

SPROUTS NATURAL CHICKEN SAUSAGE CELEBRATION

- SOUTHWEST CALIENTE OR MILD
- SPICY OR MILD PARMESAN
- HOT OR SWEET ITALIAN
- APPLE OR BASIL
- BRATWURST

Handmade at every store.

HEALTHIER SAUSAGE!

YOUR CHOICE
\$2.99
lb.



LINKS OR BULK

100% GRASS-FED ORGANIC GROUND BEEF

Ground several times throughout the day from safe all-natural cuts.



\$3.99
lb.

BONELESS SKINLESS CHICKEN THIGHS

Fresh, never frozen. Hand packed at every store to ensure freshness. Value pack!



\$1.99
lb.

USDA CHOICE BEEF FILET MIGNON STEAK

Oldtime beef cut with old-fashioned skill and quality! Restaurant quality!



\$12.99
lb.

USDA CHOICE BEEF NEW YORK CUT SIRLOIN

Hand-trimmed to perfection.



\$4.99
lb.

100% Grass-fed Organic Chuck Roast.....\$4.99/lb.

SPECIAL Gourmet Stuffed Chicken Breasts.....\$4.99/lb.

Farmland No-Nitrate Bacon.....\$2.99/12 oz. pkg.

USDA Choice Rump Roast.....\$3.99/lb.

SOUTH AFRICAN LOBSTER TAILS

Delicate flavor and sustainably caught.



\$5.99
3.25 oz. ea.

SPROUTS FISH MARKET

FRESH SALMON FILETS

Mild flavor. Delivered up to 6 times a week!



\$7.99
lb.

PERUVIAN MAHI MAHI FILETS

Flash frozen at sea to ensure quality. Great for fish tacos!



\$4.99
lb.

DELI

BEER & WINE

SPROUTS COUNTRY KITCHEN

Not the cook-from-scratch type? Let Sprouts Country Kitchen come to the rescue. Just heat and eat one of our 30 different meals.

PORK CHOP

With mashed potatoes or stuffing.



\$3.99
10 oz.

GARDEN SALAD

For 12 oz.



2 \$6

ROASTED TURKEY BREAST

HOT!



\$5.99
lb.

VOLTEO WINES

The new wine from the Old World. Spanish wine-making at its best.



\$7.99
750 ml.

select varieties

HAVARTI CHEESE

Creamy original or dill.



40% OFF

ROAST BEEF

Our tasty roast beef cooked perfectly to medium-rare. Just right for a hot roast beef sandwich.



\$5.99
lb.

SIERRA NEVADA

Flawless beer.



\$6.99
6 pk. 12 oz. btl.

select styles

APPLEGATE FARMS ORGANIC MEATS

Organic, low-fat and gluten-free!



\$4.99
6 oz.

SHREDDED CHEESE MONTEREY JACK, CHEDDAR OR MOZZARELLA

3 of our favorite bulk-cut cheeses, shredded for your convenience, all at a great savings to you.



\$3.99
lb.

SAMUEL ADAMS

Take pride in your beer.



\$12.99
12 pk. 12 oz. btl.

select styles

Double Ad Days

Come on in Wednesday while this week's ad and last week's ad are effective for twice as many items on sale Effective August 11, 2010 - August 18, 2010

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
11	12	13	14	15	16	17	18

Visit us on facebook

OPEN DAILY 7AM TO 10PM



VISA MCG CARD EBT

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 • 972-464-5775

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

PRICES MAY VARY IN OTHER LOCATIONS

BEER & WINE IS NOT AVAILABLE AT DALLAS OR CEDAR HILL LOCATIONS.

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.

PLEASE RECYCLE



HEALTHY LIVING FOR LESS!

BLUEBERRIES

FULL PINT!!

99¢
ea.

HIGH ANTIOXIDANT



New Mexico Hatch Peppers (USA Grown).....99¢/lb.

RED MANGOS



3 \$1
for

GREEN BELL PEPPERS



39¢
ea.

SEEDLESS WATERMELONS



39¢
lb.

YELLOW OR WHITE PEACHES



88¢
lb.

OLATHE YELLOW CORN



3 \$1
for

HASS AVOCADOS OR RED BELL PEPPERS



88¢
ea.

BROCCOLI CROWNS



99¢
lb.

CELERY OR BABY CARROTS



69¢
ea.

CLUSTER TOMATOES



99¢
lb.

SPECIAL Large Cantaloupes.....2 for \$3
Strawberries (16 oz.).....2 for \$5
Red or Green Seedless Grapes.....2lbs. for \$3

25% OFF!
all ice cream & novelties
Includes non-dairy desserts.
Throw an ice cream party to cool off your Summer!

COLBY JACK CHEESE
Enjoy our Colby Jack cheese at 40% off regular retail. Stock up and save!
40% OFF
label reflects discounted price

ANNIE'S MACARONI & CHEESE
A great side dish or entrée that the whole family will love.
5 \$5
for 6 oz.
select varieties

WHOLE CASHEWS
Available in roasted salted, roasted unsalted or raw.
\$4.99
lb.

BONELESS SKINLESS CHICKEN BREASTS
All-natural with no sodium based enhancers or solutions added. Value pack!
\$1.99
lb.

SPROUTS PEANUT BUTTER

- Creamy, crunchy and no salt added
- All-natural
- No cholesterol added
- No trans-fat
- Peanuts sourced from the high plains of Texas

2 \$5

for 16 oz.

BULK

BAKERY

GROCERY

HORIZON MILK

Produced without the use of antibiotics or growth hormones and provides DHA and Omega-3s. Chocolate or vanilla.

\$9.99 for 12 pk. 8 oz. cartons

ENVIROKIDZ CEREAL

No additives or preservatives.

2 \$5 for 10-14 oz. all varieties

Envirokidz Bars.....2 for \$5/6 pk.

SPROUTS APPLE JUICE

Made from the perfect blend of ripened apples.

\$6.99 gallon

ALMONDS SLICED OR SLIVERED

Delicious salad-topper.

\$3.99 lb.

DARK CHOCOLATE FRUIT AND NUT MIX

Combination of fruits, nuts and chocolate.

\$3.99 lb.

SPROUTED BREAD 7-GRAIN, FLAX OR WHEAT

Great source of vitamins and minerals.

2 \$5 for 24 oz.

Sprouts Baguette (Classic or Seeded).....\$4.99/6-10 oz.

BOULDER POTATO CHIPS

With a flavor for every lifestyle, Boulder Chips are a great health-conscious snack.

2 \$5 for 10 oz. all varieties

Blue Sky Free Soda.....2 for \$7/6 pk.

MILTON'S CRACKERS

All-natural and zero trans-fats — A must-have for all your entertaining events.

2 \$4 for 9-10 oz. all varieties

PIRATE'S BOOTY MULTIPACK

A delicious blend of air-puffed rice and corn, with aged white cheddar me matey!

2 \$7 for 6 pk.

Hansen's Juice Slams.....2 for \$4/4 pk.

TURKISH APRICOTS

High in vitamin C.

\$2.99 lb.

OATS

Choose from rolled, quick or steel-cut.

2 \$1 lbs. for

OLSON'S MINI ANGEL FOOD CAKES

Great with any fruit or frosting.

\$3.99 8 oz.

Sprouts Pie (Peach or Blueberry).....\$4.99/8 in.

UDI'S GRANOLA

Made with patience and passion.

\$3.99 13 oz. all varieties

SOY JOY BARS

Each bar packs whole soy, real dried fruit and 4 grams of protein. Baked!

79¢ 1.03 oz. all varieties

Barbara's Snackimals.....59¢/2.12 oz.

TASTY BITE ETHNIC CUISINE

Made with a large variety of unique vegetables, herbs and spices.

2 \$4 for 10 oz. select varieties

Tasty Bite Simmer Sauces.....2 for \$3/7 oz.

BUTTER TOFFEE PEANUTS

Salty and sweet.

\$1.99 lb.

GLAZED CHERRY AND PECAN TRAIL MIX

Perfect combination of fruit and glazed nuts.

\$3.99 lb.

CHOPPED CHEESE BREAD

With or without jalapeños.

2 \$7 for 16 oz.

Western Low-Carb Bagels (assorted).....\$2.99/10 oz.

LET'S DO...ORGANIC ICE CREAM CONES

Don't forget about our Ice-Screaming Sale!

2 \$5 for 12 cones

Walden Farms Chocolate Syrup.....\$2.99/12 oz.

FAVORIT JAMS

No artificial preservatives, colors or flavors. Imported from Switzerland.

2 \$5 for 12.3 oz. all varieties

SPROUTS FLATBREADS

The perfect compliment to our gourmet deli cheeses.

2 \$5 for 10 oz. all varieties

DAIRY

MOUNTAIN HIGH YOGHURT

Good source of probiotics!

\$3.99 64 oz. all varieties

BST-FREE

SIMPLY LEMONADE

Premium, not from concentrate.

2 \$4 for 1.75 liter select varieties

IAN'S CHICKEN NUGGETS

No artificial colors or preservatives.

\$4.99 8 oz. assorted varieties

COUNTRY LIFE, BIOCHEM AND IRON-TEK

25% OFF All Items

our everyday discounted prices

NEW CHAPTER

25% OFF All Items

our everyday discounted prices

OLYMPIAN LABS

25% OFF All Items

our everyday discounted prices

ORGANIC VALLEY EGGS

Hormone, pesticide and antibiotic-free!

25% OFF our everyday discounted price all dozen eggs

DAISY SOUR CREAM

Great source of calcium. Regular or lite.

\$1.99 16 oz.

ALL NATURAL

AMY'S ENCHILADAS

No MSG. Whole meals not included.

2 \$6 for 9-9.5 oz. select varieties

ENZYMATIC THERAPY ACIDOPHILUS PEARLS

Probiotics with a purpose! Choose from Pearls IC, for relief from gas and bloating, Pearls YB to support yeast balance or Pearls Immune to help strengthen the body's natural defenses.

\$11.99 30 pearls

RENEW LIFE FIRST CLEANSE

Gentle formula helps support normal cleansing and organ detoxification functions. First Cleanse is designed for people who have never taken a total body cleansing supplement.

\$18.99 per kit

JARROW FORMULAS PS-100

Promotes brain function with phosphatidylserine, improved memory and focus, protects against stress by helping to regulate cortisol.

\$10.99 30 softgels

Did You Know?

There are THREE other ways for you to receive this sale information.

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SPROUTS FROZEN FRUIT

Great for smoothies or to add to a meal!

2 \$5 for 12 oz. all varieties

PLANETARY FORMULAS STRESS FREE

Botanical stress relief! A unique combination of calmative herbs help to provide internal support against external stresses.

\$7.49 60 tabs

RESERVEAGE VIBRANCE MULTIVITAMIN

An antioxidant rich multivitamin packed with acai, mangosteen, goji, pomegranate and greens. Helps restore younger acting cellular activity.

\$21.99 60 v-tabs

PURE ESSENCE LABS IONIC FIZZ SUPER DK CALCIUM

A great-tasting, sugar-free form of the most absorbable calcium and magnesium, with 1000 IU of vitamin D and vitamin K to support bone density.

\$15.99 7.41 oz.

PEAS OF MIND VEGGIE FRIES

Available in 4 delicious flavors.

\$3.99 12 oz.

AMAZING GRASS KIDZ SUPER FOOD

33 fruits and vegetables you can't get from a multivitamin — outrageous chocolate flavor!

\$17.99 200 gm.

OLA LOA SPORT

All natural thirst quenching hydrating drink mix, with electrolytes for energy and stamina. Choose from mango tangerine or mixed berry.

\$17.99 30 pkt.

SPROUTS VITAMIN E CRÈME

Soothe, moisturize and protect hands with vitamins E, A and D, aloe vera and green tea. Paraben-free!

\$7.99 4 oz.

GET A LOAD OF THIS!

SPROUTS IS ON FACEBOOK!

GLUTINO PIZZA

Delicious flavors!

\$3.99 6.2 oz. assorted varieties

ORGANIQUE BY HIMALAYA FACIAL CARE, HAIR CARE OR ORAL CARE

25% OFF All Items

ALBA BOTANICA ADVANCED SEA MINERAL FACIAL CARE

25% OFF select items

NATURE'S BABY SHAMPOO AND BODY WASH

Value size! Made with organic aloe vera. Perfect for the entire family from head to toe.

\$11.99 16 oz.