



PRICED LOW!
on organics
 every day.



organic

Farmers Market Organic
 Green, Black or
 Red Seedless Grapes

2.99
 per lb.



organic

Farmers Market
 Organic
 Bananas

69¢
 per lb.



organic

1 lb. pk. Farmers Market
 Organic
 Strawberries

3.49
 each



organic

15.2 oz.
 Organic
 Kevita Kombucha

2/\$5



organic

Farmers Market
 Organic
 Mangos

2/\$3



organic

Farmers Market
 Organic
 Lemons

5/\$4



organic

Farmers Market
 Organic
 Red Cherries

4.99
 per lb.



- Strawberry Acia
- Lemon Ginger
- Lime Mint Mojita
- Lemon Cayenne
- Ginger
- Turmeric Ginger



3 pk.
Simple Truth Organic
Romaine Hearts

2⁹⁹
each



3.5 oz.
Organic Shiitake Sliced
Mushrooms

3⁹⁹
each



Farmers Market
Organic
Iceberg Lettuce

1⁹⁹
each



Farmers Market
Organic Nectarines or
Yellow Peaches

2⁹⁹
per lb.



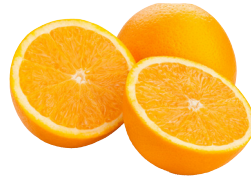
Simple Truth Organic
White Cauliflower

3⁴⁹
each



Red, Green or Romaine
Leaf Lettuce

1⁹⁹
each



Farmers Market
Organic
Valencia Oranges

99¢
each



2 lb. bag
Simple Truth Organic
Granny Smith Apples

3⁹⁹
each



8 oz.
Simple Truth Organic
Soft Cream Cheese Spread

2/\$5



16 oz.
Simple Truth Organic
Ice Cream

2/\$6



96 oz.
Simple Truth Organic
Seltzer Water

2/\$7



2.5 oz.
Simple Truth Organic
Beef Jerky

3⁹⁹



save at least 98¢ on 2 with your VIC card

save at least 98¢ on 2 with your VIC card

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

save at least \$2.00 each with your VIC card



12 oz.
Simple Truth Organic
Marinade

2/\$5



11 oz.
Simple Truth Organic
Granola Clusters

3⁹⁹



16.5 oz.
Simple Truth Organic
Fruit Spread

2⁹⁹



24 oz. 6pk.
Simple Truth Organic
Applesauce

2/\$5



save big on 2 with your VIC card

save at least 80¢ each with your VIC card

save at least 60¢ each with your VIC card

save at least 78¢ on 2 with your VIC card

*Supplies are limited

STUFFED AVOCADO CHICKEN BREASTS



INGREDIENTS:

- 4 large Chicken Breasts
- 1 large Avocado, diced
- 2 Tbsp. Cilantro, chopped
- ¼ tsp. Salt
- 1 - 2 Tbsp. HT Traders Extra Virgin Olive Oil
- ¼ cup Sun Dried Tomato Strips in Oil, drained and diced
- All Purpose Seasoning Blend, see notes

DIRECTIONS:

1. Preheat oven to 425° F.
2. Use a sharp knife to slice a pocket into the side of each Chicken Breast. Use the Seasoning Blend to season both sides of the Chicken Breasts.
3. In a small bowl, combine Diced Avocado, Sun Dried Tomatoes, Cilantro and Salt. Divide the mixture between the Chicken Breasts and secure pockets closed with toothpicks, if desired.
4. Heat a large cast iron (or oven safe) skillet over medium heat. Add Olive Oil to the pan and when hot, sear the chicken on both sides for about 3 minutes, until golden brown. Cover pan with aluminum foil and place in preheated oven for 15 - 17 minutes, until chicken reaches internal temperature of 155 degrees. Remove from oven and keep covered for 5 minutes before removing toothpicks and enjoying.

Notes:

For the Seasoning Blend, combine:

- 1 tsp. Salt
- ½ tsp. Onion Powder
- 1 tsp. Black Pepper
- ½ tsp. Dried Parsley
- ½ tsp. Garlic Powder
- 1 tsp. Lemon Zest



6.4 oz.

Hilary's Organic Veggie Burgers

3⁴⁹

save at least 50¢ each with your VIC card



0.7 oz.

4th & Heart Ghee Butter

1⁷⁹

save at least 50¢ each with your VIC card



16 oz.

Inko's Organic White Tea

2⁹⁹

save at least 50¢ each with your VIC card



1.52 oz.

Bearded Brothers Organic Chocolate Bars

2⁷⁹

save at least 50¢ each with your VIC card



2.0 oz.

Rhythm Mango Habanero Kale Chips

4⁹⁹

save at least \$1.00 each with your VIC card



16.9 oz.

Acetum Organic Red or White Wine Vinegar

4⁴⁹

save at least 50¢ each with your VIC card



12 oz.

Earthly Choice Organic Quinoa

6⁴⁹

save at least \$1.00 each with your VIC card



10 oz.

Earthly Choice Milled Organic Flax Seed

4⁴⁹

save at least 50¢ each with your VIC card



9.9 oz.

Native Forest Whole Artichoke Hearts

4⁴⁹

save at least 50¢ each with your VIC card



16 oz.

Pyure Organic All-Purpose Stevia Sweetener

8⁴⁹

save at least \$2.50 each with your VIC card



12 oz.

Nutiva Organic Coconut Oil

5⁹⁹

save at least 80¢ each with your VIC card



15 oz.

Nutiva Organic Coconut Oil Manna

10⁹⁹

save at least \$2.00 each with your VIC card

*Supplies are limited

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



RESPONSIBLE

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, and Sustainable Seafood.

FREE FROM

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.

GOOD PROTEIN

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.

WHOLE GRAIN

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

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.

PALEO

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.

KETO

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

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.

LACTOSE FREE

Includes all products making a claim related to being free of lactose.

PLANT BASED

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.

GLUTEN FREE

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

HEART HEALTHY

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

NO SALT ADDED

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

NO SUGAR ADDED

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.

NON GMO

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



33.8 oz.
Mr & Mrs T
Bloody Mary Mix

FREE FROM

3.99

save at least \$1.00 each with your VIC card



12 oz.
Rose's Lime Juice
or Grenadine Syrup

FREE FROM

2/\$6

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



16.9 oz.
Fever-Tree
Tonic Water or Ginger Ale

FREE FROM

2.99

save at least 50c each with your VIC card

FREE FROM

8.99

save at least \$1.00 each with your VIC card



6 pk. 8.45 oz.
The Great Jamaican
Ginger Beer



6.76 oz.
Shirakiku
Ramune Drink

FREE FROM

2.69

save at least 30c each with your VIC card



1.5 oz.
Mrs. Wages Queso
or Salsa Mix

FREE FROM

1.29

save at least 20c each with your VIC card



16 oz.
Clint's
Texas Salsa

FREE FROM

4.49

save at least 50c each with your VIC card



16 oz.
Gia Russa
Potato Gnocchi

FREE FROM

3.99

save at least 50c each with your VIC card

*Supplies are limited