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Boom Burger

1 1/2 pounds ground beef
1/2 teaspoon garlic powder
3/4 teaspoon ground cumin
3/4 teaspoon oregano
1/4 cup Cholula Original Hot Sauce, or more to taste
1 tablespoon butter and 1 tablespoon vegetable oil (for grilling burgers)
4 hamburger buns

Mix all ingredients and gently pat into thick patties. Grill the burgers for 2 minutes on each side over high heat, then move them to a lower-heat area of the grill. Cook another 2 to 3 minutes for medium-rare burgers, 3 to 4 minutes for medium or 5 to 6 minutes for well-done. Serve on a warm bun with your favorite toppings.

www.cholula.com
**Moore's**
Hot Sauces
6 FL OZ
Selected Varieties
2/$7

**Moore's**
Wing Sauce or Marinade
16 FL OZ
Selected Varieties
2/$7

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**Nando's**
Peri-Peri Sauce
9.1 FL OZ
Selected Varieties
$3.99

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**Do your food a flavor!**

Southern African PERi-PERi chilies blended with lemons, spices and garlic.

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**PERi-PERi Wings**

**Directions:**
1. Add chicken wings, baking powder, and salt into a bowl and mix to coat.
2. Spread wings onto a baking sheet and refrigerate overnight or as long as possible.
3. Put the grill on medium-high heat and cook wings for 15 mins, flipping once. Cook until juices run clear.
4. Place cooked wings into a bowl and add PERi-PERi. Toss to coat evenly. Wingy or drummy?

**Ingredients:**
1 bottle Nando’s PERi-PERi, Flavor of your choice
3 lbs chicken wings
1 tsp baking powder
1 tsp salt

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**you're going to score BIG with these champion flavors**

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**All items priced with VIC Savings Card**
Siete Tortilla Chips
5 OZ
Selected Varieties
2/$9

Candy Pop Popcorn
3.25 OZ
Selected Varieties
NEW BOGO
Buy One Get One Free

The Daily Crave Lentil Chips
4.25 OZ
Selected Varieties
2/$6

Terra Chips Exotic Vegetable Chips
5 OZ
Selected Varieties
2/$6
**Eternal Artesian Water**
Alkaline Spring Water
Original 1.5 LTR
3/$5

**Old Bay**
Bloody Mary Mix
Seasoned 32 FL OZ
$5.99

**Q Mixers**
Spectacular Mixers
4/7.5 FL OZ
Selected Varieties
$4.99

**Cocktail Crate**
Craft Mixers
12.7 FL OZ
Selected Varieties
$6.49

**Hank’s Gourmet Soda**
Soda
12 FL OZ
Selected Varieties
4/$5

**Steaz**
Zero Calorie Iced Green Tea
16 FL OZ
Selected Varieties
2/$3

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All items priced with VIC Savings Card

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Harris Teeter
Neighborhood Food & Pharmacy
**Sweetheart of a deal**

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<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Details</th>
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<tr>
<td><strong>SmartSweets</strong></td>
<td>$2.79</td>
<td>Candies 1.8 OZ Selected Varieties</td>
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<td><strong>Skinny Dipped</strong></td>
<td>$3.99</td>
<td>Covered Almonds 3.5 OZ Selected Varieties</td>
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<td><strong>Chuao Chocolatier</strong></td>
<td>$4.29</td>
<td>Chocolate Bars 2.8 OZ Selected Varieties</td>
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<tr>
<td><strong>Brooklyn Born Chocolate</strong></td>
<td>$4.49</td>
<td>Chocolate Bars 2.1 OZ Selected Varieties</td>
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<td><strong>Jelina Chocolatier</strong></td>
<td>$4.99</td>
<td>Chocolate Bars 3.5 to 3.52 OZ Selected Varieties</td>
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Kate's Real Food
Organic Grizzly Bar 2.2 OZ
Selected Varieties
3/$5

Rachel's
Overnight Oats 8 OZ
Selected Varieties
$4.99

Made In Nature
Figgy Pops 4.2 OZ
Selected Varieties
2/$5

Mary's Gone Crackers
Organic Crackers 6.5 OZ
Selected Varieties
2/$9

Sesmark Foods
Crackers 3.2 to 7 OZ
Selected Varieties
$2.69

nounsos creamery

Vanilla Bean
One of Nounos fan favorites, blended with real vanilla bean for a velvety and creamy finish.

Coconut Mango
A tropical splash of mango fruit on the bottom paired with our deliciously smooth coconut cream blend makes this our best-selling flavor.
<table>
<thead>
<tr>
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<td>Ty Ling Fortune Cookies</td>
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<td>3.5 OZ</td>
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<td>Noodles 8 OZ</td>
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<td>GimMe Organic 100%</td>
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<td>Organic Roasted Seaweed Sushi Nori Wrap n' Roll .81 OZ</td>
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<td>Flavored Dark Soy Sauce 5.1 FL OZ</td>
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Ka’me
Express Rice Noodles
10.6 OZ
Selected Varieties
2/$6

Ka’me
Stir Fry Noodles
14.2 OZ
Selected Varieties
2/$5

Ka’me
Sesame Oil
7 FL OZ
$5.49

Ka’me
Rice Sticks
8 OZ
$3.29

Ka’me
Sauces
3 OZ
$1.99

Ka’me
Straw Mushrooms
15 OZ
$4.79

Ocean’s Halo
Big Bowl Noodles
4.02 OZ
Selected Varieties
$3.99

Ocean’s Halo
Organic Noodles
6.3 to 8.4 OZ
Selected Varieties
2/$7

Ocean’s Halo
Organic Broth
32 FL OZ
Selected Varieties
2/$7

Cold Noodle Salad with Peanut Sauce

3 packs (60g each) Ocean’s Halo Rice Noodles
1/4 cup Ocean’s Halo Korean BBQ Sauce
1/4 cup creamy peanut butter
1 Tbsp toasted sesame oil
1/2 cup shredded carrots
1/2 red bell pepper, sliced thin
2 green onions, sliced thin
1/4 cup red onion, thinly sliced
1 Tbsp sesame seeds

Bring 6 cups of water to a boil. Meanwhile, whisk Korean BBQ sauce, peanut butter, and sesame oil together until smooth. Set aside. Cook rice noodles according to package instructions and rinse with cold water until cool. In a large bowl, toss noodles with vegetable and sauce. Mix well. Pour into serving dish and sprinkle with sesame seeds.

www.oceanshalo.com

All items priced with VIC Savings Card
Natierra Pink Salt Grinder 3 OZ $4.69
Natierra Pink Salt Fine 10 OZ $8.99
Natierra Himalania Pink Salt Flakes 4 OZ $7.99

Tasty Bite Organic Heat & Eat Rice Pouch 8.8 OZ Selected Varieties 2/$4
Mezzetta Pasta Sauce 25 OZ Selected Varieties $3.99
Bar Harbor Chowder or Bisque 10.5 to 15 OZ Selected Varieties BOGO Buy One Get One Free

Good FROM THE GRAIN UP
Lundberg Family Farms Rice 2 LB Selected Varieties $7.49

www.Lundberg.com
Brianna's Organic Salad Dressing 10 FL OZ Selected Varieties $4.99

Red Fork Roasted Garlic Achaar 9 OZ $4.99

Brooklyn Delhi Curry Mustard 10 OZ $3.99

Morton & Bassett Spices 1.3 to 2.3 OZ Selected Varieties $6.99

The New Primal Dressing 10 OZ Selected Varieties $6.49

Brooklyn Delhi Golden Coconut Curry Simmer Sauce 12 OZ $4.99

The New Primal Cooking & Dipping Sauce 12 OZ Selected Varieties $5.69
WE ARE
ALL-ONE!

FAIR TRADE & ECOLOGICAL
FOR HUMAN & EARTH!

TO MAKE THE HIGHEST QUALITY, most environmentally–sound, humane–ly-produced products, using profits to enrich people’s lives & the world: this is why Dr. Bronner’s exists. We call it Constructive Capitalism – sharing our wealth with the people & earth that created it. For we are All-One or None! All-One!

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**Dr. Bronner’s**

Pure-Castile Liquid Soap
16 FL OZ
Selected Varieties

**$7.99**

**Dr. Bronner’s**

Organic Shaving Gel
7 OZ
Selected Varieties

**$7.49**

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**Dr. Bronner’s**

All-One Toothpaste
5 OZ
Selected Varieties

**$4.69**

**Dr. Bronner’s**

Bar Soap
5 OZ
Selected Varieties

**$3.49**

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