



Healthy Living
Market and Café



Montebello
Organic Semolina Pasta
1 LB
Reg price \$4.19

2/\$6



Napa Valley Naturals
Organic Extra Virgin Olive Oil
25.4 FL OZ
Reg price \$13.99

\$9.99



Westbrae Foods
Organic Beans
Select Varieties
15 OZ
Reg price \$2.19

3/\$5



Bela-Olhao Sardines
Bela-Olhao Sardines
Select Varieties
4.25 OZ
Reg price \$3.29

2/\$5

PRICES GOOD JUNE 3 - JUNE 30 • WHILE SUPPLIES LAST

3065 ROUTE 50, SARATOGA SPRINGS, NY 12866 • 518.306.4900 www.healthylivingmarket.com 222 DORSET ST, SOUTH BURLINGTON, VT 05403 • 802.863.2569



Annie's Homegrown
Macaroni & Cheese
Select Varieties
6 OZ
Reg price \$1.99

3/\$5



Almond Breeze
Original Almond Breeze Almond Milk
Select Varieties
32 FL OZ

2/\$4



Dang
Toasted Coconut Chips
1.43 OZ
Reg price \$3.29

2/\$5



Desert Pepper Trading
Diablo Salsa
Hot
Select Varieties
16 OZ
Reg price \$4.79

2/\$7



Dream Blends
Original Dream Blend
32 FL OZ
Reg price \$3.99

2/\$5



Earth Friendly
Natural Ultra Dishwashing Cleaner
Select Varieties
25 FL OZ
Save \$2.00

\$2.79



Fever-Tree
Premium Bitter Lemon
4/6.8 FL OZ
Reg price \$6.99

\$5.49



Fever-Tree
Premium Indian Tonic Water
4/6.8 FL OZ
Reg price \$6.99

\$5.49



Ginger People
Organic Ginger Juice
5 FL OZ
Reg price \$4.79

\$3.49



Florida Crystals
Organic Cane Sugar
32 OZ
Reg price \$5.79

\$3.49



R.W. Knudsen
Organic Juices
Select Varieties
32 FL OZ
Reg price \$4.79

2/\$7



Let's Do Organics
Ice Cream Cones
1.2 OZ
Reg price \$3.19

2/\$5

PRICES GOOD JUNE 3 - JUNE 20 • WHILE SUPPLIES LAST

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Little Duck Organics
Organic Mighty Oats
 Select Varieties
 1.8 OZ
 Reg price \$6.29

\$4.49



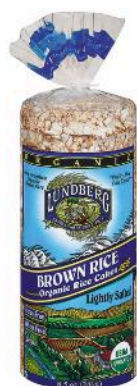
Living Harvest
Unsweetened Original Hempmilk
 32 FL OZ
 Reg price \$4.29

2/\$6



Living Harvest
Vanilla Tempt Hempmilk
 32 FL OZ
 Reg price \$4.29

2/\$6



Lundberg Family Farms
100% Organic Rice Cakes
 Select Varieties
 various sizes
 Reg price \$3.99

2/\$6



Midel
Ginger Snaps
 various sizes
 Reg price \$3.99

2/\$6



Midel
Gluten-Free Ginger Snaps
 various sizes
 Reg price \$3.99

2/\$6



Miltons
Multigrain Crackers
 8.3 OZ
 Reg price \$3.49

2/\$6



Nature's Path
Organic Bars
 Select Varieties
 Various sizes
 Reg price \$3.99

2/\$7



Near East
Couscous
 Select Varieties
 Various size
 Reg price \$2.49

2/\$4



Poland Spring
Sparkling Spring Water
 Select Varieties
 1L
 Reg price \$1.19

89¢



Pure Organic
Organic Raw Bar
 Select Varieties
 1.7 OZ
 Reg price \$2.19

2/\$3



San Pellegrino
Sparkling Limonata Cans
 6/11.1FZ
 Reg price \$5.99

\$3.99

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3 Fantastic ways to dress up those amazing local greens

POMEGRANATE VINAIGRETTE

2 Tbsp pomegranate molasses
1 Tbsp balsamic vinegar
1 Tbsp red wine vinegar
5 Tbsp olive oil

Combine the pomegranate molasses, balsamic, red wine vinegar and olive oil. Whisk to combine. Kosher salt and fresh cracked black pepper.

CHIVE AND LEMON VINAIGRETTE

One bunch fresh chives
2 Tbsp light vegetable oil
Zest and juice of one lemon
1/2 cup olive oil

In blender, combine chives and vegetable oil until smooth. Transfer to small bowl, adding zest and juice of lemon. Slowly whisk in olive oil. Add salt and freshly ground pepper to taste.

HEALTHY LIVING CILANTRO RANCH DRESSING

1 cup mayonnaise
1/3 cup buttermilk
1 tsp dried chives
1/2 tsp dried parsley
1/2 tsp dried dill
1/4 tsp garlic powder
1/4 tsp onion powder
Salt and pepper to taste
1/2 bunch cilantro leaves, chopped
Juice of one lime
2 Tbsp red wine vinegar

Mix all ingredients together and whisk well. For a smoother dressing, puree in a blender.



Healthy Living on the Farm!

We're committed to bringing you the best local produce available. In fact, we're so passionate about this that we actually take trips to meet our local farmers and see where—and how—your fresh fruits and vegetables are grown. And sometimes, when we're really lucky, we get our hands dirty and help with the harvest! Supporting our local farmers and providing their incredible produce is just part of what we love about being a member of this great food community!



Produce
Organic Bagged Avocados
4 ct
Reg price \$5.99

\$4.99



Produce
Local Organic Spinach
5 OZ

\$3.69



Produce
Organic White Mushrooms
8 OZ
Reg price \$2.99

\$2.29



Produce
Organic Scallions
1 bunch
Reg price \$1.99

99¢

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SERIOUS SKILLS

That's right...our Meat Team has some very talented and dedicated people buying, cutting and packaging our great meats and poultry. They're also your source for answers to questions you might have about the meat we sell, where it comes from, best cuts for your needs, and how to cook for extreme deliciousness.

Q: What's great on the grill?

A: Tenderloins are awesome and need very little time on the grill. It's important to start them at room temp and after grilling, let them rest! And in the summer months cool, refreshing slaws are the perfect addition.



Grilled Beef Tenderloin with Radish-Cucumber Slaw

*4 beef tenderloin steaks at room temp
6 radishes, sliced very thinly
1 cucumber, seeded and julienned
2 Tbsp rice wine vinegar
1 tsp honey
1 tsp Dijon mustard
1/2 shallot, finely minced
1 small bunch chives, finely chopped
2 Tbsp vegetable oil
Additional oil, salt, and pepper (optional)*

Preheat your grill to high. (Charcoal lends a distinctly wonderful flavor to this dish!)

While the grill is warming, prepare the slaw so it can marinate: in a bowl, combine the vinegar, honey, mustard, shallot, chives and vegetable oil and mix well until combined. Taste and adjust vinegar and oil ratio to your liking. Add the thinly sliced radishes and the julienned cucumbers. Season with salt and pepper and toss together.

For the steaks: rub each steak with some oil and season them on all sides with salt and pepper. Place steaks on the grill. Grill them for about 4 minutes on each side for medium rare, longer if you prefer the meat more well done. Rest steaks for 5 minutes before serving.

Serve steaks with slaw beautifully mounded right on the top! Drizzle the extra vinaigrette from the slaw over the slaw so all flavors mingle.



Vermont Smoke & Cure
**Maple Brined
Bacon**
10 OZ
Reg price \$7.49

\$5.99



Meyer Natural
Angus Beef
**Beef Tenderloin
Steaks & Roasts**
price/lb
reg price \$24.99/lb

\$21.99



Niman Ranch
Fearless Franks
16 OZ
Reg price \$7.49

\$5.99



Grateful Harvest
**Organic Beef
Jerky**
Select Varieties
3 OZ
Reg Price \$7.99

\$5.99

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Thai Kitchen
**Organic
Coconut
Milk**
13.66 FL OZ
Reg price \$3.29

2/\$5



Thai Kitchen
**Organic Lite
Coconut
Milk**
13.66 FL OZ
Reg price \$3.29

2/\$5



Thai Kitchen
**Pure Coconut
Milk
Lite**
13.66 FL OZ
Reg price \$2.99

2/\$4



Vita Coco
**Pure Coconut
Water**
Select Varieties
Various size
Reg price \$2.79

2/\$4



Redmond's
Real Salt
Price /LB
Reg price \$3.89

\$2.99



International Harvest
**Organic
Candied Ginger
Medallions**
Reg price \$7.79

\$7.29/lb



Bulk
**Dried Mango
w/ Sugar**
Reg price \$5.49

\$4.49/lb



Terria Farms
**Organic
Thompson
Raisins**
Reg price \$4.69

\$4.29/lb



Organic Bulk
**Whole Wheat
Flour w/ Germ**
Reg price \$1.49

\$1.29/lb



Bob's Red Mill
**Gluten Free
1-to-1 Baking
Flour**
Reg price \$2.99

\$2.49/lb



Alexia
Onion Rings
11 OZ
Reg price \$2.99

2/\$4



Fillo Factory
**Organic Fillo
Dough**
16 O
Reg price \$5.29

\$3.99

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BAM!

THE BEST ALL MONTH SALES

BAM FEATURES THE BEST SALES WE HAVE ALL MONTH!
WE PICK OUR MOST POPULAR ITEMS AND MARK THEM
DOWN, GIVING YOU THE OPPORTUNITY TO BUY
FANTASTIC FOOD AT DEEP DISCOUNTS.

Athenos
**Traditional Feta
Crumbles**
6 OZ
Reg price \$4.29



\$2.79



St Agur
Blue Cheese
Price/LB
Reg price \$18.99

\$11.99/lb



Clearly Natural
Unscented Soap
4 OZ
Reg price \$1.89

2/\$2



Organic Bulk
**Black Turtle
Beans**

\$1.69/lb



Manitoba Harvest
Hemp Hearts
8 OZ
You save 50%

2/\$8



Organic Bulk
**Black Chia
Seeds**
you save 50%

\$5.49/lb



Tierra Farms
**Dried
Cranberries**
You save over 30%

\$7.49/lb



Harvest Bay
Coconut Water
1 L
Reg price \$6.29

\$4.29



Bubbies
Dill Relish
16 OZ
Reg price \$4.29

2/\$6

Field Roast
Frankfurters
16 OZ
Reg price \$6.89



\$4.29



Just Mayo
**Premium
Mayonnaise**
16 OZ

\$2.99



Light Life
**Vegetarian Hot
Dogs**
Select Varieties

\$2.69

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WHAT MAKES OUR SUPPLEMENTS SUPERIOR?

OUR SUPPLEMENTS

- Pure: We research every product to ensure purity and effectiveness.
- Organic: we source as many USDA organic products as possible
- Suppliers: we know them because we visit their facilities!
- An Informed Staff: we make sure our staff really know what they're selling; they attend regular seminars and workshops.

THEIR SUPPLEMENTS

- Dirty: mass market brands can have fillers, solvents and PCB's
- Mysterious: lots of recent reports show that many mass market herbals contain mysterious ingredients
- Can anyone help me? Nope!

Supplements and herbs are powerful! Get help and get the best, purest products right here at Healthy Living.

Vitamin & Supplement Thursdays

Every Thursday as a special thanks to our guests, we offer a **20% discount** on ALL of our vitamins and supplements. In addition to the best supplements on the market at great prices, we have the best STAFF too! They're a group of people who know the products we sell, have a deep understanding health and wellness, and love to help our guests get what they need. (Offer does not apply to items already on sale.)



Navitas Naturals
Organic Maca Powder
 Incan Superfood
 4 OZ
 Reg price \$17.99

\$14.49



Prince Of Peace
Red Panax Ginseng Extractum
 10/10 CC
 Reg price \$5.69

\$4.49



Spectrum Essentials
Omega-3 Norwegian Fish Oil
 250 CT
 Reg price \$29.59

\$23.59



Spectrum Essentials
Organic Ground Premium Flaxseed
 14 OZ
 Reg price \$6.89

\$5.00



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Andalou Naturals
**Absolute Serum,
Sensitive**
1 FL OZ
Reg price \$20.99

\$16.99



Andalou Naturals
**Night Cream,
1000 Roses**
1.7 FL OZ
Reg price \$22.49

\$17.99



Clearly Natural
**Aloe Vera Liquid
Soap w/Pump**
12 FL OZ
Reg price \$4.39

\$3.50



Manitoba Harvest
**Natural Hemp
Hearts**
2 OZ
Reg price \$2.69

\$2.00



Manitoba Harvest
**Organic
Hemp Seed
Oil**
8 FL OZ
Reg price \$8.99

\$7.49



Manitoba Harvest
**Organic Vanilla
Hemp Protein**
16 OZ
Reg price \$19.59

\$15.99



Spectrum Essentials
**Fish Oil with
Vitamin D**
250 SGEL
Reg price \$30.99

\$24.99



Tiger Balm
**Extra Strength
Pain Relieving
Ointment**
18 GRM
Reg price \$6.39

\$5.00



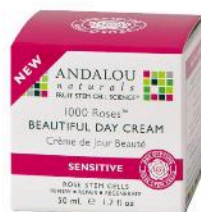
Tiger Balm
Muscle Rub
2 OZ
Reg price \$6.99

\$5.49



Tiger Balm
**Pain Relieving
Patch**
5 CT
Reg price \$5.99

\$5.00



Andalou Naturals
**1000 Roses
Beautiful Day
Cream**
1.7 FL OZ
Reg price \$20.99

\$16.99



Nativa
**Organic Shelled
Hempseed**
8 OZ
Reg price \$9.49

\$7.99

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Chobani
Greek Yogurt
Select Varieties
5.3 OZ
Reg price \$1.49

99¢



Gardein
Golden Fishless Fillets
10.1 OZ
Reg price \$4.79

\$3.69



Kevita
Sparkling Probiotic Drink
Select Varieties
15.2 FL OZ
Reg price \$2.99

\$2.00



Maria And Ricardo's
Handmade Style Soft Corn Tortillas
12.4 OZ
Reg price \$2.29

\$1.69



Nancy's
Organic Cultured Lowfat Cottage Cheese
16 OZ
Reg price \$5.49

\$3.99



Redwood Hill Farm
Goat Milk Yogurt
Select Varieties
6 OZ
Reg price \$2.29

\$1.79



Stonyfield Farm
Yo Toddler Yogurts
Select Varieties
3.7 OZ
Reg price \$1.49

\$1.00



Temple Tumeric
Organic Mineral Green Elixir
Select Varieties
12 OZ
Reg price \$6.29

\$4.29



Van's Natural Foods
Frozen Breakfast Items
Select Varieties
Reg price \$3.19

\$2.50



Lundberg
Organic Short Grain Brown Rice
Reg price \$2.49

\$1.99/lb



Vermont Coffee Company
Organic Bulk Coffees
\$2 off per LB
Excludes Decaf
Reg price \$10.99

\$8.99/lb



Sunridge Farms
Yogurt Covered Raisins
Reg price \$7.49

\$6.99/lb

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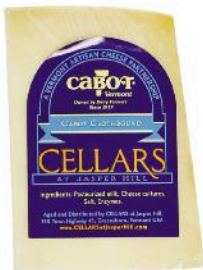
Wine *and* Cheese:

Perfect Picnic Pairings!

Grab your picnic basket, a couple of wine glasses, and a crusty baguette, then get ready for a delicious experience made perfect by a warm summer afternoon. These pairings are simply made for the lovely days of June.

Feeling like some bold flavors would hit the spot? Fruit-forward and spicy, this audacious Cabernet Sauvignon is a classic companion to nutty and tangy cheddar. Cabot's Clothbound Cheddar also boasts caramel flavors and crunchy crystalline bites to round things out nicely.

Prefer to keep things light and refreshing? This pristine Sauvignon Blanc is zippy, zingy, and zesty and just sings when served with goat cheese. Vermont Creamery's Chèvre is the perfect match with bright citrus flavors and a delightfully smooth & creamy texture.



Cabot
**Clothbound
Cheddar**
Price /LB
Reg price \$18.99

\$13.99/lb



Vermont Creamery
Chevre
10.5 OZ
Reg price \$7.99

\$4.99



Owen Roe
**Sharecropper's
Cabernet
Sauvignon**
750 ml
Reg price 20.99

\$15.99



Matua
Sauvignon Blanc
750 ml
Reg price \$13.99

\$9.99



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CHECK OUT OUR DEEP DISCOUNTS!

SAVE \$1

Wing It
All Sauces

13 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

Chuo
Maple Bacon Chocolate Bar

2.8 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



\$1 OFF

Grandy Oats
Granola, Select Varieties

13 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

Teas Tea
Green Jasmine Tea, Pure Green Tea

2 L. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

Monk Pack
Oatmeal Squeeze Packs

4.2 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

Rufus Teague
BBQ Sauces

16 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

Thai Kitchen
Organic & Light Coconut Milk

13.6 fl oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



\$1 OFF

Bela Olhao
Sardines, Select Varieties

4.25 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$2

Against the Grain
Three Cheese Pizza

24 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

Gardein
Seven Grain Chicken Tenders

9 oz. Good through 6.30.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



Manitoba Harvest
Hemp Pro 50
16 OZ
Reg price \$16.89

\$13.89



Ginger People
Ginger Lime
Sauce
12.7 FL OZ
Reg price \$5.99

\$3.99



Ginger People
Ginger Sesame
Sauce
12.7 FL OZ
Reg price \$5.99

\$3.99



Andalou Naturals
1000 Roses
Eye Gel
.6 FL OZ
Reg price \$16.99

\$13.49

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