



Korean-Style Vegan Street Tacos

RECIPE ON THE BACK COVER

LASSENS

NATURAL FOODS & VITAMINS

MARCH 2017



ORGANIC VALLEY

Organic Large Brown
Omega 3 Eggs
1 dozen

\$4⁶⁹



STONYFIELD

Organic Fat Free
French Vanilla Yogurt
3.2 oz

\$3⁷⁹



EARTHBOUND FARM

Organic Kale Berry
Smoothie Kickstart
8 oz

\$2⁹⁹

100% ORGANIC PRODUCE



*St. Patti's
Special!*



ORGANIC
Green Cabbage **69¢
lb.**



ORGANIC
Yellow Potatoes **99¢
lb.**



ORGANIC
Gala Apples **\$1.99
lb.**



ORGANIC
Barlett Pears **\$1.99
lb.**

LASSEN'S FRESH KITCHEN



QUINOA TABBOULEH

Organic quinoa, organic parsley, organic cucumbers, organic cherry tomatoes, organic mint, organic green onions, organic garlic, organic olive oil, organic lemon juice, organic pepper, sea salt.



**\$7.99
lb.**



THAI PEANUT TOFU

Organic tofu, organic carrots, organic spinach, organic coconut milk, peanut sauce, organic ginger, organic chili flakes, organic peanut butter.



**\$7.99
lb.**



LASSEN'S MACARONI SALAD

Macaroni pasta, organic carrots, organic celery, organic onions, organic green onions, organic veganaise, organic mustard, organic paprika, organic pepper, sea salt



**\$7.99
lb.**



GARDEN TUNA SALAD

Line caught Tuna, pasta, organic green, red, and yellow bell peppers, organic celery, non GMO mayo, organic mustard, black olives, Newman's olive oil and vinegar dressing.

**\$7.99
lb.**



FRESH ORGANIC JUICE THE ROOKIE

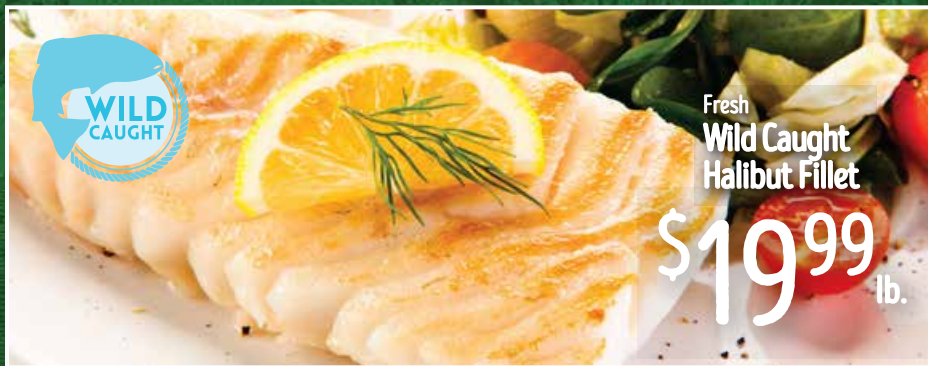


\$4.99
16 oz

\$6.99
24 oz

Organic kale, organic apple, organic carrots, organic ginger.

YOUR NEIGHBORHOOD BUTCHER



BREAKFAST ESSENTIALS

STONYFIELD

Organic Plain
Greek Yogurt
32 oz.



\$6.89

HORIZON

Organic Butter
per lb.



\$6.99

ORGANIC VALLEY

Organic Half & Half
1 qt.



\$3.99

CALIFIA FARMS

Full Shot
Cold Brew Coffee
10.5 oz.



\$2.19

PARADISE HERBS

Enhancing Nature's Miracles

PARADISE HERBS
LINE DRIVE

50%
OFF



SOURCE NATURALS

For a Life Well Lived

SOURCE NATURALS
LINE DRIVE

50%
OFF



NEW CHAPTER

Award-Winning Support

NEW CHAPTER
LINE DRIVE

40%
OFF



JARROW FORMULAS

Superior Nutritional Supplements

JARROW FORMULAS
LINE DRIVE

30%
OFF



LASSENS BRAND

Vitamins, Herbs and Aloe

LASSENS BRAND
LINE DRIVE

20%
OFF



WILEY'S FINEST

Truly MADE IN USA

WILEY'S FINEST
LINE DRIVE

20%
OFF



ANNEMARIE BORLIND

State-of-the-Art Natural Cosmetics

ANNEMARIE BORLIND
LINE DRIVE

20%
OFF



DERMA E

Eco-Ethical, Therapeutic Skin Care

DERMA E
LINE DRIVE

20%
OFF



NEOCELL

Move Matrix
150 ct.

SAVE \$8



Also on sale,
Joint Bursts, 30 ct., \$13.99

\$19⁴⁹

GARDEN OF LIFE

Raw Organic Perfect
Food Green Superfood
209-285 gm. - selected
varieties

SAVE \$13



\$29⁹⁹

AURA CACIA

Lavender Essential Oil
0.5 oz.

SAVE \$2



Also on sale,
Peppermint Oil, 0.5 oz., \$6.99

\$9⁹⁹

TEA TREE THERAPY

Pure Tea Tree Oil
0.5 oz.

SAVE \$2.50



Also on sale,
Vegetable Base Soap, 3.9 oz., \$2.99

\$4⁹⁹

SIDDHA FLOWER ESSENCES

Sleep
1 oz.

SAVE \$5



Also on sale,
Pets Calm Down, 1 oz., \$14.99

\$14⁹⁹

All Other
Items On
Sale!

NATRALIA

Eczema & Psoriasis
Wash & Shampoo
7 oz.

SAVE \$5



Also on sale,
Eczema & Psoriasis Cream, 2 oz., \$9.99

\$9⁹⁹

XLEAR

Nasal Spray
1.5 oz.

SAVE \$3



Also on sale,
Kid's Nasal Spray, 0.75 oz., \$4.99

\$11⁹⁹

BIOSIL

Biosil Liquid
0.5 oz.

SAVE \$5.50



Also on sale,
Biosil Liquid, 1 oz., \$23.99

\$16⁴⁹

DESERT ESSENCE

Coconut Hair Defrizzer
& Heat Protector
8.5 oz.

SAVE \$2



Also on sale, Coconut
Hand & Body Lotion, 8 oz., \$6.99

\$7⁹⁹

ANDALOU

Lavender & Biotin
Full Volume Shampoo
11.5 oz.

SAVE \$2



Also on sale, Argan Oil
Leave-in Conditioner, 6.8 oz., \$7.99

\$7⁹⁹

RAINBOW LIGHT

Calcium Citrate
Berry Wellness
30 ct.

SAVE \$5



Also on sale,
Food Based Calcium, 90 ct., \$8.49

\$17⁹⁹

EARTH SCIENCE

Ceramide Shampoo
10 oz.

SAVE \$2.50



Also on sale,
Olive & Avocado Deep Conditioning
Hair Masque, 6 oz., \$7.49

\$8⁴⁹

SUNFOOD NUTRITION

Spirulina Crunchies
4 oz.

SAVE \$6



Also on sale,
Spanish Bee Pollen, 1 lb., \$17.99

\$19⁹⁹

Additional
Items Also
On Sale!

SOVEREIGN SILVER

Silver Hydrosol Spray
2 oz.

SAVE \$3



Also on sale,
Silver Hydrosol Mist, 2 oz., \$11.99

\$11⁹⁹

All Other
Items On
Sale!

BEVERAGES & SNACKS

CALI WATER

Organic Detox Water
14 oz. - selected varieties

\$2⁴⁹
+CRV



SAN PELLEGRINO

Sparkling Natural
Mineral Water
25.3 oz.

\$1⁶⁹
+CRV



CIDE ROAD

Organic Blueberry
Switchel
14 oz.

\$2⁷⁹
+CRV



LAKEWOOD

Organic Pure Black
Cherry Juice
1 qt.

\$4⁶⁹
+CRV



SANTA CRUZ

Organic Apricot Nectar
1 qt.

\$3⁵⁹
+CRV



STEAZ

Zero Half & Half Iced Tea
16 oz.

\$1¹⁹
+CRV



UNCLE LEE'S

Organic Green Tea
100 bg.

\$4⁴⁹



CHOICE ORGANIC

Organic Tea
16 bg. - selected varieties

\$3²⁹



BEANITOS

Pinto Bean &
Flax Chips
6 oz.

\$2²⁹



PIRATE

Aged White
Cheddar Booty
4 oz.

\$2³⁹



CRUNCHMASTER

Gluten Free
Sea Salt Crackers
4.5 oz.

\$2⁵⁹

NEWMAN'S OWN

Double Chocolate
Chip Cookies
7 oz.

\$2⁵⁹



BARBARA'S

Vanilla Sanckimals
7.5 oz.

\$3¹⁹



NEXT ORGANICS

Organic Dark
Chocolate Bananas
4 oz.

\$3⁷⁹



ORGANIC PRAIRIE

Organic Beef Cranberry
Mighty Bar
1 oz.

\$2⁶⁹



ANNIE'S HOMEGROWN

Pizza Poppers
5 oz.- selected varieties

\$3⁹⁹



TOFURKY

Pepp'roni & Mushroom Pizza
18 oz.

\$7¹⁹



DR. PRAEGER'S

Gluten Free Spinach Pancakes
12 oz.

\$3²⁹



EVOL

Fire Grilled Chicken Poblano
9 oz.

\$2²⁹



SAFFRON ROAD

Chicken Tikka Masala
11 oz.

\$3⁸⁹



VAN'S

Belgian Waffles
8 oz.

\$2⁶⁹



SWEET EARTH

Santa Cruz Burrito
7 oz.

\$2⁵⁹



NATURE'S PATH

Organic Waffles
7.4 oz.- selected varieties

\$2⁸⁹



GREAT GROCERIES



QUE PASA

Organic Mild Salsa
16 oz.

\$2⁸⁹



EDEN

Organic Black Beans
15 oz.

\$1⁹⁹



ANNIE'S NATURALS

Organic Cowgirl Dressing
8 oz.

\$2⁹⁹



JUSTIN'S

Honey Peanut Butter
16 oz.

\$4¹⁹



HAPPY BABY

Organic Strawberry Banana Yogis
1 oz.

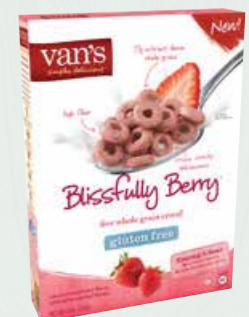
\$3²⁹



VAN'S

Blissfully Berry Cereal
10 oz.

\$3⁹⁹





Korean-Style Vegan Street Tacos

INGREDIENTS

- MI RANCHO ORGANIC CORN TACO SLIDERS TORTILLAS
- WILD BRINE RED BEET AND RED CABBAGE SAUERKRAUT SALAD
- NUTIVA ORGANIC EXTRA VIRGIN COCONUT OIL
- SO GOOD MISO MAYO SPICY RED PEPPER
- SWEET EARTH SEITAN TRADITIONAL STRIPS
- 2 ORGANIC CARROTS (JULIENNED)
- 2 ORGANIC RED BELL PEPPERS (JULIENNED)
- 6 ORGANIC BABY BOK CHOY LEAVES (SLICED)
- 2 LIMES (CUT INTO WEDGES)
- AY CHIWAWA SALSA VERDE
- EDEN ORGANIC CANNED BLACK BEANS
- 3 ORGANIC PERSIAN CUCUMBERS (JULIENNED)
- 4 ORGANIC GREEN ONIONS (SLICED THIN)
- 3 CLOVES ORGANIC GARLIC (FINELY CHOPPED)
- 1 BUNCH ORGANIC CILANTRO

METHOD

IN A MEDIUM SIZE SKILLET OR WOK, SAUTEE THE BOK CHOY, BELL PEPPERS AND GARLIC IN COCONUT OIL UNTIL TENDER. SET ASIDE IN A BOWL.
ADD THE SEITAN STRIPS TO THE PAN AND COOK UNTIL THEY ARE HEATED THROUGH. SET ASIDE.
IN A SAUCE POT, COOK THE BLACK BEANS UNTIL HEATED THROUGH.
WARM TORTILLAS BY FLIPPING ON A HOT PAN UNTIL TOASTY.
PLACE IN PAPER TOWEL TO KEEP WARM.

SUGGESTED ASSEMBLY: ON A WARM TORTILLA SPREAD A BASE LAYER OF GREEN SALSA. ADD BLACK BEANS AND SEITAN. SPOON IN SAUTEEED VEGETABLES. ADD CARROTS, CUCUMBER AND SAUERKRAUT SALAD. TOP WITH A LINE OF MISO MAYO, FRESH CILANTRO AND GREEN ONIONS. ENJOY!



GREEN GINGER BEER (NON-ALCOHOLIC)

- 1 FROSTY GLASS BEER STEIN • 1 BOTTLE OF COLD REED'S PREMIUM GINGER BREW

CHOOSE YOUR GREENS!

LIQUID CHLOROPHYLL

SUGGESTED BENEFITS: • HELPS IMPROVE BODY ODOR • CONTROLS HUNGER AND CRAVINGS
• PROMOTES HEALTHY CLEANSING • CONTAINS ANTIOXIDANT PROPERTIES

ADD 5-10 DROPS INTO GINGER BEER AND MIX. MORE MAY BE ADDED UNTIL DESIRED COLOR AND/OR OPACITY IS ACHIEVED.

SPIRULINA*

SUGGESTED BENEFITS: • AIDS IN DETOXIFICATION • LOWERS BLOOD PRESSURE AND CHOLESTEROL • BOOSTS ENERGY • ASSISTS IN WEIGHT-LOSS

*ADD A HALF TEASPOON TO 1/4 CUP WARM WATER AND MIX TO DISSOLVE, THEN STIR INTO MUG OF COLD GINGER BEER.

MATCHA GREEN TEA*

SUGGESTED BENEFITS: • FIGHTS AGAINST FREE RADICALS • IMPROVES BRAIN & HEART FUNCTION • BOOSTS METABOLISM AND BURNS FAT • CONTAINS ANTIOXIDANT PROPERTIES

WHEAT GRASS*

SUGGESTED BENEFITS: AIDS IN CELLULAR DETOXIFICATION • SUPPORTS HEALTHY IMMUNE SYSTEM • IMPROVES DIGESTION • IMPROVES ENERGY • ASSISTS IN WEIGHT-LOSS

LASSENS
NATURAL FOODS & VITAMINS



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