

# Dish

January 2020

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**New Year,  
New You**  
Start the year off right with manageable  
goals and meal changes.

# Helping you prepare for Game Days



## SPICY CRAB "AWESOME DIP"

1 JAR MRS. RENFRO'S JALAPENO GREEN SALSA

32 OZ. WHIPPED CREAM CHEESE

2 CUPS LUMP CRAB MEAT

1 LARGE JALAPENO, MINCED

SALT AND PEPPER TO TASTE

MIX ALL INGREDIENTS IN LARGE BOWL. COVER AND REFRIGERATE FOR ONE TO SIX HOURS, THE LONGER THE BETTER. SERVE WITH TORTILLA CHIPS OR CRACKERS.

[WWW.RENFROFOODS.COM](http://WWW.RENFROFOODS.COM)

Selected Varieties; 16 oz.

Mrs. Renfro's  
Salsa

**2/\$7**



Selected Varieties; 16 oz.  
Desert Pepper  
Salsa

**2/\$6**



Selected Varieties;  
4.9 to 9.7 oz.

Wasa Crispbread  
**2.99**



Selected Varieties; 5.4 to 6.1 oz.  
Wasa Gluten Free  
Crispbread

**3.69**

GLUTEN  
FREE



Selected Varieties; 4.76 oz.

Breton  
Crackers

**2/\$5**



Selected Varieties; 5 oz.

Pop Chip  
Potato Chips

**2/\$5**





Selected Varieties; 2.7 to 3.4 oz.

**Bare Fruit  
Dried Fruit Snacks**

**4.49**

Selected Varieties; 25.4 fl. oz.

**Stirrings  
Cocktail Mixers**

**6.99**

Selected Varieties; 5 oz.

**Barnana  
Plantain Chips**

**2/\$7**

Selected Varieties; .17 oz.

**GimMe Organic  
Seaweed Snacks**

**2/\$3**



12 fl. oz.

**Stirrings  
Dirty Martini Mixer**

**4.99**

Selected Varieties; 16 fl. oz.

**Steaz  
Ice Tea**

**3/\$5**

Selected Varieties; 8 oz.

**Karma  
Nuts**

**6.49**

Selected Varieties; 1.15 oz.

**Chomps  
Beef Sticks**

**1.69**

Selected Varieties; 25.36 fl. oz.

**Thai Kitchen  
Coconut Milk**

**4.99**



Selected Varieties; 16 oz.  
**DeCecco**  
 Pasta  
**2/\$5**



Selected Varieties; 25 oz.  
**Jersey Tomato Co.**  
 Pasta Sauce  
**6.49**



12 oz.  
**Tru-Roots**  
 Organic Quinoa  
**6.99**



Selected Varieties; 32 oz.  
**Rao's Homemade**  
 Pasta Sauce  
**8.99**



Selected Varieties; 16 oz.  
**Rao's Homemade**  
 Soup  
**4.99**

**LOOK WHAT'S NEW**

Selected Varieties;  
 1.38 oz.  
**Love Good Fats**  
 Bars  
**4/\$5**



A DELICIOUS LINE OF  
 SNACKS BARS THAT YOU  
 CAN EAT AND ENJOY GOOD  
 FATS, CONVENIENTLY.





Selected Varieties; 8 oz.

**Frontera  
Skillet Sauce**

**2.29**

Selected Varieties; 12 fl. oz.

**Walden Farms  
Dressing**

**2/\$7**

Selected Varieties; 16 fl. oz.  
**Moore's Wing Sauce  
or Marinade**

**2/\$7**

Selected Varieties; 6 fl. oz.

**Moore's  
Hot Sauce**

**3.99**

Selected Varieties; 12 oz.  
**New Primal Kitchen  
Sauces**

**6.99**



16.9 fl. oz.  
**Thrive  
Olive Oil**

**10.99**



5 fl. oz.  
**Thrive  
Olive Oil  
Spray**

**6.99**



Selected Varieties; 9 oz.  
**4th & Heart  
Ghee**

**11.99**





Selected Varieties; 10 oz.

**Tasty Bites  
Entrees  
2/\$6**



14 oz.

**Spinato's  
Supreme Pizza  
7.99**



Selected Varieties; 3.3 oz.

**Good Catch  
Fish Free Tuna  
3.99  
NEW**



Selected Varieties; 13.4 oz.

**Jack's  
Beans  
BUY ONE GET ONE  
FREE**



8 oz.

**Manitoba Harvest  
Shelled Hemp  
Heart Seeds  
6.99**



12 oz.

**Swerve  
Granular Sugar  
7.49**

## MEXICAN HOT CHOCOLATE

- 1 ½ CUPS MILK OF CHOICE
- 2 OUNCES 100% DARK CHOCOLATE BAR, CHOPPED
- 2-3 TABLESPOONS SWERVE, GRANULAR
- ½ TEASPOON HT VANILLA EXTRACT
- ¼ TEASPOON HT GROUND CINNAMON
- ⅛ TEASPOON CAYENNE
- ⅛ TEASPOON GROUND ANCHO CHILE POWDER
- ⅛ TEASPOON HT NUTMEG
- PINCH SALT
- HT WHIPPED CREAM, FOR TOPPING (OPTIONAL)

PLACE ALL OF THE INGREDIENTS, EXCEPT FOR THE WHIPPED CREAM, IN A SMALL POT OVER MEDIUM HEAT. BRING TO A SIMMER AND STIR UNTIL COMBINED. POUR THE HOT CHOCOLATE INTO A MUG AND TOP WITH WHIPPED CREAM BEFORE SERVING.  
WWW.SWERVESWEET.COM



Selected Varieties;  
16 bags

**Yogi Tea** **4.69**



Selected Varieties; 16 bags  
**Traditional Originals Tea** **4.49**



Selected Varieties; 32 fl. oz.

**RW Kunden  
Just Juice**  
**7.49**

Selected Varieties; 10 oz.

**Hemp Yeah!  
Granola**  
**4.99**

Selected Varieties; 32 fl. oz.

**Almond Breeze  
Milk** **2.99**

Selected Varieties; 9.87 fl. oz.

**Leaner  
Creamers** **8.99**

Selected Varieties; 10 oz.

**Barney Butter  
Almond Butter**  
**7.99**

6.7 oz.

**Tru-Nut  
Powdered  
Peanut Butter**  
**4.99**

Selected Varieties; 12 oz.

**Purely Elizabeth  
Cereal** **5.99**

Selected Varieties; 32 fl. oz.

**Cheri Bundi  
Cherry Juice**  
**7.99**



# Happy Chinese New Year 2020!

Selected Varieties;  
3.4 to 3.8 oz.

Blue Dragon  
Sauces

**4/\$5**



.77 oz.

Blue Dragon  
Sushi Nori

**3.99**



6.4 oz.

Blue Dragon  
Vietnamese  
Dipping Sauce

**3.99**



8.8 oz.

Blue Dragon  
Soba  
Noodles

**3.49**



4.7 oz.

Blue Dragon  
Spring Roll  
Wrappers

**2.99**



10.58 oz.

Blue Dragon  
Medium  
Egg Nests  
Noodles

**4.49**



Selected Varieties; 14.2 oz.

Kame Heat n' Eat  
Noodles

**2.99**



Selected Varieties; 3.5 oz.

Asian Gourmet  
Rice Crackers

**2/\$5**



5.1 fl. oz.

Lee Kum Kee  
Dark Mushroom  
Sauce

**1.99**



Selected Varieties; 8 oz.

Lee Kum Kee  
Sauces

**3.49**



Selected Varieties; 9 to 20 oz.

Lee Kum Kee  
Hoisin Sauce

**3.99**



15 oz.

Lee Kum Kee  
Sriracha  
Mayonnaise

**4.49**



All items priced with VIC Savings Card

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