



FOODS FOR LIVING



NATURAL • FRESH • ORGANIC



RXBAR

Protein Bars
Asstd. Varieties
1.83 oz



5/\$10
Save 31%

LIFEWAY

Lowfat Kefir Cultured
Milk Smoothie
Asstd. Varieties
32 oz



2/\$6
Save 37%

CHOICE ORGANIC TEAS

Organic
Herbal Tea
Asstd. Varieties
16 bags



2/\$8
Save 25%

CUP 4 CUP

Gluten Free
Flour
3 lb



\$14.99
Save over \$3.00!

HARMLESS HARVEST

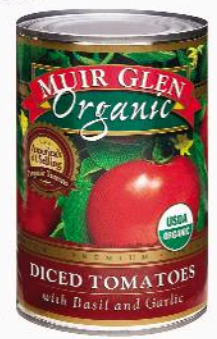
Organic
Coconut Water
16 oz



\$3.99
Save 39%

MUIR GLEN ORGANIC

Organic Premium
Tomatoes
Asstd. Varieties
14.5 oz



2/\$3
Save 38%

January 1 - 31, 2018



Fresh & Frozen

SIGGI'S
Non-Fat Yogurt
Asstd. Varieties
24 oz



\$4.99
Save 26%

NASOYA
Organic Tofu
Asstd. Varieties
14 oz



\$2.29
Save 24%

PERFECT FOODS
Gluten Free Vegan
Protein Bars
Asstd. Varieties
2.3 oz



\$2.29
Save 31%

MARIA & RICARDO'S
Tortillas
Asstd. Varieties
8 ct / 12.4 oz



\$2.99
Save 38%

CALIFIA
Creamer
Asstd. Varieties
32 oz



\$4.99
Save 28%

LIGHTLIFE
Organic
Tempeh
Asstd. Varieties
8 oz



2/\$6
Save 25%

CASCADIAN FARM
Frozen Organic Premium
Vegetables
Asstd. Varieties
10 oz



2/\$5
Save 25%

RUDI'S
Organic Bread
Asstd. Varieties
22 oz



\$3.99
Save 30%

FARMWISE
Broccoli and
Sweet Potato
Veggie Fries
14 oz



\$4.39
Save 27%

DR. PRAEGER'S
Veggie
Burgers
Asstd.
Varieties
11 oz



\$3.99
Save 29%

WOODSTOCK
Organic Frozen Fruit
Asstd. Varieties
10 oz



\$4.99
Save \$2.00!

VAN'S ALL NATURAL
Organic Waffles
Asstd.
Varieties
8.5 oz



\$2.99
Save 32%

Snacks

GIMME

Seaweed Thins
Asstd. Varieties
0.77 oz



\$3.29
Save 18%

BARNANA

Organic
Banana Bites
Asstd. Varieties
3.5 oz



\$4.49
Save \$1.00!

BIENA

Chickpea
Snacks
Asstd. Varieties
1.2 oz



\$1.19
Save 26%

BOULDER CANYON

Natural Chips
Asstd. Varieties
5 oz



\$2.99
Save 22%

MADE IN NATURE

Figgy Pops
Asstd. Varieties
4.2 oz



\$3.99
Save 29%

ENJOY LIFE

Plentils
Light Sea Salt
4 oz



\$2.99
Save 22%

PAMELA'S

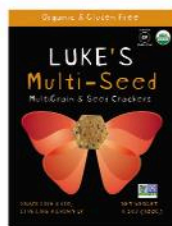
Gluten Free
Graham
Crackers
7.5 oz



\$4.29
Save 25%

LUKE'S ORGANIC

Organic
Crackers
Asstd. Varieties
3.5 oz



\$2.99
Save 26%

MILTON'S

Gluten Free
Baked Crackers
Asstd. Varieties
4.5 oz



\$2.99
Save 19%

LUNDBERG

Organic
Rice Cakes
Asstd. Varieties
8.5 oz



\$3.39
Save \$1.00!

SKINNY DIPPED

Dipped Almonds
Asstd. Varieties
3.5 oz



\$4.29
Save 28%

EDEN

Popcorn
Popping Kernels
20 oz



\$4.49
Save 16%





HOT DEALS

Healthy Bargains

ANNIE'S
Mac & Cheese
Asstd. Varieties
6 oz



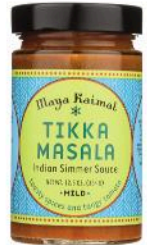
2/\$3
Save 47%

McCANN'S
Irish Oatmeal
Steel Cut
28 oz



\$7.49
Save 28%

MAYA KAIMAL
Indian Simmer
Sauce
12.5 oz



\$4.59
Save 23%

GRATIFY
Gluten Free
Pretzel Sticks
14.1 oz



\$4.59
Save 20%

KOYO RAMEN
Organic Ramen
Noodles
Asstd. Varieties
2.1 oz



5/\$5
Save 29%

NURTURME
Baby Food
Asstd. Varieties
3.5 oz



\$1.19
Save 26%

JOVIAL
Organic
Gluten Free
Pasta
Asstd. Varieties
12 oz



\$3.69
Save \$1.00!

THE VINE
Marinara Sauce
Asstd. Varieties
25 oz



\$8.19
Save \$2.00!

FAMILIA
Original
Swiss Muesli
32 oz



\$6.49
Save 27%

STACY'S
Pita Chips
Asstd. Varieties
7.3 oz



\$2.59
Save 24%

TASTY BITE
Indian Entree
Asstd. Varieties
10 oz



2/\$5
Save 38%

BAKERY ON MAIN
Instant Oatmeal
Asstd. Varieties
10.5 oz



\$4.99
Save \$1.00!

Natural & Organic

WILD PLANET

Wild Alaskan Pink Salmon
Boneless & Skinless
6 oz



\$3.99
Save \$1.00!

ORGANICVILLE

Organic Gluten Free
Non Dairy Dressing
Asstd. Varieties
8 oz



\$3.39
Save 21%

BIOTTA

Organic
Beet Juice
16.9 oz



\$4.99
Save 26%

UPLOAD

Infused Tea
Asstd. Varieties
16 oz



\$1.79
Save 26%

NATIVE FOREST

Organic Classic
Coconut Milk
13.5 oz



\$2.69
Save 19%

NEAT

Vegan Egg
Substitute
4.5 oz



\$4.99
Save \$2.00!

XOCHITL

Mexican Style
Tortilla Chips
Asstd. Varieties
16 oz



\$4.69
Save \$1.00!

GREEN MOUNTAIN

GRINGO
Salsa
Asstd. Varieties
16 oz



\$4.99
Save 16%

ALESSI

Organic Farro
Medium Grain
Pearled
16 oz



\$4.29
Save 22%

WHOLESDOME SWEETENERS

Organic
Pancake Syrup
20 oz



\$5.79
Save 21%

CELTIC

Celtic
Sea Salt
Light Grey
1 lb



\$3.99
Save 26%

NATURE'S HOLLOW

Preserves
Asstd. Varieties
10 oz



\$5.29
Save 21%



Supplements

**January
Line Drives**

now

30% off

SOLGAR

Since 1947
VITAMIN AND HERB

25% off

Carlson

25% off

KYOLIC
Curcumin
50 capsules



\$24.99
Save 22%

SIMILASAN
Homeopathic
Eye Drops
Asstd. Varieties
.33 oz



\$9.69
Save 34%

NOW
Liver Detoxifier &
Regenerator
90 capsules



\$16.79
Save 30%

SOLGAR
Omega-3 950 mg
100 softgels



\$26.99
Save 25%

CARLSON
Mini-Multi
180 small tablets



\$25.99
Save 25%

PLANTFUSION
Complete
Plant Protein
Asstd. Varieties
1 lb



\$26.99
Save \$5.00!

LIDDELL
Sinus Congestion
+ Headache
1 oz



\$11.49
Save 24%

SOLGAR
Megasorb
CoQ-10
60 softgels



\$26.49
Save 25%

GARDEN OF LIFE
Dr. Formulated
Prenatal Probiotics
30 capsules



\$17.49
Save 30%

NATURE'S WAY
Umcka®
Cold Care
Asstd. Varieties
4 oz



\$12.49
Save 27%

THAYERS
Slippery Elm
Lozenges
150 lozenges



\$9.59
Save 24%

HEALTH PLUS
Super
Colon Cleanse
120 capsules



\$10.99
Save \$3.00!

CARLSON
Super
Omega-3
130 softgels



\$19.19
Save 25%

NOW
Respir-All
60 tablets



\$16.79
Save 30%

TERA'S WHEY
Whey Protein
Powder
Asstd. Varieties
12 oz



\$32.49
Save \$5.00!

**LILY OF THE
DESERT**
Aloe Vera Juice
32 oz



\$8.99
Save 24%

HYLAND'S
Cough Syrup
Cold and Cough
4 oz



\$7.29
Save 19%

Health & Beauty

DESERT ESSENCE

100% Pure
Jojoba Oil
4 oz

\$9.99
Save \$4.00!



DERMA E

Purifying
Charcoal Mask
1.7 oz

\$14.99
Save 24%



DR. TUNGS

Tongue Cleaner
1 ea

\$5.99
Save 28%



A LA MAISON

Moisturizing
Hand Lotion
Asstd. Varieties
5 oz

\$7.19
Save 23%



KISS MY FACE

Bar Soap
Asstd. Varieties
8 oz.

\$2.99
Save 26%



THAYERS

Lip Balm
Asstd. Varieties
.15 oz

\$2.39
Save 21%



HIMALAYAN CHANDRA

Neti Pot
6 oz

\$13.99
Save \$3.00!



BEDU

Bar Soap
Asstd. Varieties
4 oz

\$5.29
Save 24%



YERBA PRIMA

Tampico Skin Brush
1 pc

\$9.99
Save over \$3.00!



EARTH SCIENCE

Gentle
Facial Scrub
All Skin Types
4 oz

\$7.89
Save 22%



SPRY

Xylitol Gum
Asstd. Varieties
55 pc

\$3.99
Save 14%



MILL CREEK

Biotin Shampoo
Therapy Formula
16 oz

\$7.99
Save 24%



SCHMIDT'S

Deodorant
Fragrance Free
Natural Deodorant
3.25 oz

\$7.99
Save 19%



EPIC DENTAL

Xylitol Gum
Asstd.
Varieties
12 pc

\$1.19
Save 21%



AVALON

ORGANICS
Bath & Shower Gel
Asstd. Varieties
12 oz

\$7.99
Save \$3.00!



ONE WITH NATURE

Bar Soap
Asstd.
Varieties
4 oz

\$2.29
Save 24%



ALBA BOTANICA

Very Emollient Bath
& Shower Gel
Asstd. Varieties
32 oz

\$11.99
Save \$5.00!



SHIKAI

Color Reflect
Hair Spray
Maximum Hold
8 oz

\$7.99
Save 23%



DR. BRONNER'S

Toothpaste
5 oz

\$4.99
Save 25%



TEA TREE THERAPY

Tea Tree Mouthwash
Alcohol Free
12 oz

\$5.29
Save 25%



Beverages

REBBL

Super Herb Elixirs
Asstd. Varieties
12 oz



\$3.39
Save 28%

ZEVIA

Natural Soda
Asstd. Varieties
6 pk



\$4.99
Save 26%

LAKWOOD

Organic Juice
Asstd. Varieties
32 oz



\$5.79
Save \$1.00!

GOOD BELLY

Organic Probiotic Drink
Asstd. Varieties
32 oz



2/\$6
Save 35%

TAZO

Natural Tea
Asstd. Varieties
20 bags



\$3.99
Save \$1.00!

VITA COCO

Pure Coconut Water
11 oz



\$1.69
Save 16%

HONEST TEA

Ready-To-Drink Organic Tea
Asstd. Varieties
16 oz



\$1.69
Save 16%

CALIFIA

Almond Milk
Asstd. Varieties
48 oz



\$4.99
Save \$1.00!

KEVITA

Kombucha
Asstd. Varieties
15.2 oz



2/\$5
Save 31%

Foods for Living
Born & Raised in
East Lansing
est. 1997

BULK

Organic Chia Seeds

\$8.99 / lb

Organic Thompson Raisins

\$4.99 / lb

Organic Raw Pumpkin Seeds

\$6.69 / lb

Organic Walnuts

\$10.49 / lb

FOODS FOR LIVING
NATURAL • FRESH • ORGANIC

HOURS:
Sunday 9am-8pm
Monday-Saturday 8am-9pm

2655 EAST GRAND RIVER
EAST LANSING MI 48823
(517)324-9010

WWW.FoodsForLiving.com WWW.Facebook.com/FoodsForLiving

All Items May Not Be Available - Quantities Limited - Prices Subject To Change Without Notice