PRICED LOW

on the organic items you use most!



2 lb. bag
Simple Truth Organic
Gala Apples

3.99

organics PRICED LOW

> 18 oz. Simple Truth Organic Blueberries

> > 5.99

organics PRICED LOW

6 oz. Farmers Market
Organic
Red Raspberries

3.99

each



1 lb. Clam Shell Farmers Market Organic Strawberries

3.99



Farmers Market
Organic
Valencia Oranges

.99



Simple Truth Organic Broccoli

2/\$6



3.5 oz.

Harris Teeter Organic Sliced Shitake Mushrooms

3.99

each

Farmers Market **Organic Yellow Peaches or Nectarines**

per lb.



Organic Suja



Farmers Market Organic Celery

each



Farmers Market **Organic Tomatoes**

per lb.



Farmers Market Organic Green Bell Pepper

each



Farmers Market Organic Sweet Potatoes

per lb.



Farmers Market Organic Cilantro

each



14 oz. Mild or Medium Simple Truth Organic Salsa





Simple Truth Organic Sour Cream

save at least 50¢ each with your VIC card



2.5 oz. Simple Truth Organic Beef Jerky

save at least \$2.00 each with your VIC card



Simple Truth Organic **Elderberry Drops**

save big on 2 with your VIC card



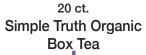
Simple Truth Organic Seaweed Snacks

save at least \$1.45 on 5 with your VIC card



16 oz. Simple Truth Organic Cassava Flour

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



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



Simple Truth Organic **Apple Juice**



26 oz.

Simple Truth Organic Glass Cleaner



TACO SALAD

INGREDIENTS:

- 1 lb Perdue Harvestland Organic Ground Chicken 1 packet Simply Organic
- Veg Chili Mix 3 cloves garlic, minced
- ½ onion, diced
- 2 tbsp. 4th & Heart Original Ghee 1 Package Tasty Bite Brown Rice
- 1 can Jack's Organic Black Beans (rinsed and drained)
- 3 heads Romaine Lettuce

Toppings:

La Pref Organic Salsa, Black Olives **Corn or Tortilla Strips**

DIRECTIONS:

- 1. Heat ghee in skillet over medium-high heat. Once glistening, add chicken and seasoning packet. After a few minutes, add onion and mix well, continuing to stir until cooked, about 7 minutes.
- 2. Prepare rice in the microwave per package instructions.
- 3. Add garlic, rice, and beans to the meat mixture and stir until well-combined.
- 4. Serve over romaine lettuce, adding toppings of your choice, including salsa as "dressing".



16 oz. Perdue Harvestland Organic **Ground Chicken**

save big with your VIC card



12 pk. Michelob Organic Pure Gold or Organic Variety Pack

each



3.53 oz. **Highground Organic Instant Coffee**

save at least \$3.00 each with your VIC card



16.9 oz.

Italian Volcano Organic Lemon or Lime Juice

save at least \$1.00 each with your VIC card



Bragg's Organic Extra Virgin Olive Oil

save at least \$3.00 each with your VIC card



Spectrum Organic **Balsamic Vinegar**

save at least \$2.00 each with your VIC card



8.8 oz.

Tasty Bite **Organic Rice**

save big on 2 with your VIC card





16 oz. Medium La Preferida Organic Salsa

save at least \$1.00 each with your VIC card





25 oz.

Organico Bello Organic Pasta Sauce





1 oz.

Simply Organic Seasoning Mixes

save big on 4 with your VIC card



24 oz.

Food For Life Organic Sprouted Grain Ezekiel Bread

save at least \$1.00 each with your VIC card



5 oz.

Barnana Organic **Plantain Chips**

save big 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.



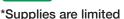
Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.



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



Includes all products that make either a Non GMO claim or contains a Non GMO certification on it's label.





8 oz. Original Purely Elizabeth Granola



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



16 oz. Sunbutter Natural Sunflower Butter



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



9.5 oz. Kevin's Original BBQ or Teriyaki Sauce



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



9 oz. 4th & Heart **Ghee Butter**



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



8.36 oz. Daiya Dairy Free Dressing



KETO

save at least \$1.50 each with your VIC card



5.5 oz. Siete Grain Free Taco Shells



save at least \$1.50 each with your VIC card



True Made Ketchup or BBQ Sauce



save big on 2 with your VIC card WIC



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



save at least \$1.50 each with your VIC card with