



# GOOD FOODS GROCERY

www.goodfoodsgrocery.com

West End  
Gayton Crossing Shopping Center  
740-3518

Southside  
Stony Point Shopping Center  
320-6767

Monday - Saturday  
9 am - 9 pm  
Closed Sunday

Good From: 03/01/2010 Thru: 03/31/2010



Amy's  
**Garden Vegetable Lasagna**  
With Organic Ingredients  
19.25 OZ.  
**\$3.99**

Tender rice noodles with creamy ricotta and delicious organic vegetables: spinach, zucchini, broccoli, carrots and peas.



Amy's  
**Rice Mac & Cheese**  
Made With Organic Ingredients  
9 OZ.  
**\$2.99**

Macaroni-style organic rice noodles, covered with the same smooth cheese sauce that has made our Macaroni & Cheese so popular.



Amy's  
**Organic Black Bean Enchilada**  
Low Sodium  
10 OZ.  
**\$3.99**

This delicious Mexican entrée is made with organic tortillas, black beans and a medley of organic vegetables.



Natural Sea  
**Wild Alaskan Salmon Fillets**  
Individually Quick Frozen  
6 OZ.  
**\$4.99**

Individually quick frozen for sealed-in freshness and flavor - a delightful part of a light and tasty entree.



Applegate Farms  
**Chicken & Apple Breakfast Sausage**  
8 OZ.  
**\$4.99**

Seasoned just right with honey, cinnamon and apples, low in fat, wholesome and delicious.



Amy's  
**Organic Beans & Rice Burrito**  
6 OZ.  
**\$2.19**

Organic flour tortilla wrapped around organic pinto beans, rice and vegetables in a mild Mexican sauce.



Imagine Foods  
**Organic Cuban Black Bean Soup**  
32 OZ.  
**\$2.99**

Imagine the finest, organic vegetables, lightly simmered with fresh herbs and delicious seasonings. Imagine no more!



Napa Valley Naturals  
**Organic Extra Virgin Olive Oil**  
25.4 OZ.  
**\$9.99**

First cold pressing at temps below 98.5 degrees. 100% unfiltered to maximize flavor.



Old Wessex  
**5 Grain Cereal**  
18.5 OZ.  
**\$2.99**

A mix of oats, rye, tritcale, barley, and golden flax that's an especially good vegetarian source of Omega 3's.

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Glutino  
**Penne  
Alfredo**  
10.6 OZ  
**\$3.99**



Glutino  
**Macaroni 'N  
Cheese**  
10.6 OZ  
**\$3.99**

Tender brown rice pasta in a creamy cheese sauce made with monterey jack, cheddar and parmesan.



Glutino  
**BBQ Chicken  
Pizza**  
6.2 OZ  
**\$4.99**

Pizza just got better with our delicious blend of chicken and bbq sauce!



Glutino  
**Duo Cheese  
Pizza**  
6.2 OZ  
**\$3.99**

Glutino is committed to helping people who have Celiac disease, and other food intolerances, live healthy, normal lives.



Glutino  
**Spinach &  
Feta Pizza**  
6.2 OZ  
**\$3.99**

Topped with spinach and a blend of feta, mozzarella and ricotta cheese, this crispy, flakey pizza is ready in just minutes!



R. W. Garcia  
**Organic 5 Seed  
Rosemary &  
Garlic Crackers**  
4 OZ  
**\$2.99**



Gluten Free Pastry  
**Sandwich  
Bread Mix**  
Wheat-Free & Gluten-Free  
22 OZ  
**\$4.99**



Gluten Free Pastry  
**Wheat Free  
Country  
French Bread**  
22 OZ  
**\$4.99**

A tasty, versatile mix that makes a crusty loaf in the large bread machine.



Gluten Free Pastry  
**Chocolate  
Truffle Brownie  
Mix**  
Wheat Free  
16 OZ  
**\$3.99**

These award-winning, decadent fudge brownies get rave reviews even from people who are not gluten-free!



Gluten Free Pastry  
**Wheat Free  
Chocolate Cake  
Mix**  
15 OZ  
**\$3.99**

Moist and rich, this snacking cake will get rave reviews in your house just like it has in ours.



R.W. Knudsen  
**Just Black  
Cherry Juice**  
32 OZ  
**\$3.99**

More than 2 pounds of delicious fruit per 32 ounce bottle helps ensure that you receive all the antioxidants present in black cherries.



R.W. Knudsen  
**Just Cranberry  
Juice**  
32 OZ  
**\$5.99**

Full of Cranberry flavor and goodness!



R.W. Knudsen  
**Organic Just  
Concord Grape  
Juice**  
32 OZ  
**\$4.99**

Each 32 ounce bottle of Organic Just Concord Grape™ juice contains more than 2.6 pounds of organic grapes.



R.W. Knudsen  
**Pomegranate  
Juice**  
32 OZ  
**\$5.99**

Every bottle of R.W. Knudsen Just Pomegranate Juice contains the equivalent of 8 pounds of pomegranates!



R.W. Knudsen  
**Organic Just  
Tart Cherry  
Juice**  
32 OZ  
**\$4.99**



R.W. Knudsen  
**Spritzers**  
4/10.5OZ  
**\$2.99**



Inko's White Tea  
**White Peach  
White Tea**  
16 OZ  
**\$1.29**

A unique burst of flavor without any grassy aftertaste.



Santa Cruz Organic  
**Organic  
Apricot  
Mango Juice**  
32 OZ  
**\$2.99**



Santa Cruz Organic  
**Organic  
Lemon Ginger  
Echinacea**  
32 OZ  
**\$2.99**



## Savings That Taste Good



Alden's Organic  
**Organic  
 Chocolate Ice  
 Cream**  
 With Chocolate Chips  
 48 OZ  
**\$4.99**

Alden's Ice Cream tastes so good, it becomes your family's favorite. Other flavors on sale too.



Dancing Deer Baking Company  
**Chocolate Chunk  
 Brownies**  
 4 CT  
**\$3.99**

Profoundly chocolate, accented with semi-sweet chunks, moist, dense, rich - brownie happiness.



Kinnikinnick  
**Chocolate Dipped  
 Donuts**  
 Gluten Free  
 11.3 OZ  
**\$4.99**

Gluten free has never tasted so good.



Clif Bar  
**Chocolate Builder  
 Bar**  
 2.4 OZ  
 20 grams of protein.  
 Other flavors on sale too.  
**\$1.19**



Clif Bar  
**Organic Clif Bars**  
 2.4 OZ  
**5/\$5**



Clif Bar  
**New Quench  
 Drinks**  
 16 OZ  
**5/\$5**

Several flavors



Rapunzel  
**Organic Cocoa  
 Powder**  
 7.1 OZ  
**\$4.99**

Whenever your recipe calls for cocoa powder, there is a certified organic alternative.



Oregon Chai  
**Original Chai Tea  
 Concentrate**  
 Slightly Sweet  
 32 OZ  
**\$3.99**

Original Chai is a sweet and spicy concoction of black tea, honey, vanilla bean and spices.



Bare Fruit  
**100% Organic  
 Dried Cherries**  
 73 GM  
**\$1.99**



Good Health  
**Peanut Butter  
 Filled Pretzels**  
 5.5 OZ  
**\$1.99**

Crunchy whole wheat pretzels filled with natural peanut butter.



Inko's White Tea  
**White Tea Energy  
 Drink**  
 15.5 OZ  
**\$1.39**

A jitter-free, all natural adult energy drink.

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## March Savings



Aubrey Organics  
**GBP Shampoo**  
11 oz.  
**\$7.99**

GBP Conditioner \$8.99  
Shampoo Reg 9.99  
Conditioner Reg 10.29



GFG  
**Aller-7™ Support**  
Reg 31.99  
90 tablets  
**\$23.99**

Supports normal respiratory function in the presence of airborne allergens.



Nordic Naturals  
**Omega LDL**  
1,000 mg  
60 softgels  
**\$24.99**

With Red Yeast Rice and CoQ10  
Reg 29.99



Udo's Choice®  
**Pet Essentials For Dogs**  
16 oz.  
**\$16.99**

Offers the crucial nutrients to supplement your pet's normal diet. Reg 20.99



Bluebonnet  
**Glucosamine Chondroitin Plus MSM**  
Reg 36.99  
120 veg caps  
**\$24.99**

Specially formulated with pure glucosamine sulfate, chondroitin sulfate, OptiMSM™ and pure Vitamin C from ascorbic acid. Veggie caps.



Bluebonnet  
**Multi One**  
Reg 10.49  
30 Vegaps  
**\$8.99**



Carlson Laboratories  
**ACES®**  
Reg 19.99  
90 softgels  
**\$14.99**

Our bodies naturally suppress free radicals with Vitamins A, C, E and the mineral Selenium.



Irwin Naturals  
**Oolong & Matcha Tea**  
Reg 19.99  
63 liq softgels  
**\$16.99**

Concentrated Tea Blend for Powerful Fat Burning, Increased Metabolism & Burning Excess Calories.



Source Naturals  
**GABA Calm™**  
Sublingual Peppermint  
30 tablets  
**\$6.99**

Reg 8.99



Garden of Life  
**Raw Protein**  
Reg 39.99  
622g  
**\$33.99**

## Udo's Pet Essentials

Unfortunately, commercial foods for pets are as nutrient poor as human foods, and sometimes they are worse. If your pets don't get raw fresh foods, they can benefit from Udo's Choice Pet Essentials.

It contains a synergistic blend of all-natural vegetarian source whole food concentrates such as certified organic flax, sunflower and sesame seeds, organic cereal grasses, bee pollen, organic soybean powder, plant enzymes, and a wide variety of herbs and other phytonutrients.

Designed to deliver:

- \* Optimum nutrition for increased energy
- \* Enhanced calmness
- \* Cellular renewal
- \* Improved hair coat
- \* Tissue regeneration
- \* Better regularity
- \* Body repair
- \* Stops excessive shedding
- \* Improved general well-being

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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. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.