



# patagonia

## PROVISIONS

Sourced to restore our planet.  
See page 6 for more details.

# LASSENS

NATURAL FOODS & VITAMINS

# SEPTEMBER 2020



**SEPTEMBER  
1<sup>ST</sup> - 5<sup>TH</sup>**

**WEEK 1**



**ORGANIC**  
Green Seedless Grapes

**2 \$5**  
LBS

**WEEK 1**



**ORGANIC**  
Red Seedless Grapes

**2 \$5**  
LBS

**WEEK 1**



**ORGANIC**  
Barlett Pears

**\$1.69**  
lb.

**SEPTEMBER  
7<sup>TH</sup> - 12<sup>TH</sup>**

**WEEK 2**



**ORGANIC**  
Gala Apples

**\$1.69**  
lb.

**WEEK 2**



**ORGANIC**  
Yellow Onions

**99¢**  
lb.

**WEEK 2**



**ORGANIC**  
Green Kale

**4 \$5**  
FOR

**SEPTEMBER  
14<sup>TH</sup> - 19<sup>TH</sup>**

**WEEK 3**



**ORGANIC**  
Romaine Lettuce

**2 \$3**  
FOR

**WEEK 3**



**ORGANIC**  
Russet Potato, 5lb. Bag

**\$3.99**  
ea.

**WEEK 3**



**ORGANIC**  
Barlett Pears

**\$1.69**  
lb.

**SEPTEMBER  
21<sup>ST</sup> - 30<sup>TH</sup>**

**WEEK 4**



**ORGANIC**  
Gala Apple

**\$1.69**  
lb.

**WEEK 4**



**ORGANIC**  
Carrots, 5lb. Bag

**\$3.99**  
ea.

**WEEK 4**



**ORGANIC**  
Green Kale

**4 \$5**  
FOR

# LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON   

CLOSED ON SUNDAYS

**LOS FELIZ (LA)**  
323-660-0052  
2080 Hillhurst Ave.  
Los Angeles CA, 90027

**SAN LUIS OBISPO**  
805-250-2805  
896 East Foothill Blvd  
San Luis Obispo CA 93405

**BAKERSFIELD**  
661-324-6990  
4308 California Ave  
Bakersfield CA, 93309

**VENTURA**  
805-644-6990  
4071 East Main Street  
Ventura CA 93003

**OXNARD**  
805-486-8266  
3471 Saviers Rd  
Oxnard CA, 93033

**ECHO PARK (LA)**  
213-542-6535  
1631 W Sunset Blvd  
Los Angeles CA, 90026

**SANTA MARIA**  
805-925-3432  
1790 S Broadway  
Santa Maria CA, 93454

**THOUSAND OAKS**  
805-495-2609  
2150 E Thousand Oaks Blvd  
Thousand Oaks CA, 91362

**MIRACLE MILE (LA)**  
323-648-7980

**SANTA BARBARA**  
805-683-7696  
5154 Hollister  
Goleta CA, 93111

**SIMI VALLEY**  
805-522-6990  
2955 Cochran St  
Simi Valley CA, 93065

**710 South La Brea Ave**  
Los Angeles CA, 90036



LOCATIONS FEATURING DELI AND JUICE BAR



# LASSENS MEAT DEPARTMENT



Smart Chicken  
Boneless, Skinless Chicken Thighs

**\$7<sup>49</sup>**  
lb.



Star Fisheries  
Star Sword Fish Loin  
Previously Frozen

**\$12<sup>99</sup>**  
lb.



Star Fisheries  
Star Ahi Tuna  
Previously Frozen

**\$9<sup>99</sup>**  
lb.



True Story  
Deli Meats Line 6 oz.

Smoked Turkey Breast, Oven roasted Turkey Breast, Thick Cut Chicken Breast, Uncured Black Forest Ham, Uncured Applewood Smoked Ham

**\$5<sup>99</sup>**  
ea.



Diestel  
Ground Turkey  
94% Lean, 6% Fat, 16 oz.

**\$7<sup>99</sup>**  
ea.



Creekstone  
New York Steak  
Boneless, Non-GMO

**\$14<sup>99</sup>**  
lb.

## FORCE OF NATURE

### Keto Stuffed Peppers

#### INGREDIENTS

- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons avocado oil
- 1 lb Force of Nature Pasture-Raised Ground Pork
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 tablespoon tomato paste
- 1 14.5 oz can diced tomatoes
- 1.5 cups cauliflower rice
- 6 bell peppers tops and cores removed
- 1 cup shredded Monterey jack cheese
- Freshly chopped parsley for garnish



#### INSTRUCTIONS

1. Preheat oven to 400° F.
2. Heat the oil in a large 10.5" skillet over medium high heat. Add the pork and spices to the skillet and brown for 5-7 minutes before adding in the onion and garlic. Cook another 4-5 minutes until the onion starts to soften.
3. Add in the tomato paste, diced tomatoes, and cauliflower rice. Cook 5 minutes, then divide the mixture between the peppers and top with cheese.
4. Wipe out the skillet then place the filled peppers in the skillet, cover and bake for 30 minutes, uncover and bake another 10 until the cheese is bubbly.
5. Top with parsley and serve.



Force of Nature  
Ground Pork  
Pasture-Raised  
16 oz.

**\$7<sup>99</sup>**  
ea.





# SUPPLEMENTS, HEALTH & BEAUTY

## PARADISE HERBS

Optimal Wellness

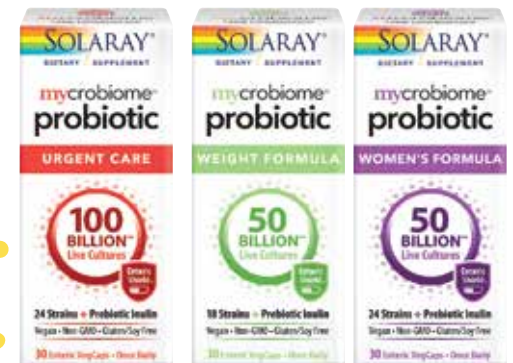
ALL PRODUCTS  
**50% OFF**



## SOLARAY

Probiotics As Unique As You Are

ALL PRODUCTS  
**30% OFF**



## SUN WARRIOR

Plant-Based Super Foods

ALL PRODUCTS  
**20% OFF**



## DR. MERCOLA

Practical Health Solutions

ALL PRODUCTS  
**20% OFF**



## BARLEANS

Supplements for Healthy Living

ALL PRODUCTS  
**20% OFF**



## ACURE

Welcome To  
Skin Wellness

ALL PRODUCTS  
**20% OFF**



## DERMA E

Nature's Solutions To  
Healthy skin

ALL PRODUCTS  
**20% OFF**



## TOPRICIN

Pain Relief Cream  
2 oz.

**\$13<sup>49</sup>**



Also on sale:  
Sports Pain Relief Cream, 3 oz. **\$12.49**



## TEA TREE THERAPY

Antiseptic  
Liquid Soap with  
Tea Tree Oil  
8 oz.

**\$4<sup>49</sup>**



Also on sale:

Vegetable Base Bar Soap With Tea Tree Oil, 3.9 oz. **\$2.99**

## ORGANIC INDIA

Organic  
Psyllium Fiber  
12 oz.

**\$12<sup>99</sup>**



Also on sale:

Organic Moringa Leaf Powder, 8 oz. **\$18.49**

## ONNIT LABS

Alpha Brain  
30 ct.

**\$27<sup>99</sup>**



Also on sale:

Shroom Tech, 28 ct. **\$13.99**

## NEW CHAPTER

LifeShield Immune  
Support  
60 ct.

**\$27<sup>99</sup>**



Also on sale:

LifeShield Immune Support, 120 ct. **\$48.99**

## NATURTINT

Permanent Hair Color  
5N Light Chestnut  
5.6 oz.

**\$10<sup>99</sup>**



Also on sale:

Permanent Hair Color 6N Dark Blonde 5.6 oz. **\$10.99**

## LASSENS ESSENTIAL OILS

French Lavender  
Essential Oil  
1 oz.

**\$6<sup>99</sup>**



Also on sale:

Tea Tree Essential Oil, 1 oz. **\$6.99**

## JARROW FORMULAS

Neuro Optimizer  
120 ct.

**\$37<sup>49</sup>**



Also on sale:

Vision Optimizer, 90 ct. **\$24.49**

## GARDEN OF LIFE

Vitamin Code  
Raw Zinc  
60 ct.

**\$9<sup>49</sup>**



Also on sale:

Oil of Oregano, oz. **\$10.49**

## EMERALD HEALTH

EndoCalm  
60 ct.

**\$31<sup>99</sup>**



Also on sale:

EndoSleep, 60 ct. **\$28.49**

## COUNTRY LIFE

High Potency  
Biotin, 10 mg.  
60 ct.

**\$14<sup>49</sup>**



Also on sale:

Strawberry B12 Gummies, 60 ct. **\$11.49**

## BIOSIL

Biosil Capsules  
60 ct.

**\$26<sup>99</sup>**



Also on sale:

Biosil Liquid, 1 oz. **\$23.99**

## PATCH

Natural Bamboo,  
Hypoallergenic, Fully  
Compostable, Latex Free  
Bandages  
25 ct.

**\$6<sup>49</sup>**



Also on sale:

Kids Bandages, 25 ct. **\$6.49**



## KALAHARI SNACKS

Kalahari Snacks is on a mission to share the centuries-old South African tradition of enjoying beef in its simplest form. The only way to succeed is to never cut corners, always use the highest quality beef, and provide complete transparency for all ingredients and processes.

Biltong is crafted using lean cuts of beef marinated in a blend of simple spices. The strips are air-dried and sliced thin, resulting in tender pieces of meat with NO sugar, gluten, soy, or artificial preservatives.

Grab a bag (or 2!) for your next adventure and never waste a single bite of life!



Air-Dried Beef, Original, 2 oz

**\$4<sup>99</sup>**



Pop Zero Popcorn is a plant-based snack made with a simple list of ingredients including heart-healthy algae oil and pea protein. A better-for-you snack, Pop Zero takes the stress out of snacking with zero saturated fat, artificial ingredients, dairy, preservatives and more. Snackable flavors, including Cinema, Chili Lime, Sea Salt and Cinnamon, are made with non-GMO mushroom kernels that are larger, fluffier and crumble resistant.

Healthy Popcorn  
Sea Salt  
5.5 oz.

**\$3<sup>29</sup>**



## patagonia PROVISIONS™

Patagonia Provisions is in business to save our home planet. Founded in 2012, Patagonia Provisions is a division of outdoor apparel company Patagonia and offers ethically and sustainably sourced food products out of its Sausalito, California-based headquarters. Patagonia Provisions is a member of 1% For The Planet and donates 1% of sales to grass roots environmental non-profit organizations. Also a certified B-Corporation, the company is recognized for reexamining best practices in food sourcing, utilizing regenerative organic growing methods, and working with like-minded advocates and producers to find solutions to the important environmental issues facing the food industry.



Salmon  
Original  
6 oz.

**\$10<sup>99</sup>**

## BOULDER

Kettle Chips  
Hickory BBQ  
5 oz.

**\$1<sup>99</sup>**



## SIR KENSINGTON'S

Avocado Oil  
Mayonnaise  
16 oz.

**\$7<sup>99</sup>**



## BLUE DIAMOND

Unsweetened  
Almondmilk, 64 oz.

**\$4<sup>49</sup>**



## GOOD KARMA

Unsweetened  
Flaxmilk, 64 oz.

**\$3<sup>99</sup>**



## GARDEN OF LIFE

Protein Bar  
Chocolate Fudge  
2.7 oz.

**\$1<sup>99</sup>**



## C20

Coconut Water  
8 Pack  
10.5 fl oz.

**\$7<sup>99</sup>** +crv



## CHOCOLOVE

Dark Chocolate Almond  
& Sea Salt Bar  
3.2 oz.

**\$2<sup>29</sup>**



## DANG

Crazy Rich  
Chocolate Bar  
1.4 oz.

**\$1<sup>59</sup>**



## LARABAR

Peanut Butter  
Chocolate Chip Bar  
1.6 oz.

**99¢**



## MAMMA CHIA

Organic  
Black Chia Seed  
12 oz.

**\$4<sup>99</sup>**



## BARNEY BUTTER

Crunchy  
Almond Butter  
16 oz.

**\$10<sup>99</sup>**



## BEANITOS

Black Bean Chips  
Sea Salt  
6 oz.

**\$2<sup>19</sup>**



## PIPCORN

Cheddar Jalapeno  
Cheese Balls  
4.5 oz.

**\$2<sup>99</sup>**



## FOOD SHOULD TASTE GOOD

Blue Corn  
Tortilla Chips  
5.5 oz.

**\$2<sup>19</sup>**



## CALIFIA FARMS

Iced Coffee with  
Almond Milk  
10.5 oz.

**\$2<sup>39</sup>** +crv



## KOIA

Vanilla Bean  
Protein Drink  
12 oz.

**\$3<sup>19</sup>** +crv



## R W GARCIA

Yellow Corn Chips  
8.25 oz.

**\$3<sup>89</sup>**



## RX BAR

Oats, Maple Cups  
2.18 oz.

**\$2<sup>59</sup>**



## RX BAR

Protein Bar  
Chocolate Sea Salt  
1.83 oz.

**\$1<sup>99</sup>**



## NEW PRIMAL

Classic  
Beef Stick  
1 oz.

**\$1<sup>49</sup>**



## LIFEWAY

Organic Kefir  
Plain  
32 oz.

**\$4<sup>89</sup>**



## KITU

Super Creamer  
Coffee Creamer  
Hazelnut  
25.4 oz.

**\$4<sup>89</sup>**



## RX BAR

Honey Cinnamon  
Peanut Butter  
1.13 oz.

**\$1<sup>39</sup>**



## HIGH BREW COFFEE

Cold Brew Cofee  
Mexican Vanilla  
8 oz.

**\$1<sup>99</sup>** +crv





## BELA-OLHAO

Sardines In  
Olive Oil  
4.25 oz.



**\$2<sup>79</sup>**

## CASCADIAN FARM

Cherry Berry Blend  
32 oz.



**\$9<sup>99</sup>**

## MIYOKOS

Double Cream  
Classic Chive  
Vegan Cheese, 6.5 oz



**\$6<sup>99</sup>**

## THEO

Dark Chocolate Bar  
Salted Almond  
3 oz.



**\$2<sup>69</sup>**

## KNUDSEN

Organic  
Cranberry Juice  
32 oz.



**\$7<sup>99</sup>**  
+crv

## BASE CULTURE

Keto Bread  
16oz.



**\$6<sup>99</sup>**

## COOLHAUS

Ice Cream Sandwich  
Chocolate Chip  
5.8 oz.



**\$3<sup>49</sup>**

## GOOD CULTURE

Cottage Cheese  
Original  
16 oz.



**\$5<sup>79</sup>**

## SO DELICIOUS

Dairy Free Frozen Dessert  
Salted Caramel Cluster  
Cashewmilk, 1 pt.



**\$4<sup>99</sup>**

## HOPE HUMMUS

Hummus  
Original  
8 oz.



**\$3<sup>19</sup>**

## UDIS

Classic Hot Dog Buns  
12.9 oz.



**\$4<sup>29</sup>**

## WILDBRINE

Kimchi  
Korean  
18 oz.



**\$4<sup>99</sup>**

## MATCHABAR

Mint Matcha  
10 oz.



**\$2<sup>89</sup>**  
+crv

## SUJA

Mighty Green  
Juice  
12 oz.



**\$2<sup>99</sup>**  
+crv

## HEALTH-ADE

Kombucha  
Bubbly Probiotic Tea  
Ginger-Lemon  
16 oz.



**\$2<sup>99</sup>**  
+crv

# PANTRY Essentials

## MAYA KAIMAL

Red Coconut  
Lentils  
10 oz.



**\$3<sup>69</sup>**

## ANNIE'S HOMEGROWN

Mac & Cheese  
Vegan, 6 oz.



**\$1<sup>99</sup>**

## GRAIN TRUST

Brown Rice  
30 oz.



**\$3<sup>89</sup>**

## PACIFIC FOODS

Organic  
Vegetable Broth  
32 oz.



**\$2<sup>99</sup>**

## NATIVE FOREST

Coconut Milk  
Unsweetened  
13.5 oz.



**\$2<sup>29</sup>**

## PARMELA

Plant-Based  
Shredded  
Cheddar Cheese  
7 oz.



**\$4<sup>49</sup>**

## PRIMAL KITCHEN

Mayonnaise  
With  
Avocado Oil  
12 oz.



**\$7<sup>19</sup>**

## SAN J

Organic Tamari  
Low Sodium  
Soy Sauce, 10 oz.



**\$3<sup>99</sup>**

## MUIR GLEN

Roasted Garlic  
Pasta Sauce  
25.5 oz.



**\$2<sup>99</sup>**

## SIP-WORTHY Herbal Teas

For thousands of years in the East, tea was regarded as an important component to good health, happiness and wisdom which still holds true to this day around the world. Each of our many tea varieties are blended for a delicious, vibrant taste. A wonderful way to start your morning or end your day. Indulge today in the exciting blends we offer on sale this month from Tazo, Yogi, Teeccino and Pukka Herbs.

## TAZO TEA

Chai Black Tea  
20 Bags

**\$4<sup>99</sup>**



## PUKKA HERBS

Love Tea  
20 Bags

**\$4<sup>39</sup>**



## YOGI TEA

Organic Ginger Tea  
16 Bags

**\$3<sup>79</sup>**



## TEECCINO

Herbal Coffee  
French Roast, 11 oz.

**\$7<sup>99</sup>**





# LASSENS FRESH KITCHEN



## Blueberry KETO Smoothie

Vanilla Unsweetened Almond Milk, Organic Avocado, Organic Blueberries, Nutiva Organic MCT Oil, Nuzest Vanilla Protein.

**\$6<sup>99</sup>**  
16oz



## Wellness Tonic

Organic Kale, Organic Apples, Organic Ginger, Organic Turmeric, Organic Cayenne Pepper, Organic Lemon, Organic Wheat Grass.

**\$4<sup>99</sup>** 16oz  
**\$5<sup>99</sup>** 24oz



Made Fresh Daily!



## Ginger Chicken Salad

Textured Soybean Protein, Water, Soybean Oil, Wheat Protein, Tapioca Starch, Soy Sauce, Raw Cane Sugar, Sea Salt, Sesame Oil, Ginger Slices, Natural Vegan Flavor, White Pepper Powder, Chillies, Org Basil, Org Carrots, Org Broccoli, Org Cauliflower.

**\$10<sup>99</sup>**  
lb



Made Fresh Daily!



## Curry Chicken Salad

Smart Organic Chicken, Organic Apples, Organic Raisins, Slivered Almonds, Organic Celery, Mayonnaise, Curry Powder.

**\$8<sup>99</sup>**  
lb



Field Roast Smoked Tomato Deli Slices, Vegan Daiya Provolone Cheese, Organic Sauerkraut, Organic Vegan Thousand Island Dressing, Half Organic Avocado, Caramelized Onions, On Rye Bread

**\$8<sup>99</sup>**  
ea



**Karma Bakery**  
See in store for ingredient listing.

Carrot Cake Bar.....  
Red Velvet  
Cake Slice.....

**\$4<sup>99</sup>**  
**\$5<sup>99</sup>**



## COMMUNITY PLUS REWARDS CARD

THE PLUS CARD GIVES YOU ACCESS TO EXCLUSIVE COMMUNITY OFFERS AS WELL AS MONTHLY COUPONS, WEEKLY SPECIALS, COMMUNITY ONLY OFFERS, FLASH SALES AND SO MUCH MORE!



Earn points when you shop!  
Get 1% cashback with every dollar you spend.

It's easy and free to sign up!  
**INQUIRE WITH OUR CASHIERS TODAY!**



## KALE, PEAR AND GORGONZOLA SALAD

- 3 cups kale (**ON SALE!**) de-stemmed, washed and torn
- 1 pear (**ON SALE!**) sliced thinly
- 2 tablespoons dried cranberries
- 2 tablespoons candied pecans
- 3 tablespoons Gorgonzola cheese crumbled

### Honey-Apple Vinaigrette Dressing

- 2 tablespoons honey
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Salad

In a bowl, place the salad greens. Add the pear slices, cranberries, candied pecans and gorgonzola cheese on top - if you'd like, toss the toppings together in a bowl first then sprinkle on top of greens.

Honey-Apple Vinaigrette Dressing

Whisk the ingredients together and pour over the salad.

Enjoy!

FOR MORE GREAT RECIPES USING OUR NATURAL AND ORGANIC INGREDIENTS VISIT:

[WWW.LASSENS.COM/BLOG](http://WWW.LASSENS.COM/BLOG)