

NEW, EFFECTIVE & DELICIOUS WAY TO TAKE VITAMINS & SUPPLEMENTS

Fair-Trade Chocolate
Doctor Founded
Non-GMO



WOW!
That's me!

ADULT
80 Count

FUN SIZE
8 Count

KIDS
50 Count



LASSENS
NATURAL FOODS & VITAMINS
FEBRUARY 2019

www.GoodDayChocolate.com

**GOOD
DAY
CHOCOLATE**

LASSENS
NATURAL FOODS & VITAMINS

FEBRUARY
2019

100% ORGANIC PRODUCE



ORGANIC
Navel Oranges **\$1.29**
lb.



ORGANIC
5 LB Bag of
Carrots **\$3.99**
ea.



ORGANIC
Fuji Apples **\$1.49**
lb.



ORGANIC
Broccoli **\$1.49**
lb.

LASSEN'S FRESH KITCHEN



Quinoa Almond Salad

Organic quinoa, organic bell peppers,
organic almonds, organic green
onions, organic parsley, organic basil,
organic olive oil, organic lemon juice,
organic pepper, sea salt.

\$9.99
lb.



Black Bean Quinoa Burger

Organic black beans, organic quinoa,
organic onions, organic rolled oats,
organic carrots, organic cilantro,
organic garlic, organic pepper, sea
salt.

\$9.99
lb.



Golden Beet Salad

Organic Beets, organic fennel, organic
red onion, organic parsley, organic
olive oil, organic apple cider vinegar,
organic pepper, sea salt.

\$8.99
lb.



Seared Ahi Tuna

Wild caught ahi tuna, organic sesame
seeds, organic sesame oil, organic
pepper, sea salt.

\$17.99
lb.



Ruby Detox

Organic carrots, Organic
celery, Organic spinach,
Organic parsley, Organic beets.

\$4.99
16 oz.

\$6.99
24 oz.

LASSEN'S MEAT DEPARTMENT



Smart Chicken
Organic
Whole
Chicken

\$3.99
lb.



Creekstone NON GMO
Top Sirloin Steak

\$6.99
lb.



Sun Fed Ranch
Organic
Ground Beef
90/10 Brick
16 oz. pkg.

\$8.99
ea.



True Story
Organic
Sliced Turkey
Breast
6 oz. pkg.

\$5.99
ea.



True Story
Organic
Sliced Chicken
Breast
6 oz. pkg.

\$5.99
ea.



Beelers Pork
Hickory Smoked
Bacon
16 oz. pkg.

\$7.99
ea.



Teton Waters Ranch
Thuringer
Sausage
8 oz. pkg.

\$6.99
ea.



Simply West Coast
Wild Pacific Cod
& Chips
16 oz. pkg.

\$7.99
ea.



Star Fisheries
Wild Caught
Ahi Tuna

\$8.99
lb.



SUPPLEMENTS, HEALTH & BEAUTY

NATURE'S GATE

Biotin & Bamboo Shampoo
for Thin Hair
18 oz.

\$6⁹⁹



MINERAL FUSION

Healthy Personal Care



Also on sale:
Herbal Shampoo for Normal Hair,
18oz. \$6.99



LIFE FLO

Beautiful Living



SHIKAI

Borage Therapy
Dry Skin Lotion
Unscented
8 oz.



\$11⁴⁹

Also on sale:
Borage Therapy Advanced Formula Lotion Unscented, 8oz. \$12.49

DESERT ESSENCE

Tea Tree Facial Cleansing Pads
50 ct.



\$6¹⁹

Also on sale:
Thoroughly Clean Face Wash, 8.5oz \$7.79

LASSENS

Lavender Essential Oil
1 oz.

\$6⁶⁹

Also on sale:
Tea Tree Essential Oil 1 oz. \$6.99



GARDEN OF LIFE

Collagen Peptides Unflavored
19.75 oz.



\$28⁹⁹

Also on sale:
Keto Fit Weight Loss Shake Chocolate, 12.87 oz. \$33.99
Keto Meal Balanced Shake Vanilla, 23.7 oz. \$47.49

GOOD DAY CHOCOLATE

Chocolate Calm Supplement
8 ct.



\$2⁴⁹

Also on sale:
Chocolate Sleep Supplement 8 ct. \$2.49

HERBION NATURALS

Throat Syrup
5 oz.



\$8²⁹

Also on sale:
Honey Lemon Cough Drops, 18 ct. \$2.69

BIOSIL

Biosil Capsules
30 ct.



\$14⁹⁹

Also on sale:
Biosil Liquid, 0.5 oz. \$17.49

NEW CHAPTER

Wholemega
1000 mg.
30 ct.



\$16⁴⁹

Also on sale:
Wholemega, 1000 mg. 60 ct. \$23.49

VITAL PROTEINS

Collagen Peptides
Unflavored
10 oz.



\$21⁹⁹



BREAKFAST ESSENTIALS

KOHANA Coffee French Roast 32 oz. 	KICKING HORSE Coffee Three Sisters Whole Bean 10 oz. 	KASHI Cinnamon Harvest 16.3 oz. 	NATURE'S PATH Heritage Flakes 13.25 oz. 
SO DELICIOUS Coconut Milk Unsweetened 64 oz. 	SO DELICIOUS Coconut Yogurt Vanilla 5.3 oz. 	SILK Vanilla Soy Yogurt 5.3 oz. 	CALIFIA FARMS Better Half Unsweetened Creamer 16.9 oz. 
PAMELA'S Baking & Pancake Mix 24 oz. 			
\$6.49	\$8.49	\$3.79	\$3.69
\$3.19	\$1.69	\$1.29	\$2.49
\$4.99			

EXPLORE CUISINE
Organic Edamame Spaghetti 8 oz.



\$2.99

LILLY B'S
Organic Bean, Rice & Cheese Burritos 6 oz.



\$2.49

VEGETARIAN PLUS
Vegan Kung Pao Chicken 10.5 oz



\$4.99

BOOMERANGS
Entree All Natural Pepperoni 6 oz.



\$2.99

DAIYA
Gluten Free Supreme Pizza 19.4 oz.



\$6.69

HAPPY BABY
Apples, Kale & Avocado Baby Food 4 oz.



\$1.59

GARDEN OF EATIN'
Red Hot Blues Tortilla Chips 16 oz.



\$3.19

LUNDBERG
Select Varieties Rice Chips 6 oz.



\$2.29

JACKSON'S HONEST
Sweet Potato Chips 5 oz.



\$2.69

LATE JULY ORGANICS
Tortilla Chips Jalapeño Lime 5.5 oz.



\$2.19

TERRA
Exotic Chips Mediterranean 5 oz.



\$2.59

POPCHIPS
Peanut Butter Nutter Puffs 4 oz.



\$2.49

SUJA
Kombucha Berry 15.2 oz.



\$2.79
+CRV

TEARIOT
Hibiscus Flow Tea 12 oz.



\$2.99
+CRV

HEALTH-ADE
Kombucha Ginger Lemon 16 oz.



\$2.89
+CRV

GTS LIVING
Pu-erh Root Cider 16 oz.



\$2.69
+CRV

KNUDSEN
Pear Juice 32 oz.



\$3.19
+CRV

THE MOUNTAIN VALLEY
Sparkling Spring Water 1 Liter



\$1.59
+CRV

KETO MUST HAVES

DR. BRONNERS

Virgin Coconut Oil
Whole Kernel
14 oz.



\$7⁸⁹

KETTLE & FIRE

Bone Broth
Beef
16.2 oz.



\$5⁴⁹

4505

Classic Chicharrones
1 oz.



\$2³⁹

PRIMAL KITCHEN

Dark Chocolate Almond
Collagen Bar
1.7 oz.



\$2¹⁹

GREEN & BLACKS

Chocolate Bar
85% Dark
3.5 oz.



\$2⁹⁹

MADECASSE

92% Cocoa
Dark Chocolate
Bar
2.64 oz.



\$2⁶⁹

CHOCOLOVE

Dark Sea Salt
Chocolate Bar
3.2 oz.



\$1⁹⁹

DIVINE CHOCOLATE

85% Dark
Chocolate Bar
3.5 oz.



\$2⁴⁹

ENDORFIN

Dark & Salty
Chocolate Bar
1.4 oz.



\$3⁴⁹

JUSTIN'S

Dark Chocolate
1.4 oz.



\$1²⁹

ALTER ECO

Chocolate Bar
Deep Dark
Sea Salt
2.82 oz.



\$2⁷⁹

SEJOYIA

Coco Rooms
Salted
Caramel
3 oz.



\$3¹⁹

TCHO BITES

Toffee & Sea Salt
5 oz.



\$4²⁹

TONY'S CHOCOLONELY

Caramel Sea Salt Milk
Chocolate
Bar
6 oz.



\$3³⁹

BLUE DIAMOND

Nut Thins
Hint of
Sea Salt
4.25 oz.



\$2⁴⁹

MARY'S GONE CRACKERS

Gluten Free Crakers
Super Seed
Everything
5.5 oz.



\$3⁸⁹

LARABAR

Chocolate
Brownie
Kids Bars
6 pk.
0.96 oz.



\$3⁸⁹

LARABAR

Peanut Butter Chocolate Chip
1.6 oz.



99¢

NO COW

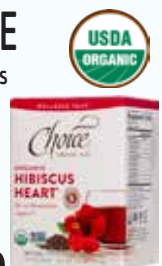
Peanut Butter, Chocolate Chip
Protein Bar
60g.



\$1⁹⁹

CHOICE

Organic Teas
Hibiscus
Heart Tea
16 bags



\$3¹⁹

C2O

Coconut Water
17.5 oz.



\$1⁴⁹
+CRV

BERLIN NATURAL BAKERY

Spelt Bread
Sourdough
24 oz.



\$4³⁹

BETTER THAN BOUILLON

No-Chicken
Soup Base
8 oz.



\$3⁶⁹

MAYA KAIMAL

Split Pea
Everyday
Lentils
10 oz.



\$3¹⁹

PACIFIC RESOURCES INTERNATIONAL

Manuka Honey
Bio Active 20+
1.1 Lb.



\$39⁹⁹

TRIPLE LEAF

Detox Tea
20 bags



\$3⁴⁹

Fair Trade for Valentines!



Fair Trade cocoa is an agricultural product harvested using a certified process which is followed by cocoa farmers, buyers and chocolate manufacturers and is designed to create sustainable incomes for farmers and their families.



Divine Chocolate
Chocolate Hearts \$5.49
2.82 oz



Tony's Chocolonely
Selected Varieties

\$3.39
6 oz



Chocolove
Ruby Cacao Bar, 3.1 oz
Strawberry Chocolate Bar, 3.2 oz \$2.99



Alter Eco
Assorted Truffles 59¢
.42oz



Madecasse
Selected Varieties \$2.69
2.64oz

Supplements that keep your heart healthy!



New Chapter
Wholemega
1000 MG \$23.49
60 CT



New Chapter
CoQ10+
Food Complex \$32.49
30 CT



New Chapter
Blood Pressure
Take Care \$36.49
30 CT

LASSENS
NATURAL FOODS & VITAMINS

FOLLOW US ON
CLOSED ON SUNDAYS

LOCATIONS
FEATURING
DELIS AND
JUICE BARS

- | | | | |
|-------------------------------|--------------------------------|---------------------------------|-----------------------------------|
| FRESNO
559-434-6990 | BAKERSFIELD
661-324-6990 | SAN LUIS OBISPO
805-250-2805 | SANTA MARIA
805-925-3432 |
| SANTA BARBARA
805-683-7696 | VENTURA
805-644-6990 | OXNARD
805-486-8266 | THOUSAND OAKS
805-495-2609 |
| SIMI VALLEY
805-522-6990 | LOS FELIZ (LA)
323-660-0052 | ECHO PARK (LA)
213-542-6535 | MIRACLE MILE (LA)
323-648-7980 |