



LASSENS

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**
16 oz. 24 oz.



Peanut Butter Power Smoothie

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

\$8⁴⁹ **\$10⁴⁹**
16 oz. 24 oz.

Breakfast Burrito

Organic Cage-Free Eggs, Natural
Cheddar Cheese, Organic Spinach,
Organic Hash Browns. Organic Flour
Tortilla.

\$7⁹⁹
ea.



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

\$9⁹⁹
ea.



Chicken Soup

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

\$8⁴⁹
ea.



*Made
Fresh Daily!*

Sriracha Kale Salad

Organic Kale, Organic Cherry
Tomatoes, Parmesan Vegan Cheese,
Organic Veganaise, Organic Sriracha
Organic Lemon Juice, Organic Black
Pepper, Sea Salt.

\$11⁹⁹
lb.



*Made
Fresh Daily!*

Chicken Salad

Organic Chicken, Organic Celery,
Non-GMO Mayonnaise.

\$14⁹⁹
lb.



Chicken Enchiladas Dinner

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

\$11⁴⁹
ea.



Carrot Cheesecake Slice

See Store For Ingredients.

\$6⁴⁹
4 oz.



LASSENS SUPPLEMENTS, HEALTH & BEAUTY

ANDALOU NATURALS

Empowering Women

ALL PRODUCTS
25%
OFF



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.



\$31⁹⁹

Also on sale:
Jarro-Dophilus EPS Shelf Stable Probiotic, 60 ct.
\$22.99

LASSENS

Sinus Blaster Spray
1 oz.



\$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.



\$26⁴⁹

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

RADIUS

Peppermint Mint Floss
With Coconut Oil
1 ct.



\$3⁴⁹

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**

NATROL®



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 tonight†, rest assured.

Melatonin 10 mg. Tablets Citrus 60 ct. **\$9.49**
Melatonin Gummies 10 mg. Strawberry, 90 ct. **\$11.99**

†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

NATURTINT®



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.

ADDITIONAL ITEMS ON SALE!



\$13⁴⁹

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

PHILLIP ADAM

Apple Cider Vinegar Shampoo 12 oz.

ADDITIONAL ITEMS ON SALE!



\$15⁹⁹

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

YERBA PRIMA

Psyllium Husks Powder 12 oz.

ADDITIONAL ITEMS ON SALE!



\$15⁴⁹

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

GIOVANNI

Smoothing Castor Oil Shampoo 13.5 oz.



\$9⁴⁹

DAVIDS

Fluoride Free Peppermint Toothpaste 5.25 oz.



\$8⁴⁹

HALFDAY

Good for your gut!

Green tea
with honey & ginseng

3g sugar

P
paleo

😊
natural caffeine

🌿
organic tea

A better-for-you, gut-healthy iced tea made with prebiotics, lots of flavor, and way less sugar. Just refreshment with benefits.

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!

<div><div>BRIANNAS</div><div>Real French Vinaigrette Dressing</div><div>10 oz.</div></div> <div></div> <div><div></div><div>\$3⁹⁹</div></div>	<div><div>CELESTIAL SEASONINGS</div><div>Sleepytime Extra, Wellness Tea, 20 Bags</div></div> <div></div> <div><div></div><div>\$3⁶⁹</div></div>	<div><div>CROWN PRINCE</div><div>Skinless Boneless Sardines, 3.75 oz.</div></div> <div></div> <div><div></div><div>\$2⁶⁹</div></div>	<div><div>DE NIGRIS</div><div>Balsamic Vinegar</div><div>16.9 oz.</div></div> <div></div> <div><div></div><div>\$4⁹⁹</div></div>	<div><div>ENDANGERED SPECIES</div><div>Extreme Dark Chocolate</div><div>3 oz.</div></div> <div></div> <div><div></div><div>\$2⁹⁹</div></div>	
<div><div>EPIC PROVISIONS</div><div>Smoked Maple Salmon Bites</div><div>2.5 oz.</div></div> <div></div> <div><div></div><div>\$4⁹⁹</div></div>	<div><div>BEYOND GOOD</div><div>Pure Dark Chocolate</div><div>80% Cocoa</div><div>2.64 oz.</div></div> <div></div> <div><div></div><div>\$2⁹⁹</div></div>	<div><div>HEALTHY HIPPO</div><div>Sour Keys Gummies</div><div>1.8 oz.</div></div> <div></div> <div><div></div><div>\$3²⁹</div></div>	<div><div>IMAGINE</div><div>Free Range Chicken Broth</div><div>32 oz.</div></div> <div></div> <div><div></div><div>\$3⁷⁹</div></div>	<div><div>JIM'S</div><div>Organic Ground Coffee</div><div>Jo-Jo's Java</div><div>12 oz.</div></div> <div></div> <div><div></div><div>\$14⁴⁹</div></div>	<div><div>EDWARD & SONS</div><div>Bouillon, Not Chick'n</div><div>2.5 oz.</div></div> <div></div> <div><div></div><div>\$1⁹⁹</div></div>
<div><div>LUCINI</div><div>Extra Virgin Olive Oil</div><div>16.9 oz.</div></div> <div></div> <div><div></div><div>\$18⁹⁹</div></div>	<div><div>MUIR GLEN</div><div>Tomato & Basil Pasta Sauce</div><div>23.5 oz.</div></div> <div></div> <div><div></div><div>\$2⁷⁹</div></div>	<div><div>NEOLEA</div><div>Extra Virgin Olive Oil</div><div>16.9 oz.</div></div> <div></div> <div><div></div><div>\$14⁴⁹</div></div>	<div><div>NICK'S</div><div>Choklad Peanut Bar</div><div>1.76 oz.</div></div> <div></div> <div><div></div><div>\$2⁴⁹</div></div>	<div><div>OCHO</div><div>Egg Shaped Milk Chocolate with Peanut Butter</div><div>3.5 oz.</div></div> <div></div> <div><div></div><div>\$3⁴⁹</div></div>	<div><div>ONCE AGAIN</div><div>Smooth Peanut Butter</div><div>16 oz.</div></div> <div></div> <div><div></div><div>\$6⁹⁹</div></div>

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)
- 1 1/2 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
- 1 1/2 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

SAN J
Organic
Tamari Whole
20 oz.



\$7⁹⁹

SIMPLY ORGANIC
Garlic Powder(O)
Oz 3.64
5.99 oz.



\$5⁹⁹

TONNINO
Yellowfin Tuna in
Olive Oil
6.7 oz.



\$6⁹⁹

UNREAL
Dark Chocolate Coconut Bar Bag
4.2 oz.



\$4⁹⁹

WATERLOO
Lime Sparkling Water
12 Pack
12 oz.



\$4⁹⁹
+crv

AMERICAN FLATBREAD
Vegan Harvest Flatbread, 10.2 oz.



\$9⁵⁹

CHOBANI
Greek Yogurt, Strawberry
5.3 oz.



\$1⁶⁹

FOODIES
Original Pumfu, 8 oz.



\$5⁴⁹

GARDEIN
Meatless Meatballs, 12.7 oz.



\$4⁸⁹

KEVITA
Lemon Cayenne
Probiotic Refresher
15.2 oz.



\$2⁹⁹
+crv

MIYOKOS
Plant Milk Butter
8 oz.



\$4⁹⁹



NANCYS
Low Fat Cottage Cheese
16 oz.



\$4⁸⁹

NOOSA
Frozen Yoghurt Gelato
Chocolate Fudge
14 oz.



\$4⁷⁹

PERFECT FOODS BAR
Peanut Butter Bar
2.5 oz.



\$2⁴⁹

TRULY GRASS FED
Natural Creamy Butter
Unsalted, 8 oz.



\$3⁷⁹

BLUE DIAMOND
Almond Breeze
Vanilla
Unsweetened
64 oz.



\$3⁹⁹

LASSENS MEAT DEPARTMENT



First Light
Wagyu Corned Beef

\$13⁹⁹
lb.



First Light
Boneless Wagyu Flat Iron Steak
8 oz.

\$10⁴⁹
ea.



Star Fisheries
Mahi Mahi Fillet

\$14⁹⁹
lb.



Lassens
Natural Ground Turkey
16 oz.

\$7⁹⁹
ea.



Smart Chicken
Organic Whole Chicken

\$4⁴⁹
lb.



Smart Chicken
Organic Chicken Sausage
Sweet Italian, 12 oz.

\$7⁹⁹
ea.



Beeler's
Non GMO Spiral
Sliced Smoked Ham

\$5⁹⁹
lb.



Beeler's
Non GMO Spiral
Sliced Honey Ham

\$5⁹⁹
lb.



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

\$9⁹⁹
ea.



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

\$9⁴⁹
ea.

LASSENS ALWAYS 100% ORGANIC PRODUCE

**MARCH
1ST - 9TH**



**MARCH
11TH - 16TH**



**MARCH
18TH - 23RD**



**MARCH
25TH - 30TH**



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