

DEBRA'S NATURAL GOURMET

EAT WELL BE HAPPY

April * 2017

plus 80 more on
sale in the store!

BULK FOODS

ALMONDS

ORGANIC, RAW

\$9.99/#

compare to \$15.99/#

Our nuts are always refrigerated, so they're always fresh. Organic almonds are a source of healthy fats, protein, calcium -- and satiety!



DAIYA FOODS

DAIRY-FREE PIZZAS AND CHEESECAKE

\$5.99

save \$2-\$3.50

Made from dairy-, soy-, & cholesterol-free Daiya cheese (also on sale this month -- Daiya melty shreds \$3.39). Margarita & Supreme pizzas.



SO DELICIOUS

CASHEW MILK ICE CREAM

VANILLA, SALTED CARAMEL

\$4.99

16 oz | save \$2

Rich, creamy vegan ice cream. We love mixing chopped walnuts and raw cacao nibs in with the vanilla. Or saffron, pistachios & rosewater.



KINGDOM

SHARP U.K. CHEDDARS

ORIGINAL & CARAMELIZED ONION

\$4.49

6 oz | save \$1.50

Grass-raised dairy from the U.K. makes these lovely sharp cheddars. The subtle sweetness of the caramelized onion flavor is really something!



LATE JULY

BUFFALO QUESO

TORTILLA CHIPS

\$2.29

5.5 oz | save \$1

Sort of like Doritos, only mostly organic, 100% natural, made with healthy fats, not bright orange like a traffic cone. But OTHERWISE, sort of like Doritos.



EPIC FOODS

MEAT BARS

6 ASSORTED MEATS

B2G1

1.5 oz | normally \$2.99 ea

Buy 2, Get 1 (mix and match) on lamb, beef, salmon, turkey, bison, and chicken bars; with nuts, seeds, dried fruits, and spices.



GREEN VALLEY LACTOSE-FREE

ORGANIC KEFIR

PLAIN & BLUEBERRY POM

\$4.99

32 oz | save \$1.20

SO DELICIOUS ICE CREAM

DAIRY-FREE MINI BARS

VANILLA, COCONUT-ALMOND

\$3.99

4 bars | save \$1.90

ORGANIC VALLEY

CULTURED BUTTER

SALTED AND UNSALTED

\$5.49

16 oz | \$1.50



HILARY'S

VEGGIE BURGERS

ASSORTED FLAVORS

\$2.99

2 burgers | save \$0.80

ORGANIC VALLEY

SHREDDED CHEESES

ASSORTED VARIETIES

\$3.99

6 oz | save \$1.30

ORGANICO BELLO

TOMATO SAUCES

\$5.99 EA | SAVE \$2... OR

2/\$10

25 oz | 4 varieties



ONE DEGREE

COCOA CRISP CEREAL

ORGANIC, SPROUTED

\$3.99

10 oz | save \$2

ORGAIN

GRASS-FED PROTEIN

20 GRAMS | VANILLA & CHOCOLATE

2/\$5

11 oz | compare to \$3.49 ea

PACIFIC FOODS

ALMOND MILKS

SWEETENED AND UNSWEETENED

\$2.99

1 Quart | save \$0.90



2015 USA
Retailer of
the Year!

98 COMMONWEALTH AVE.
CONCORD, MA 01742
978.371.7573
WWW.DEBRASNATURALGOURMET.COM

FOLLOW US ON FACEBOOK FOR EPIC "3-DAY WEEK-
END" SALES EVERY FRIDAY, SATURDAY, SUNDAY.

WE LET YOU KNOW THURSDAY NIGHT...

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EMERALD LABS MULTIVITAMINS & OTHER FORMULAS

30% Off

12 formulas



Active methylated B-vitamins in easy-to-swallow vegetarian capsules make these vitamins work for young and old, men and women alike.

HERBALIST & ALCHEMIST DIGESTIVE BITTERS NEW! 4 VARIETIES

\$9.99

1 oz spray | save \$3.50



Gently and naturally stimulate healthy digestion with age-old formulas. We'll have some open sample bottles to "test drive" in the store.

HOST DEFENSE CORDYCEPS ORGANICALLY GROWN

Sale!

for energy & stamina



At least 25% off on all sizes of America-grown cordyceps liquid & caps. Adam's favorite energy supplement, for running marathons, or just staying awake.

GAIA HERBS ADRENAL HEALTH

Save up to 33% off

SALE!



Worn down? Anxious? Wake up feeling tired? Choose from Adrenal Daily Support, Nightly Restore, and Jump Start. Daily Support maintains healthy adrenal function in the face of everyday stress; Nightly Restore is for restless, unrestoring sleep; & Jump Start kicks off both your day, and your adrenal restoration program. From one of our favorite vertically integrated herb companies, based in North Carolina.

ORGANIC VEGAN PROTEIN CHOCOLATE & VANILLA

\$24.99

2 pounds | save \$15



Clean, sweet, very nice indeed! No soy, no dairy plant protein. Mixes in easily with water or juice -- blender not required. Kids and adults will love it.

TINTS OF NATURE HAIR COLOUR 30% off

on 24 shades



These permanent colours are free from ammonia, 95% naturally derived, and over 75% organic. The lowest possible levels of PPD.

EVAN HEALY ALL SKINCARE 20% off

on 26 items



Certified organic, handmade skin care with ingredients sourced from the wild, small family farms, and women's cooperatives.

JASON ALL TOOTHPASTES 7 TO CHOOSE FROM 25% Off

4.2 to 6 oz



Something for everyone: whitening, strengthening, tartar control, enamel defense, and soothing.

HARDCOVER COOKBOOK VIBRANT INDIA CHITRA AGRAWAL

\$19.99

224 pages



This gorgeous book introduces us to the spices, rices, and vegetables of South Indian cuisine, with a Brooklyn farm-to-table sensibility.

SEVENTH GENERATION 4X CONCENTRATED FREE & CLEAR LAUNDRY

\$12.49

50 oz | save \$4.50



66 loads. Suitable for high efficiency machines. Also on sale: 7th Gen dryer sheets \$3.99; save \$2.50.

CASTOR & POLLUX BUTCHER & BUSHEL CANNED DOG FOODS

3/\$5.99

all flavors



USDA organic canned dog food, with healthy meats and vegetables. Canned pet food is ALWAYS 10% off for 12 cans mix-and-match.

What's New @ Debra's?

- SPF-50 tinted sun shield from MyChelle
- economy 12-pack of recycled bath tissue
- from Carlson: our highest-potency fish oil
- Charlie's soap indoor/outdoor cleaner
- beet + goat cheese crunchy cassava chips
- wine flour -- made from grapes!
- new vegan chocolate bars from Hu (paleo) & Chocolate Hollow (milk alternative)