

SPECIAL

Dried Cranberries



\$1.99
lb.



THIS WEEK ONLY!

MEGA
OMEGA SALE!
25% OFF!
REGULAR RETAIL
Select varieties and sizes
GET MEGA STOCKED UP!

Golden Ripe Pineapples

98¢
ea.

Russet, Red or Yukon Gold Potatoes



2 lbs. for **\$1**

Sweet Blueberries

6 oz.



4 for **\$5**

Red Seedless Grapes \$1.99/lb.

Cucumbers or Green Bell Peppers



2 for **\$1**

Fuji, Gala or Opal Apples



98¢
lb.

ORGANIC

Organic Cauliflower



98¢
lb.

Large Navel Oranges



98¢
lb.

Organic Zucchini or Yellow Squash



98¢
lb.

Organic Vine Ripe Tomatoes



\$1.98
lb.



Roma Tomatoes **98¢/lb.**



Jumbo Cantaloupes **\$1.98/ea.**



Tropical Red Mangos **98¢/ea.**

Lenny & Larry's Complete Cookie

Select varieties, 4 oz.



5 for **\$5**

BULK TRAIL MIX SALE!
Scoop, Save, Snack



Over 25 Varieties!

25% OFF*

*Select varieties of bulk trail mixes. Excludes case discounts and pre-packaged items. Limited to quantities on hand.

Sprouts Cage Free or Omega-3 Eggs

Large, grade A or AA, doz.



\$1.99
ea.

PopChips or Late July Tortilla Chips

Select varieties, 3.5-6 oz.



2 for **\$3**

Sprouts Frozen Organic Vegetables

Select varieties, 16 oz.



2 for **\$4**

Noosa Yoghurt

Select varieties, 8 oz.



2 for **\$3**

Jarrow Formulas

LINE DRIVE SAVINGS

All Items



25% off
regular retail



SPROUTS OLD TYME BUTCHER SHOP

All-Natural Boneless Skinless Chicken Thighs or Tenders

Hand trimmed in-store. Value pack.



\$1.77
lb.

All-Natural 100% Grass-Fed Ground Beef

Pasture-raised in the USA, with no hormones or antibiotics added, ever!



\$3.99
lb.

Atlantic Salmon Fillets

High in omega-3 fatty acids. Farm-raised.



\$7.99
lb.

Sale prices valid January 25, 2017 - February 1, 2017

01-25-17 TN-1

We reserve the right to limit quantities. Offers not available to wholesalers. No case discounts.

It's MEGA OMEGA WEEK!

Be good to your eyes, brain and heart with omega-rich oils.

25% OFF*

omega-rich vitamins
and supplements
during the
MEGA OMEGA SALE!

*Regular retail on select sizes and varieties.

BULK FOODS

Date Sale

Prepackaged. Select varieties, 12-16 oz.



25%
off
regular retail

Pecan Pieces



\$8.99
lb.

Honey Toasted Pecans



\$7.99
lb.

Cherry Vanilla or Maple Dream Granola



\$2.99
lb.

Pumpkin Seed Kernels

Raw, roasted salted or unsalted



\$3.99
lb.

Mixed Nuts with Peanuts

Salted or unsalted



\$4.99
lb.

Bulk Foods Chocolate Almonds

Select varieties, 16 oz.



\$4.99
ea.

Soy Protein Isolate Powder



\$5.99
lb.

BEER & WINE

Root & Vine or Dark Horse



\$7.99
ea.
Select varieties, 750 ml.

Louis M. Martini Cab or Coppola Claret



\$17.99
ea.
750 ml.

Bud Light or Coors Light

Select varieties, 12 pk, 12 fl. oz.



\$9.99
ea.

Michelob Ultra or Modelo Especial

Select varieties, 12 pk, 12 fl. oz.



\$11.99
ea.

DID YOU KNOW?

Your brain is made up of 60% fat! Help nourish your brain with supplements and a healthy diet rich in omega-3 fatty acids.

DAIRY & FROZEN

Icelandic Provisions Yogurt

Select varieties, 5.3 oz.



4 for \$5

KeVita or Mamma Chia

Organic Beverages

Select varieties, 10-15.2 fl. oz.



2 for \$4

Rising Moon Organic Pasta

Select varieties, 8 oz.



2 for \$7

Edy's Ice Cream

Select varieties, 48 fl. oz.



2 for \$6

Dr. Praeger's

LINE DRIVE SAVINGS

All Items



25% off
regular retail

CedarLane Entrées

Select varieties, 10-11 oz.



2 for \$6

Horizon Organic Cheese

Select varieties, 6-8 oz.



\$3.99
ea.

Chameleon Cold-Brew Coffee

Select varieties, 32 fl. oz.



\$5.99
ea.

Sprouts Organic Potatoes

Select varieties, 16-20 oz.



2 for \$5

Wyman's of Maine Fruit

Select varieties, 3 lbs.



\$8.99
ea.

FRESH PRODUCE

Strawberries or Blackberries



2 for \$5

Fresh Okra



\$1.98
lb.

Jumbo Ripe Hass Avocados



3 for \$5

Organic Red, Yellow or Orange Bell Peppers



2 for \$3

Organic Table Carrots or Yellow Onions



\$2.98
ea.

Organic Blueberries



2 for \$5

GROCERY SPECIALS

 Biliner Water or Cave Man Bars Select varieties and sizes 88¢ ea.	 Westbrae Organic Beans Select varieties, 15 oz. Buy 1 Get 1 FREE	 Plum Organics Baby Food Pouches Select varieties, 3-4 oz. 10 for \$10	
 Wolfgang Puck Organic Soup Select varieties, 14.5 oz. 2 for \$4	 Stash Tea Select varieties, 18-20 ct. 2 for \$5	 Muir Glen Organic Pasta Sauce Select varieties, 25.5 oz. 2 for \$5	 Clif Nut Butter or Builder's Bars Select varieties, 1.76-2.4 oz. 4 for \$5
 Angie's Boom Chicka Pop Popcorn Select varieties, 4.5-7 oz. 2 for \$5	 Nature's Path Granola, Bars or Toaster Pastries Select varieties, 6.2-12.34 oz. Buy 1 Get 1 FREE of equal or lesser value	 Drew's Salsa or Sprouts Salad Dressing Select varieties, 12 oz. or 12 fl. oz. \$2.99 ea.	 The Daily Grave or Way Better Snacks Chips Select varieties, 5-5.5 oz. 2 for \$5
 Krave Beef or Turkey Jerky Select varieties, 3.25 oz. \$4.99 ea.	 Wheat Montana Pancake Mix or Hot Cereal Select varieties, 25.6-32 oz. Buy 1 Get 1 FREE of equal or lesser value	 High Brew Coffee Select varieties, 8 fl. oz. 2 for \$3	 Spectrum Naturals Organic Extra Virgin Olive Oil 1 ltr. \$9.99 ea.
 Lakewood Pure Juice Select varieties, 32 fl. oz. \$5.99 ea.	 Sprouts Beverage Favorites Select varieties, 11.2-50.7 fl. oz. 99¢ ea.	 Castor & Pollux Organix Pet Food Select varieties and sizes 25% off regular retail	

DID YOU KNOW?

Flax and chia seeds are rich in omega-3 fatty acids. Consider adding a tablespoon or two to your yogurt, salads or smoothies and boost your brain health!

VITAMINS & BODY CARE

 Vega LINE DRIVE SAVINGS All Items 20% off regular retail	 Tera's Whey LINE DRIVE SAVINGS All Items 25% off regular retail	THIS WEEK ONLY! MEGA OMEGA SALE!  25% OFF REGULAR RETAIL Select varieties and sizes GET MEGA STOCKED UP!	
 Amazing Grass LINE DRIVE SAVINGS All Items 20% off regular retail	 Host Defense Mushrooms LINE DRIVE SAVINGS All Items 20% off regular retail		
 Sunwarrior LINE DRIVE SAVINGS All Items 20% off regular retail	 Superior Source LINE DRIVE SAVINGS All Items 20% off regular retail	 Acure LINE DRIVE SAVINGS All Items 20% off regular retail	 Reviva LINE DRIVE SAVINGS All Items 25% off regular retail
 Ricola Cough Drops Select varieties, 21-24 count Buy 1 Get 1 FREE of equal or lesser value	 Gaia Herbs Turmeric or Maca Select varieties and sizes 20% off regular retail	 NOW Amino Acids Select varieties and sizes 25% off regular retail	 Jason Body Wash Select varieties, 30 fl. oz. 25% off regular retail
 Manitoba Harvest Hemp Hearts 8 or 16 oz. 25% off regular retail	 Sprouts Liquid Stevia Select varieties, 1-4 fl. oz. 25% off regular retail	 GoodBelly SuperShot Select varieties, 4 pack \$4.49 ea.	 Dr. Bronner's Toothpaste Select varieties, 5 oz. \$4.99 ea.



SPROUTS OLD TYME BUTCHER SHOP

All-Natural Boneless Pork Loin Roasts

Premium pork. Cut and wrap free.



\$1.99
lb.
Sold in the bag.

All-Natural Sausage Extravaganza Pork or Chicken

With no MSG or nitrates added. Links or bulk.



\$2.99
lb.

SPROUTS FISH MARKET

Wild species, weather permitting.

Fresh Catfish Fillets

Farm-raised.



ALWAYS FRESH
never frozen

\$6.99
lb.

Extra-Large Shrimp

26/30 ct. Raw. Shell-on, previously frozen.



WILD CAUGHT
favorite

\$7.99
lb.

Sea Cuisine Crusted Fish Fillets

Select varieties, 8.5-10 oz. Frozen.



\$4.99
ea.

All-Natural Pork Shoulder Steaks or Country Style Ribs

Premium pork.



ALWAYS FRESH
never frozen

\$1.99
lb.

Gourmet Marinated Pollo Asado or Ground Chicken

Prepared fresh in-store, using all-natural chicken.



ALWAYS FRESH
never frozen

\$2.99
lb.

All-Natural USDA Choice Skirt Steak or Short Ribs

Tender, juicy, flavorful, we guarantee it!



ALWAYS FRESH
never frozen

\$4.99
lb.

Old Tyme Butcher Shop Stack Pack Bacon

Hickory Smoked, Peppered or Applewood, 16-20 oz.



\$5.99
ea.

All-Natural USDA Choice London Broil or Top Round Roasts

Tender, juicy, flavorful, we guarantee it!



ALWAYS FRESH
never frozen

\$4.99
lb.

All-Natural USDA Choice Top Sirloin Steaks

Tender, juicy, flavorful, we guarantee it!



ALWAYS FRESH
never frozen

\$5.99
lb.

FRESH DELI

Roast Beef



Sliced and pre-packaged for your convenience.

\$8.99
lb.

Imported Swiss Cheese



BULK CUT

\$4.99
lb.

Market Corner™ Soups

Select varieties, 20 oz.



\$4.99
ea.

Roasted Boneless Turkey Breast

Hot and ready to serve!



\$6.99
lb.

Chicken Salad

Select varieties.



\$6.99
lb.

Mauro & Gianni Fresh Mozzarella Cups

Select varieties, 7-8 oz.



\$3.99
ea.

Greek Salad

Made fresh daily.



\$5.99
lb.

Market Corner™ Fresh Pasta

Fettuccini, Spinach Fettuccini or Angel Hair. 9 oz.



2 for \$6

BAKERY

Fresh Baked Artisan Bread

Select varieties, 10-14 oz.



\$2.99
ea.
Everyday low price.

Irish Soda Bread

17 oz.



FRESHLY BAKED!

\$3.29
ea.

Fresh Baked French Bread

15 oz.



\$1.29
ea.

Sprouts two-bite treats

Select varieties, 9.5-12 oz.



\$3.99
ea.



DOUBLE AD WEDNESDAYS!

Last week's ad and this week's ad overlap for twice as many items on sale!

Effective January 25, 2017 - February 1, 2017

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
25	26	27	28	29	30	31	1

Open daily 7am - 10pm



OFFERS ONLY GOOD AT

Franklin
1010 Murfreesboro Rd.
Franklin, TN 37064
615-567-0191

Germantown
3150 Village Shops Dr.
Germantown, TN 38138
901-259-7020

Lakeland
9050 Highway 64
Lakeland, TN 38002
901-259-3450

Murfreesboro
143 Wendelwood Dr.
(Off Memorial Boulevard in the Shoppes of Northgate)
Murfreesboro, TN 37129
615-486-6081

PRICES MAY VARY IN OTHER LOCATIONS

Satisfaction Guaranteed!

If for any reason you are not delighted with your purchase at Sprouts, we'll be happy to exchange it or (with a proper receipt) refund your money. We want you to use this guarantee as a license to be adventurous, and try new products without risk.

Visit us online



sprouts.com



Coupons, free products and more when you join our FREE mailing list.

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