

LAGSENS

NATURAL FOODS & VITAMINS

March 2023

TCHO

Tcho's source means chocolate, fair & square. Small batch artisan chocolate made in Berkley, Ca. They provide fair trade farmers the right tools to make the best cacao in the world.

> \$249 2.5 oz

LASSENS FRESH KITCHEN



Green Monster Juice

Organic kale, Organic spinach, Organic parsley, Organic cucumber, Organic celery

\$849 \$1049 _{24 oz.}



Peanut Butter Power Smoothie

Organic Almond Milk, Organic Banana, Organic Peanut Butter, Coconut Ice Cream



Organic Cage-Free Eggs, Natural

Cheddar Cheese, Organic Spinach, Organic Hash Browns. Organic Flour

Breakfast Burrito



Egg Salad Sandwich

Organic Cage Free Eggs, Non-Gmo Mayonnaise, Salt, Organic Black Pepper, Organic Whole Wheat Bread, Organic Lettuce, Organic Tomato, Organic Alfalfa Sprouts



Chicken Soup

Organic Chicken Stock, Organic Chicken, Onion, Organic Carrot, Celery, Organic Dill, Olive Oil, Sea Salt, Organic Black Pepper.



Made Fresh Daily!

Sriracha Kale Salad

Organic Kale, Organic Cherry Tomatoes, Parmesan Vegan Cheese, Organic Vegenaise, Organic Sriracha Organic Lemon Juice, Organic Black



Made Fresh Daily!

Chicken Salad

Organic Chicken, Organic Celery, Non-GMO Mayonnaise.





Chicken **Enchiladas Dinner**

Organic Corn Tortillas, Organic Chicken, Cheddar Cheese, Red Enchilada Sauce, Salt.



See Store For Ingredients.



LASSENS SUPPLEMENTS, HEALTH & BEAUTY

ANDALOU NATURALS

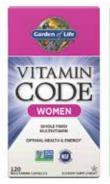
Empowering Women

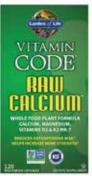




GARDEN OF LIFE

Vitamin Code Whole Food Multivitamin Women 120 ct.





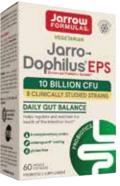
\$36⁴⁹

Also on sale: Vitamin Code Raw Calcium, 120 ct. \$41.99

JARROW FORMULAS

Fem Dophilus Advanced Shelf Stable Probiotic 30 ct.





LASSENS

Sinus Blaster Spray 1 oz.



\$**31**99

Also on sale:
Jarro-Dophilus EPS Shelf Stable Probiotic, 60 ct.

\$1199

Also on sale: Chlorophyll Alcohol-Free Tincture, 1 oz. \$8.99

PLUS CBD BY CV SCIENCES

Daily Balance 10 mg. CBD Gummies, Cherry Mango 30 ct.





relief

Also on sale: Relief CBDA 15 mg. 30 ct. \$27.99

RADIUS

Peppermint Mint Floss With Coconut Oil 1ct.





Also on sale:
Big Kidz Forever Toothbrush, 1 ct.
\$6.49

TEA TREE THERAPY

Pure Tea Tree Oil 1 oz.





\$999

Also on sale: Tea Tree Oil Liquid Hand Soap 8 oz. **\$5.49**

NATR**®**L.



Melatonin 10 mg. Tablets Citrus 60 ct. \$9.49 Melatonin Gummies 10 mg. Strawberry, 90 ct. \$11.99 Does Daylight Savings Time have your sleep out of whack? Stay on track with the help of Natrol Melatonin, the #1 drug-free sleep aid brand^.

Even when the clocks change, Natrol Melatonin can help. Natrol Melatonin helps reset your natural sleep cycle so you can fall asleep faster and stay asleep longer †.

Get Natrol Melatonin and sleep better tonightt, rest assured.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

^Nielsen, xAOC, 52 weeks ending 9/30/23, Sleep Aid Supplements



The first of its kind to be certified by the USDA BioPreferred® program, Naturtint Permanent hair color is formulated to provide you with better, easy-to-use at-home hair color and up to 100% gray coverage! With a passion for better beauty standards and scientific innovation, Naturtint replaces many synthetic ingredients with naturally derived alternatives. All Naturtint formulas are enriched with plant and seed oils for shiny radiant hair results you can feel good about. Free from ammonia, heavy metals, parabens, resorcinol, and synthetic propylene glycol, and always vegan and cruelty-free!

3N Dark Chestnut Brown or 5N Light Chestnut Brown Permanent Hair Color Gel, 5.75 oz. **\$14.99**

NEW CHAPTER

Magnesium+Ashwagandha 30 ct.







\$**13**⁴⁹

Also on sale:
One Daily Every Woman's Multivitamin 55+
72 ct. \$59.99

PHILLIP ADAM

Apple Cider Vinegar Shampoo 12 oz.







\$15⁹⁹

Also on sale: Apple Cider Vinegar Conditioner, 12 oz. **\$15.99**

YERBA PRIMA

Psyllium Husks Powder 12 oz.



\$1549





Also on sale: Psyllium Whole Husks 12 oz. **\$15.49**

GIOVANNI

\$**Q**49

Smoothing Castor Oil Shampoo 13.5 oz.





DAVIDS

Fluoride Free Peppermint Toothpaste 5.25 oz.



\$8

\$**R**49





0 atural caffeine



HALFDAY Green Tea With Honey & Ginseng 12 oz. **\$1.99**





GluteNull

Glutenull is a family business and a community of like-minded people, run by the Golden Rule of 'What you do not wish upon yourself, extend not to others'. Our products contain the finest Non-GMO ingredients and what we sell to our customers, is also on the kitchen table of our families and friends. Glutenull Bakery is a dedicated Gluten Free certified facility and source only from trusted growers. Our business is Non-GMO verified, helping preserve our environment. On sale this month in our stores!



Dressing



\$399





Sleepytime Extra, Wellness Tea, 20 Bags



\$**3**69



Skinless Boneless Sardines, 3.75 oz.



\$269



Balsamic Vinegar

16.9 oz.



\$499



DENIGRIS



Extreme Dark Dark Chocolate



\$**2**99

EPIC PROVISIONS

Smoked Maple Salmon Bites



WCIN OLIVE OR

\$499

BEYOND GOOD

80% Cocoa



2.64 oz.

\$**7**99



Pure Dark Chocolate



HEALTHY HIPPO

Sour Keys Gummies



\$329

IMAGINE

Free Range Chicken Broth





JIM'S

Organic Ground Coffee Jo-jo's Java 12 oz.





EDWARD & SONS

Bouillon, Not Chick'n 2.5 oz.



\$199

LUCINI Extra Virgin Olive Oil 16.9 oz.



\$1899







NEOLEA

Extra Virgin Olive Oil 16.9 oz.



Veole

NICK'S **Choklad Peanot Bar**

1.76 oz.



OCHO

Egg Shaped Milk Chocolate with Peanut Butter 3.5 oz.









Recipe

Vegan Curry

INSTRUCTIONS:

- 1. Heat the oil in a sauté pan over medium-high heat. Once hot, add the cumin and mustard seeds and cook until popping and cumin seeds start to turn golden. Add the garlic, ginger, and serrano peppers, and cook for 90 seconds, stirring frequently. Add the turmeric, coriander, paprika, cinnamon, nutmeg and curry leaves or substitutes and cook for 30 seconds.
- 2. Deglaze the pan by pouring in the coconut milk, scraping up any browned bits. Add the tomato sauce and sugar and bring to a simmer. Simmer for 3 minutes.
- 3. Add the cauliflower, salt, and pepper, and spoon the curry over the cauliflower. Cover the pan with a lid and adjust the heat to maintain a decent simmer. Cook for 12 to 13 minutes, opening the pan to stir occasionally, until the cauliflower is tender.
- 4. Bring a large pot of water to a boil. Drain the defrosted tofu. Squeeze out as much excess water as you can. Slice tofu vertically into 4 slabs. Slice each slab in half, so you have 8 vertical slabs. From there, chop the tofu into cubes. Boil the tofu. Add 2 teaspoons sea salt. Once the water comes back to a boil, boil the tofu for 2 minutes. Scoop out the tofu using the slotted spoon and drain well.
- 5. When the cauliflower is tender, add the garam masala and spinach to the curry. Stir and briefly cook until the spinach is wilted. Add the boiled tofu into the curry and toss to combine. Turn off the heat, stir in the lemon juice and cilantro, add salt to taste. Serve over rice.



INGREDIENTS:

- 2 tablespoons Lassens avocado oil
- 2 teaspoons cumin seeds
- 2 teaspoons black mustard seeds
- 6 cloves garlic, minced
- 2- inch piece fresh ginger, minced
- 1 to 3 serrano peppers, diced (optional)
- 11/2 teaspoons coriander
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- around 15 curry leaves, Bay Leaves or Basil
- 1 can full-fat coconut milk
- 1 can tomato sauce
- 1 tablespoon organic cane sugar
- 1 small cauliflower head, cut into small florets
- 11/2 teaspoons kosher salt
- Freshly cracked black pepper to taste
- 1 block of extra-firm tofu
- 2 teaspoons sea salt
- · 2 teaspoons garam masala
- 3 cups baby spinach, chopped
- 1/2 to 1 tablespoon freshly squeezed lemon juice
- 1 cup cilantro leaves



\$**7**99



SIMPLY ORGANIC

Garlic Powder(0) 5.99 oz.



\$599





UNREAL

Dark Chocolate Coconut Bar Bag



WATERLO0 Lime Sparkling Water 12 Pack



AMERICAN FLATBREAD Vegan Harvest Flatbread, 10.2 oz.



\$959

CHOBANI

Greek Yogurt, Strawberry



\$169

FOODIES

Original Pumfu, 8 oz.





\$549

GARDEIN

Meatless Meatballs, 12.7 oz.



KEVITA Lemon Cayenne Probiotic Refresher 15.2 oz.



\$299



MIYOKOS Plant Milk Butter

8 oz.







Low Fat Cottage Cheese



\$489

NOOSA

Frozen Yoghurt Gelato Chocolate Fudge 14 oz.



2.5 oz.

Peanut Butter Bar

PERFECT FOODS BAR





TRULY GRASS FED **Natural Creamy Butter** Unsalted, 8 oz.



\$**3**79

BLUE DIAMOND

Almond Breeze Vanilla Unsweetened 64 oz.







LASSENS MEAT DEPARTMENT



First Light Wagyu Corned Beef



First Light Boneless Wagyu Flat Iron Steak



Star Fisheries Mahi Mahi Fillet





Lassens **Natural Ground Turkey**



Smart Chicken Organic Whole Chicken



Smart Chicken Organic Chicken Sausage Sweet Italian, 12 oz.





\$599

Beeler's Non GMO Spiral Sliced Smoked Ham



Beeler's Non GMO Spiral **Sliced Honey Ham**

\$599



Beeler's **Hickory Smoked** Stack Pack Bacon, 16 oz.



Kevin's Natural Korean BBQ Chicken Cooked, 16 oz.

LASSENS ALWAYS 100% ORGANIC PRODUCE

MARCH 1ST - 9TH



ORGANIC Celery



ORGANIC Yellow Onions



ORGANIC Navel Oranges



MARCH 11TH - 16TH



Granny Smith Apples



Fuji Apples



Green Kale

MARCH 18TH - 23RD









\$149 **ORGANIC Russet Potatoes**

MARCH 25TH - 30TH









LOS FELIZ (LA) V 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 V 805-925-3432 1790 S Broadway Santa Maria CA, 93454

THOUSAND OAKS ₹ 2150 E Thousand Oaks Blvd Thousand Oaks CA, 91362 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

MIRACLE MILE (LA) \$ 323-648-7980

LOCATIONS FEATURING DELI AND JUICE BAR