 oz.
5 for \$5
 select varieties

Honest Tea



16 oz.
4 for \$5
 select varieties

Muir Glen Tomatoes



14.5-15 oz.
4 for \$5
 select varieties

Snikiddy Baked Fries



4.5 oz.
2 for \$4
 select varieties

Wholesome Sweeteners Blue Agave



23.5 oz.
\$3.99
 select varieties

Earth's Best



20% off
 select varieties

• Healthy Living •



• Gluten-Free •



Tasty Bite Entrées
 10 oz.
2 for \$4
 select varieties
 Tasty Bite Rice (select varieties)..... 2 for \$3/8.8 oz.



Ancient Harvest Quinoa Pasta
 8 oz.
2 for \$4
 select varieties



Coconut Dream Milk
 32 oz.
2 for \$4
 select varieties



Sprouts offers thousands of high-quality, value-priced supplements and body care products made with natural and organic ingredients—all at 25% off during our Vitamin & Body Care Extravaganza!

April 25-May 2

VITAMIN & BODY CARE

EXTRAVAGANZA

Don't Miss Out!



Yes, Everything is...
25% OFF

Limited To Stock On Hand

Save on these and many other great brands...



Here are the four starting categories of nutritional supplements everyone should incorporate into their lives.



MULTIVITAMINS
 Multivitamins can help us deal with stressful lives by adding nutritional supplements that can help support energy and well-being, contribute to the maintenance of a healthy heart, and improve proper immune and brain function.*



OMEGA RICH OILS
 These essential oils offer valuable nutritional support for healthy skin and brain function. The consumption of Omega-3 fatty acids may also reduce the risk of coronary heart disease.*



PROBIOTICS
 Beneficial microorganisms that are widely believed to support healthy digestion and immune function.*



SUPERFOODS
 Sprouts carries many superfoods in powder, liquid or supplement form that can deliver the concentrated nutritional boost you need, which includes the phytonutrients and trace minerals that help support overall health and vitality.*

*These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent any disease. Please consult with your physician or other healthcare professional for personalized care.



Pork Andouille, Bratwurst or Polish Sausage

Handmade with no MSG or nitrates added!

Your Choice

\$2.99
lb.

Natural Center-Cut Pork Loin Roast

Trimmed and tied with "Old Time" pride!

BONELESS

\$2.99
lb.

SPROUTS FISH MARKET

Wild species, weather permitting.

Fresh Sea of Cortez Halibut Filets

Delivered fresh up to 6 days a week!
First of the season.

FRESH

\$10.99
lb.

Extra Jumbo Wild Raw Shrimp

16/20 ct. Product of USA.
Previously frozen.

\$8.99
lb.

Fresh Catfish Filets

(Product of USA).....\$6.99/lb.

Alaskan Sockeye Salmon Filets

Caught in icy Alaskan waters!
Previously frozen.

\$9.99
lb.

Echo Falls Wild Hot Smoked Salmon.....\$4.99/4 oz. pkg.

Farm-Fresh Whole, Split or Cut-Up Chicken

Nothing added, just natural chicken.

FRESH

\$1.49
lb.

Center Cut Pork Loin Chops or Tenderloin

No enhancers or solution added.

BONELESS

\$3.99
lb.

85% Extra-Lean Ground Beef

The best ground beef in town! Nothing added!

FRESH

\$3.89
lb.

USDA Choice Angus Center-Cut Top Sirloin Steak

The best steaks in town.

BONELESS

\$5.99
lb.

Alaskan Sockeye Salmon Filets

Caught in icy Alaskan waters!
Previously frozen.

\$9.99
lb.

Echo Falls Wild Hot Smoked Salmon.....\$4.99/4 oz. pkg.



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

Boneless Roasted Turkey Breast

Fully cooked and ready to serve.

NOT!

\$5.99
lb.

Chicken Caesar Salad

Made fresh daily!

\$3.99
ea.

Chicken Pot Pie

Just heat and serve.

NEW!

\$3.99
ea.



Save 10% when you buy 6 bottles of wine.

Red Diamond Wines

SAVE UP TO \$4



\$5.99
select varieties

Redbridge Beer

SAVE UP TO \$2



\$5.99
+CRV

Crane Lake Wines

750 ml.



\$2.99
select varieties

Liberty Creek Wines

1.5 ltr.



2 for \$10
select varieties

Widmer Beers



\$6.99
+CRV

Chateau St. Jean Wines

750 ml.



\$8.99
select varieties

Wisconsin Fontina Cheese

Traditionally crafted, so you get a naturally delicious cheese.

BULK CUT

\$5.99
lb.

Spinach Dip.....\$3.49/lb.

Baby Swiss Cheese

BULK CUT

\$5.99
lb.

NEW!

Organic Creamery Cheese

- Feta
- Mozzarella
- Blue
- String



20% off
regular retail

BelGioioso Fresh Mozzarella

- Sliced Log
- Pearls
- Ball



2 for \$7
select varieties

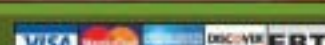
DOUBLE AD WEDNESDAYS!

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

Effective April 25, 2012 - May 2, 2012

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
25	26	27	28	29	30	1	2

Open daily 7am - 10pm



Roseville

6760 Stanford Ranch Rd.
(Next to Costco in the
Stanford Crossing
Shopping Center)
916-774-1120

Citrus Heights
7905 Greenback Ln.
Citrus Heights, CA
916-560-2000

OFFERS
ONLY GOOD AT

**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

Twitter @SproutsFM

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04-25-12 263-4