Green Smoothie Bowl

2 frozen bananas
1 cup strawberries
½ avocado
2 handfuls spinach
1 handful kale
1 Tbsp. Nature’s Earthly Choice Flax Seeds
1 Tbsp. Simple Truth Organic Almond Butter
½ cup coconut water

Toppings
sliced strawberries
sliced kiwi
dragon fruit
coconut flakes
Nature’s Earthly Choice Hemp Seeds
Natierra
pink himalayan salt

Add all the ingredients to a blender and mix on high. Pour into a bowl or half a honeydew, and top with fruit, coconut flakes and hemp seeds.

Nature’s Earthly Choice
Raw Shelled Hemp Seeds
8 OZ
$6.49

Woodstock
Organic Frozen Fruit
Banana Slices
8 OZ
$2.49

Woodstock
Organic Frozen Fruit
10 OZ
Selected Varieties
$4.49

All items priced with VIC Savings card
Bob's Red Mill Organic Steel Cut Oats 24 OZ $3.99

Cheribundi Juice 32 FL OZ Selected Varieties $6.99

Highground Organic Instant Coffee 3.53 OZ Selected Varieties $9.99

The Toasted Oat Bakehouse Soft Granola 10 OZ BOGO 10 OZ Selected Varieties Buy One Get One Free

Purely Elizabeth Organic Ancient Grain Granola Cereal 12 OZ $5.99

Serenity Kids Organic Meal Pouch 3.5 OZ 2/$6 Selected Varieties

Serenity Kids Organic Veggie Pouch 3.5 OZ 2/$4 Selected Varieties

PlantFusion Complete Plant Protein Chocolate 15.87 OZ $24.99

More than Nutrition, PlantFusion is Complete Nourishment
treat your pup

The Bear & The Rat
Frozen Yogurt Dog Treat
14 FL OZ
Selected Varieties
$5.99

Mi-Del
Gluten Free Cookies
8 OZ
Selected Varieties
2/$7

Vicenzi
Ladyfinger Cookies
7.05 OZ
$2.99

Skinny Dipped
Almonds
Dipped Almonds
3.5 OZ
Selected Varieties
$3.99

Hail Merry Snacks
Tart Cups & Cookie Dough Bites
2 to 3 CT
Selected Varieties
2/$5

Fever-Tree
Beverages
16.9 FL OZ
Selected Varieties
$2.99

Q Drinks
Soda
4/6.7 FL OZ
Selected Varieties
$4.99

Jose Cuervo
Margarita Mix
59.2 FL OZ
Selected Varieties
$7.99

Itoen
Organic Teas’ Tea
16.9 FL OZ
Selected Varieties
2/$3
Sesmark Foods
Thins
3.5 to 7 OZ
Selected Varieties
2/$6

Desert Pepper Trading
Cantina Salsa
16 OZ
Selected Varieties
2/$5

Saffron Road
Chickpea Snack
6 OZ
Selected Varieties
$3.99

Suzie's
Puff Corn Cakes
4.8 OZ
Selected Varieties
$2.99

Gimme Seaweed Snacks
Organic
Seaweed Snack
.17 OZ
Selected Varieties
4/$5

LOOK WHAT'S NEW

Tate's Bake Shop
Cookies
7 OZ
Selected Varieties
$4.99

Traina
Fruitons
6 OZ
Selected Varieties
$3.99

Popcornopolis
Unicorn Popcorn Cone
6.3 OZ
Selected Varieties
$5.99

Sweet Chaos
Popcorn
5.5 OZ
Selected Varieties
$3.49
Garden State Salad

3/4 lb. fresh spinach
1/4 lb. fresh mushrooms
1/2 red onion, sliced into rings
1/2 green pepper, cut into thin strips
Tomato wedges
2 hard-boiled eggs, cut into wedges
2 Tbsp ALLEGRO Hot & Spicy Marinade
2 Tbsp ALLEGRO Original Marinade
Croutons

Clean spinach and tear into bite-size pieces. Wash and thinly slice mushrooms. Place first 6 ingredients in bowl and toss with Allegro Marinades (marinades may be heated before tossing for wilted lettuce salad). Arrange on plate and garnish with tomato, egg wedges and croutons.

allegromarinade.com

Rao's
Pasta Sauce
32 OZ
Selected Varieties
$8.49

De Cecco
Gnocchi
17.5 OZ
Selected Varieties
$3.49

Allegro
Marinade
12.7 FL OZ
Selected Varieties
$3.99

All items priced with VIC Savings card
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<th>Product</th>
<th>Description</th>
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Celebrate Cinco De Mayo May 5th

Mrs. Wages Seasoning Mixes 0.8 to 1.5 oz Selected Varieties 10/$10

Salsa God Salsa 16 oz Selected Varieties 2/$7

Splash Mixers Cocktail Mixers 25.4 oz Selected Varieties $8.99

Casa Mexicana Rice Mix 8 oz Selected Varieties $2.99

Casa Mexicana Seasoning Mix 1 oz Selected Varieties 2/$4

Barritts Ginger Beer 4/12 fl oz Selected Varieties $6.99

Terrific Chicken Taco Bowl

1 cup lettuce or greens of choice
1/4 cup white or brown rice
1/4 cup cherry tomatoes, quartered
2 Tbsp red onion, chopped
1/4 cup shredded HT Colby Jack cheese
1/4 cup cotija cheese, crumbled
1/4 cup Goya black beans, drained and rinsed
1 chicken breast
1/4 cup Cholula Chipotle Hot Sauce

For avocado crema
1/2 avocado, diced
3 Tbsp. HT Sour Cream
2 Tbsp. lime juice

Heat 1 teaspoon of oil in a pan over medium heat. Add chicken breast and grill for about 10 minutes, until fully cooked through. Shred 1 cup chicken breast and toss with Cholula Chipotle. To make tortilla bowl, brush the inside of an oven-proof bowl with olive oil or cooking spray and place a tortilla into the bowl, pressing it up against the edges. Bake the bowl at 375 degrees for 12-15 minutes. To make the avocado crema, place avocado, sour cream, and lime juice into a blender and blend until smooth. Add chicken, cheeses, rice, lettuce, red onion, and black beans to the tortilla bowl. Drizzle with avocado crema and Cholula Original.

www.cholula.com

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