

DEBRA'S
NATURAL
GOURMET

EAT WELL. BE HAPPY.

NOVEMBER 2021

312 items on sale
online and in the store

CASCADIAN FARMS
PLANT ENTREES

four recipes

\$5⁹⁹

1.5 pounds | save \$3

How refreshing amidst all the plant "beef" + plant "chicken" to find grains, beans + vegetables, i.e. actual plants!



NUTIVA
EVERYTHING COCONUT

oil | shortening | sugar

save **25%**

on 8 items

Shortening for all your holiday baking. Oil, to make the most delicious popcorn + pancakes. Coconut manna, too.



ONCE AGAIN
PEANUT BUTTERS

All Organic Varieties

\$5⁶⁹

16 oz | save \$3

For more than just PBJs. Stir a spoonful into curries, soups, for added richness. And protein + substance to smoothies.



JOVIAL
CASSAVA PASTA

organic | gluten-free

\$2⁷⁹

8 oz | reg 3.99

From Jovial, Italy's premier source for gluten-free traditional pastas. Also free of beans and grains. "Eat Freely."



LIFEWAY
ORGANIC KEFIR

"drinkable yogurt"

\$4⁴⁹

32 oz | reg \$6.99

Traditional fermented milk in the style of the Caucasus mountains, richly probiotic, thick and drinkable. Fruit flavors.



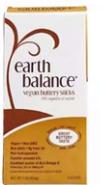
EARTH BALANCE
VEGAN BUTTER

4 sticks

\$3⁹⁹

16 oz | reg \$4.99

Melts like butter. Greases a skillet like butter. Has that buttery taste. Also, Earth Balance soft spreads \$4.49



LAVVA
PILI NUT YOGURT

5 rich, dairy-free flavors

\$1⁷⁹

5.3 oz | reg \$2.19

PACIFIC FOODS
CONDENSED SOUPS

mushroom | chicken | cauli

\$2²⁹

10.5 oz | save \$1

BRAGG'S
APPLE CIDER VINEGAR

organic | 100s of uses!

\$4⁴⁹

1 quart | save \$2

Next Door
Open Jan
2022 (?) (!)

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

SIETE
TORTILLA CHIPS

3 grain-free flavors

\$3⁹⁹

5 oz | save \$1.80

MEYENBERG
GOAT BUTTER + CHEDDAR

digestible dairy

\$5⁴⁹-\$6⁴⁹

reg \$9.29-\$9.99

CLOUD WATER
FUNCTIONAL DRINKS

3 flavors

\$1⁹⁹

12 oz | save \$1

HIRING KITCHEN STAFF NOW
CURBSIDE PICKUP:
HTTPS://DEBRAS.STOREBYWEB.COM



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KBS RESEARCH
ATRANTIL
digestive balance

\$34.99

90 capsules | reg \$39.99

Quickly becoming a Debra's favorite. Rebalances + stabilizes the digestive tract to reduce gas and bloating.



WISH GARDEN
HERBS FOR KIDS
(also for adults!)

save **20%**
on 27 items

Wonderful formulas for runny nose little ones, stuffy nose grown-ups, overstimmed kids; overstimmed adults...



NORDIC NATURALS
C + D GUMMIES
...plus multis

save **25%**
on 11 items

Vitamins don't work if you don't take them. Gummies help with that problem! Also sale on vitamin D capsules...



ORGANIC
VERMONT
CBD

50% OFF!!

(for what ails you!)

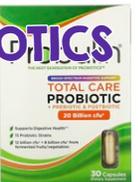


EVERYTHING FROM
PROBULIN PROBIOTICS

no refrigeration needed

save **25%**
on 6 items

Probulin capsule protects against acid in the stomach; gel interior protects against alkalinity in the small intestine.



PLANETARY HERBALS
TRIPHALA
gentle daily regularity

save **25%**
on 4 items

The #1 classic formula in the history of traditional medicine to gently and safely support daily regularity. And it works.



EVERYTHING FROM
BADGER & CO
handmade skincare

save **20%**
on 61 items

We love this mission driven, family-owned NH company. Organic herbs + beeswax make great balms.



EO | EVERYONE
SOAPS + LOTIONS

12- to 32-oz
\$4.99-\$7.99
on 17 items

Soaps are 3-in-1: body wash, shampoo & bubble bath; and nourishing lotions are hydrating and long-lasting!



HERBATINT
HAIR DYE
28 shades

\$13.49

buy 2, get a free applicator kit

Easy application. Permanent color to cover your greys, or experiment with a fun color including Violet or Henna Red.



MAGGIE'S
ORGANIC SOCKS
all sizes, colors, lengths

save **20%**
on 100+ items

For nearly 30 years, Maggie's has been making organic socks in the US. Stock up, as stocking stuffers -- or stockings!



ECOVER
DISH SALE
tablets + liquid dish

save **20%**
on 5 items

Hand dish liquid in 2 scents, and unscented \$3.99; dishwasher tablets lemon or unscented \$5.59 for 25 loads



WHAT'S
NEW
@ DEBRA'S?

- organic Lakadong turmeric -- a variety with 2X the anti-inflammatory curcumin
- new luxurious Baudelaire bath soaks
- over 20 new beeswax candles
- Sicilian blood orange marmalade
- date-sweetened chocolate bars
- organic kiddie shapes mac'n'cheese
- Wildgood ice cream made with olive oil