Harris Teeter MONTHLY SPECIALS* organics

on the organic items you use most!



3 ct. Simple Truth Organic **Romaine Hearts**

Coco Pina Sunset



Simple Truth Organic Red, Green or Black Seedless Grapes

per lb.



14 oz. Simple Truth Organic Tofu



Simple Truth Organic **Cold Pressed Juices**



Simple Truth Organic **Baby Carrots**



15.2 oz. Simple Truth Organic

Kombucha



8 oz. Simple Truth Organic Baby Bella



Farmers Market Organic Green Cabbage

per lb.



Pint Farmers Market Organic Grape Tomatoes



Farmers Market Organic Hot House Cucumbers



Farmers Market Organic Red Cabbage

per lb.



5 lb. bag Farmers Market Organic Gala Apples

each



2 lb. bag Farmers Market **Organic Bartlett Pears**

each



Farmers Market Organic Lady Alice Apples

per lb.



Simple Truth Organic **Celery Hearts**





8 oz.

Simple Truth Organic

Parmesan Cheese











16 oz. Simple Truth Organic Splish Water



15.5 oz. Simple Truth Organic Soup

save at least 50¢ each with your VIC card save at least \$1.95 on 5 with your VIC card save at least 30¢ each with your VIC card



8 oz. Simple Truth Organic Trail Mix

save at least 50¢ each with your VIC card







Simple Truth Organic **Baking Mixes**

save at least \$1.00 each with your VIC carder save at least 30¢ each with your VIC card *Supplies are limited



Simple Truth Organic Waffles

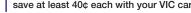


Simple Truth Organic Fruit and Grain Bars





Simple Truth Organic Cleaners





CHICKEN PAD THAI

- SAUCE INGREDIENTS:

 4 tbsp Ocean's Halo Organic Soy-Free Fish Sauce 3 tbsp Ocean's Halo Organic
- Soy-Free Teriyaki Sauce
- 4 tbsp brown sugar
- 2 tsp Thai red chili sauce
- ½ tbsp peanut butter 1/4 cup fresh lime juice
- 1 ½ tsp concentrated tomato paste (optional for color)

STIR FRY INGREDIENTS:

- 1 8 oz. package of Lotus Foods Traditional Pad Thai Rice Noodles 2 tbsp cooking oil (vegetable or avocado oil for healthier version)
- 6 oz Smart Organic Boneless Chicken Breast, sliced thin (sub protein or remove for vegetarian)
- 2 cloves garlic minced
- 1/2 tsp Ginger People Organic Ginger Juice
- 1 shallot, diced
- 1/3 cup grated carrots
- 1 red or green bell pepper, thinly sliced
- beaten large egg
- 1 lime wedge
- Salt, black pepper, and more Ocean's Halo Organic Soy-Free Fish Sauce to taste

DIRECTIONS:

1. Prepare the rice noodles according to package instructions.

SAUCE:

- 1. While the noodles are cooking, whisk together the sauce ingredients in a medium bowl.
- 1. Heat the oil in a large wok or non-stick skillet over high heat. Add the chicken and cook until browned and mostly cooked through (about 3-4 minutes). Stir in the garlic, ginger juice, and shallots and cook for 30 seconds, until fragrant. Add the carrots and bell pepper and cook for 1-2 minutes, until tender crisp. Push all the ingredients over to one side of the pan. Pour the beaten egg and scramble directly in the skillet.
- 2. Add noodles and pour the sauce over top. Toss with tongs to evenly coat noodles. Remove from
- 3. Squeeze in juice from the lime wedge and adjust seasoning by adding some salt, black pepper,

fish sauce, tomato paste, and chili sauce.

4. Serve hot on a large platter.



Per Lb. **Smart Organic Boneless Chicken Breast**

save at least \$4.00 per lb. with your VIC card



12 pk. Michelob Organic Pure Gold or Organic Variety Pack

each



18 oz. Roar Organic Electrolyte Infusion Beverage

save big on 2 with your VIC card





3.5 oz.

Serenity Kids Baby Food

save at least \$2.98 on 2 with your VIC card



20.2 oz. Giving 3 Pack Juices

save at least \$6.96 on 4 with your VIC card



11 oz.

Chameleon **Cold-Brew Lattes**

save at least 98¢ on 2 with your VIC card



Guru Organic **Energy Drink**

save at least \$1.98 on 2 with your VIC card





5.5 oz.

RW Garcia Organic Crackers

save at least \$1.50 with your VIC card





5 oz.

Ginger People Organic Ginger Juice



10 oz.

Ocean's Halo Organic Soy-Free Fish Sauce

save big with your VIC card



12 oz.

Ocean's Halo Organic Teriyaki Soy-Free Sauce

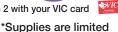
save at least \$1.00 each with your VIC card





Lotus Foods Organic Traditional Pad Thai Rice Noodles

save at least \$3.98 on 2 with your VIC card



Shopping Made Easier

The items you want now have new attribute icons displayed on the tag



The Harris Teeter Responsible attribute includes all products that contain a claim or certification deemed appropriate by Harris Teeter as qualifying for their Responsible attribute. This includes specific claims or certifications relating to Animal Welfare, Environmental Sustainability, Social Responsibility, Sustainable Forestry, Sustainable Packaging, Sustainable Resource Management,



Identifies items we carry that are free from: Preservatives, Additives, Antibiotics, Artificial Colors, Artificial Flavors, BHA/BHT, Artificial Sweeteners, Hydrogenated/Partially Hydrogenated Oils, Nitrates/Nitrites, High Fructose Corn Syrup, MSG, Trans Fatty Acids, Parabens, EDTA, and more. Please visit harristeeter.com/free-from-101 to view the entire list of ingredients.



The High Protein Diet attribute includes any product which is a good source of protein. A product may qualify in one of the following ways: 1) The product has 10% daily value or more of protein per serve and per RACC, 5g or more of protein per serve and per RACC; 2) The product claims to be good source of protein or excellent source of protein; or 3) The product is one of the food items that are considered protein rich, for example, egg, milk, relatively lean meat and seafood.



Includes any food or beverage product which qualifies in one of the following ways: 1)The product has a published Whole Grain stamp; 2) The product has a marketing claim about it containing Whole Grains; or 3) The product contains a whole grain ingredient



Low Sodium products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium. For products categorized as individual as defined by the FDA, they must also have no more than 140 mg sodium RACC and per serving. For products categorized as main or meal as defined by the FDA, they must also have no more than 140 mg sodium per 100 grams.



A product will qualify if: 1) The product does not contain any added sugar, natural sweetener artificial sweetener, non-caloric sweetener, grain, soybean, peanut, legume, or trans fat ingredients and does not have high sodium and is not in a category excluded from the Paleo diet, 2) The product is in a fruit or vegetable category and does not have high sodium, 3) The product has a claim or certification stating it is Paleo regardless of sodium content or category.



Includes any food or beverage product which is suitable for a Ketogenic Diet. A product may qualify in one of the following ways: 1) the product has a ketogenic claim or certification 2) The product is free from grain, added sugar, fruit, tubers, legumes, and sweetener (natural, artificial, and non-caloric) ingredients, 3) The calories from carbohydrates are 5% or less of the total calorie value per serving and there are 5g or less of total sugars per 100g; 4) The product claims to be low carb or carbohydrate free



Sugar Free products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium, and have less than 0.5 g sugar per serving. For products categorized as individual as defined by the FDA, they must also have less than 0.5 g sugar RACC



Includes all products making a claim related to being free of



Includes any food or beverage product that is considered plant based, and does NOT contain or may contain any animal by-products or any animal ingredients.



Includes any food or beverage product that has a published symbol, logo, certification or marketing claim relating to or claiming to be gluten free.



Includes all products that qualify for the American Heart Association Heart Healthy requirements or have the AHA certification.



Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.



Includes all products that have no added sugar ingredients and no added sugar in the Nutri Facts Panel or have a no added



Includes all products that make either a Non GMO claim or contains a Non GMO certification





8 oz. Kite Hill Almond Milk Cream Cheese



save at least \$1.00 each with your VIC card with



Origin 846 Unfiltered Extra Virgin Olive Oil



save at least \$3.00 each with your VIC card





12 oz. **Chosen Foods** Mayo



save at least \$1.00 each with your VIC card WIC



12.9 oz. Simple Mills **Brownie Mixes**



save at least \$2.00 each with your VIC card with



14 oz. Caulipower **Chicken Tenders**



save at least \$5.00 each with your VIC card



6 oz. Capello's Grain Free Pizza Crust



save at least \$1.00 each with your VIC card

NAKED PIZZA CRUST



16.9 oz. Kettle & Fire **Bone Broth**



save at least \$3.00 each with your VIC card WIC





SuperSeedz **Pumpkin Seeds**



save at least \$2.00 each with your VIC card with

