



**GREENACRES  
MARKET**

**JUNE SALES 2021**

# SLIM DOWN *for* SUMMER

**Weight Loss  
for Everyone**

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Teeth Naturally**

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**GREENACRES.COM**

# A ~~WEIGHT LOSS~~ SOLUTION *for everyone*

Are you confused about which diet to start back with to lose those unwanted pounds that crept on this past year? This summer's hottest trend is once again "weight loss" & surprisingly – people want to do it in a healthy way, not just a crash diet.

We have once again researched the latest fads, the resurgence of keto, plant based & other nutrient rich "diets" & the common theme they all have is "reduce added sugars". What does that mean? Many fruits and common foods we eat regularly provide us with natural sugars or breakdown to sugars in the body. Some natural sugar is not bad – your body will use it to produce energy & it's part of the balanced protein/carb/fat ratio that your body depends on. However, the focus of this message is reducing "added" sugars, which is any sugar that is added to a product, is refined, or a simple carbohydrate that doesn't provide the body with any additional nutritional value. Sugars are your worst enemy.

Reducing "added" sugars alone gives you the best chance to kickstart your metabolism and support your body to start melting away that stubborn fat, especially around the midsection. Belly fat, often referred to as visceral fat, is very dangerous. It can pack its way back into your body & around your organs because they generate adipokines and adipose hormones—chemical troublemakers that travel to your organs and blood vessels, where they bring on inflammation that can contribute to conditions like heart disease and cancer.

## WANT TO LOOK YOUNGER, TOO?

Reduce the "added sugar". Extra sugar can cause high blood sugar levels that triggers a process in the body that hinders the repair of your skin's collagen – the very protein that keeps it looking plump. Reducing "added sugar" can help reduce sagging & other visible signs of aging.



## HOW DO YOU START?

Not everyone can go cold turkey – so make a plan to wean yourself off of added sugars. The first step is identifying where it is in your daily food intake. You might be shocked how many foods that includes: salad dressings, sauces, fruit snacks, protein bars, energy drinks, cocktails, wine & even some drinkable & powered vitamins. Educate yourself so you are in control of making changes that benefit you. Whether it's a soda or more a day habit, or dessert after every meal, or even that morning caramel latte – start removing some of these items & replacing them with nutrient dense snacks & food options with more protein & fats that help stabilize blood sugar.

## EXERCISE WON'T CANCEL IT OUT:

Even if you are committed to spin classes, cross fit & other intense cardio options – if you don't cut back on sweets & your daily syrup filled coffees or sugary energy drinks – you will still increase your risk of heart disease & unhealthy weight gain from the extra simple sugars alone. Cutting out "added" sugar is the best way to reduce your risk of increased inflammation & disease. The outdated thought process of working out to offset a bad diet will ultimately catch up to you in the long run. You might prolong the deterioration in the body but it will happen.

## NEED A LITTLE BOOST?

There are some great supplements that will help the body start the process of burning the stubborn fat & also help control sugar cravings. *Here are a few of our favorites:*



**PGX:** Slows sugar absorption, decreases appetite



**GARCINIA**  
burns fat & stops fat storage



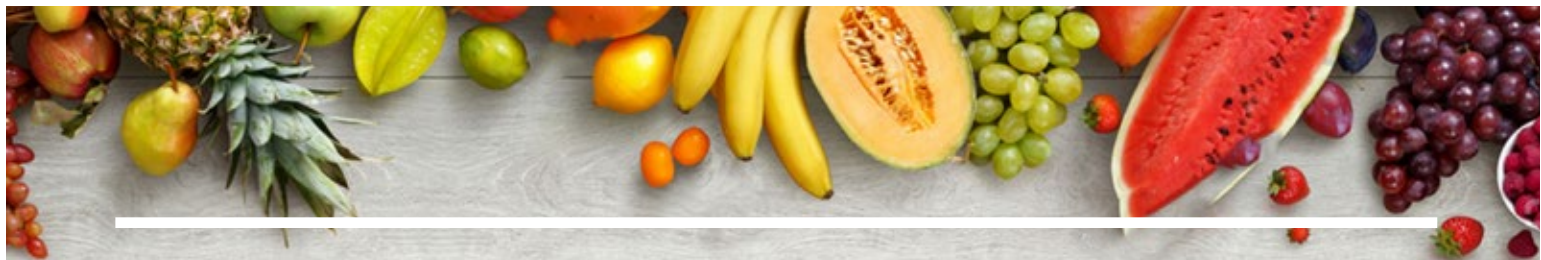
**CLA:** Burns calories during exercise



**MCT OIL**  
Boosts metabolism

## OUR MISSION

GreenAcres Market & Deli is your community Natural Foods Market committed to providing:  
Quality Education | Dedicated Customer Service | Fresh, Natural & Organic Products | A Unique Shopping Experience  
In order to improve the health of our community one person at a time.



# ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR THE **NEW**  
**LOWER PRICES**  
**WEEKLY FLIER**

➔ IN STORES AND ON SOCIAL MEDIA!

SIMPLY DELICIOUS

## GRILLED VEGETABLE

## *Marinade*

The days are hot, the grill is on! This recipe is simply the best for grilling your favorite veggies as a healthy, hearty, and flavorful summer side dish.



### INGREDIENTS

- 1/3 cup Olive oil – *to get the perfect grilled char*
- ¼ cup Balsamic vinegar – *slightly sweet, deep, and tangy flavor*
- 3 Tbsp Dijon mustard – *adds an extra punch of tanginess and thickens the marinade*
- 3 Tbsp Honey – *for a hint of sweetness and great caramelization; you can also use agave to make vegan*
- 1 ½ teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon ground black pepper

### FOR THE VEGGIES

- 1 pound carrots halved or quartered
- 1 pound asparagus trimmed
- 2 zucchini cut into sixths
- 2 yellow squash cut into sixths
- 1 large red bell pepper cut into ½ inch strips

Set out a 1-2 cup measuring pitcher, measure all ingredients into the pitcher, and whisk until smooth.  
*That's it!*

LET VEGGIES MARINATE  
FOR AT LEAST 30 MIN.  
UP TO A FEW HOURS!

recipe provided by  
**delicious**  
living

GET HEALTHY WITH G-US



Reminder:  
controlling  
portion  
sizes is  
still one of  
the best  
solutions for  
weight loss!

# GROCERY SHOPPING MADE HEALTHY

BACK TO NATURE  
**PLANT-BASED  
CRACKERS**  
4-8.5 oz., Select Varieties



**2/\$6**

C2O  
**PURE COCONUT  
WATER**  
17.5 oz.



**2/\$3**

CHOSEN FOODS  
**AVOCADO OIL  
BASED MAYO**  
12 oz.



**\$7<sup>99</sup>**

ETERNAL  
**NATURAL ALKALINE  
SPRING WATER**  
1 Liter



**\$1<sup>79</sup>**

GOOD TO GO  
**SOFT BAKED  
KETO BAR**



**2/\$3**

GURU  
**PLANT-BASED  
ENERGY DRINK**  
12 oz.



**2/\$5**

HONEY STINGER  
**ORGANIC GLUTEN-FREE  
WAFFLES**  
Select Varieties



**5/\$5**

KETTLE  
**ALL-NATURAL  
KETTLE CHIPS**  
5 oz.



**2/\$5**

LACROIX  
**100% NATURAL  
SPARKLING WATER**  
12 ct., Select Varieties



**\$5<sup>49</sup>**

LATE JULY  
**CLASICO TORTILLA  
CHIPS**  
5.5 oz.



**2/\$5**

LUNDBERG  
**ORGANIC  
RICE CAKES**  
8.5-9.6 oz., Select Varieties



**\$3<sup>49</sup>**

MADHAVA  
**ORGANIC  
LIGHT AGAVE**  
17 oz.



**\$4<sup>99</sup>**

MANITOBA HARVEST  
**NATURAL SHELLED  
HEMP HEARTS**  
8 oz.



**\$5<sup>69</sup>**

MOM'S BEST  
**ALL-NATURAL  
GLUTEN-FREE CEREAL**  
16-22 oz., Select Varieties



**2/\$6**

PURELY ELIZABETH  
**GLUTEN FREE  
PANCAKE MIXES**  
10 oz.



**\$4<sup>99</sup>**

REEDS  
**ALL-NATURAL  
GINGER ALE**  
4-pack



**\$4<sup>49</sup>**

REPURPOSE  
**COMPOSTABLE  
PAPERWARE**  
9 in., 44 ct.



**\$5<sup>99</sup>**

# FUN SUMMER SNACKING

ANNIE'S HOMEGROWN  
**ALL NATURAL  
MAC & CHEESE**  
5.25-6 oz., Select Varieties



**10 FOR  
\$10**

CASCADIAN FARM  
**ORGANIC  
ALL-NATURAL CEREAL**  
8.6-12.5oz., Select Varieties



**2 FOR  
\$6**

LARABAR  
**FRUIT & NUT BAR**  
Select Varieties



**10 FOR  
\$10**

CASCADIAN FARM  
**ORGANIC  
FROZEN VEGETABLES**  
10 oz., Select Varieties



**2 FOR  
\$4**

EPIC  
**MEAT, FRUIT,  
& NUT PROTEIN BAR**  
Select Varieties



**2 FOR  
\$4**

RIOT ENERGY  
**PLANT POWERED  
ENERGY DRINK**  
16 oz.



**2/\$4**

ROAR ORGANIC  
**FLAVORED  
ELECTROLYTE DRINK**  
18 oz.



**2/\$4**

UNISOY  
**NON-GMO VEGAN  
JERKY**  
3.5 oz.



**\$4<sup>49</sup>**

R.W. KNUDSEN  
**ORGANIC JUICE**  
32 oz., Select Varieties



**\$3<sup>99</sup>**

SAFE CATCH  
**LOW MERCURY TUNA**  
5 oz.



**\$4<sup>29</sup>**

TATE'S BAKE SHOP  
**THIN CRISPY BUTTERY  
COOKIES**  
7 oz.



**\$4<sup>59</sup>**

TRUFF  
**BLACK TRUFFLE  
INFUSED HOT SAUCES**  
6 oz.



**\$12<sup>99</sup>**

RUNA  
**CLEAN ENERGY  
DRINK CANS**  
12 oz.



**2/\$4**

GET HEALTHY WITH G-US



When working out in the heat, wear loose fitting clothes or breathable materials to keep your body cool

## REFRIGERATED & FROZEN DEALS

FARMHOUSE CULTURE  
**ORGANIC  
PROBIOTIC KRAUT**  
16 oz., Select Varieties



**\$5<sup>89</sup>**

A2 MILK  
**NATURAL A2  
PROTEIN MILK**  
59 oz.



**\$3<sup>49</sup>**

BITCHIN' SAUCE  
**VEGAN ALMOND  
SAUCES**  
8 oz.



**\$4<sup>99</sup>**

NANCY'S  
**ORGANIC PROBIOTIC  
COTTAGE CHEESE**  
16 oz.



**\$4<sup>99</sup>**

EVOLUTION FRESH  
**COLD-PRESSED  
JUICE SMOOTHIES**  
15.2 oz., Select Varieties



**2/\$7**

## A New Horizon of Goodness

Organic  
DHA Omega-3 Milk  
64 oz.



**\$4<sup>69</sup>**

Organic  
Ultra Pasteurized Milk  
64 oz.



**\$4<sup>39</sup>**

- No antibiotics, pesticides or added hormones
- Milk from pasture-raised cows • Non-GMO project verified

## DELIGHT IN EVERY BITE

Non-Dairy  
Cutting Board Shreds  
7.1 oz.



Non-Dairy Cheese Slices  
7.8 oz.



**\$3<sup>99</sup>**

- Non-GMO project verified
- Shreds & slices melt easily
- Dairy free & gluten free
- Plant-based cheese alternative

# Delicious FROM THE START

- Plant-based vegan desserts
- Smooth and creamy
- Non-GMO project verified

**\$4<sup>99</sup>**

**Dairy-Free  
Cashew Milk Dessert**  
1 pint, Select Varieties



**No Sugar Added  
Coconut Milk Dessert**  
1 pint, Select Varieties



**KALONA ORGANICS  
ORGANIC COTTAGE  
CHEESE**  
16 oz.



**\$4<sup>89</sup>**

**CHAMELEON  
ORGANIC COLD  
BREW COFFEE**  
32 oz.



**\$8<sup>79</sup>**

**STONYFIELD  
WHOLE MILK  
ORGANIC YOGURT**  
32 oz.



**\$3<sup>69</sup>**

**ORGANIC VALLEY  
ULTRA PASTEURIZED  
ORGANIC MILK**  
1/2 gallon, Select Varieties



**\$4<sup>49</sup>**

**THE BU  
ORGANIC PROBIOTIC  
KOMBUCHA**  
14 oz.



**2/\$5**

**ALPHA FOODS  
PLANT-BASED  
CHIK'N NUGGETS**  
10.9 oz.



**\$4<sup>59</sup>**

**AMERICAN FLATBREAD  
HANDMADE WOOD-  
FIRED PIZZAS**  
10.2 oz., Select Varieties



**\$6<sup>89</sup>**

**THE MEATLESS FARM  
MEAT FREE  
BURGERS**  
2 ct.



**\$4<sup>49</sup>**

## SHOP YOUR FAVORITE ITEMS

# ONLINE!

[GreenAcres.com](https://GreenAcres.com)



Happy  
FATHER'S DAY!

# HEALTH & BEAUTY



GET HEALTHY WITH GUS

Slow down. When exercising in heat and humidity it's important to take it easy & take more breaks.

## ANDALOU SELECT PRODUCTS



**30% OFF**  
MSRP

## QUANTUM HEALTH SELECT BUZZ AWAY PRODUCTS



**30% OFF**  
MSRP

## EVERY MAN JACK SELECT PRODUCTS



**30% OFF**  
MSRP

## NEW Beauty REFRESH AT GREENACRES

As we are going places and doing things we have not done in over a year, the freedom is exhilarating! Along with getting out of the house, people are starting to dress up more and take a renewed interest in their appearance.

At GreenAcres we have been refreshing our health and beauty options ready for your return! We have added quite a few new face care products, lotions, deodorants, and hair color options all from our favorite brands & some new ones!

One year ago, the focus was on hand soaps and hand sanitizers. Now with the return to going places and eating out, women and men are refreshing their image and dedication to a healthy, radiant skin care regimen.

### HERE ARE JUST A FEW FUN ADDITIONS:



**ALBA BOTANICA  
HAWAIIAN TOWELETTES**  
For beauty cleansing  
on the go



**SCHMIDT DEODORANT**  
Effective new scents



**DERMA E CREPEY  
SKIN REPAIR**  
Helps rehydrate &  
reduce wrinkles



**ANDALOU HYDRO  
SERUM FACIAL MASKS**  
Refresh, rehydrate  
your skin quickly

## Essential Oil DUOPACK of the month

### MOISTURIZING SHAVE GEL RECIPE FOR MEN

**DUO \$7<sup>69</sup>**  
REG. \$10.98

#### Ingredients:

- 4 tablespoons Aloe Life aloe vera gel
- 1 teaspoon Now Almond Oil
- 1/2 teaspoon Now vegetable glycerin
- 1/2 teaspoon vitamin E oil
- 3 drops Now Orange Essential Oil
- 2 drops Now Cedarwood Essential Oil
- 2 oz. plastic squeeze bottle

Combine all ingredients in a small liquid measuring cup. Stir to combine. Pour the mixture into the squeeze bottle. This recipe will keep for 3 months. Store in a cool, dark place.



SPECIAL DUO PRICE GOOD ALL MONTH  
\*WHILE SUPPLIES LAST

ALOE LIFE  
SELECT PRODUCTS

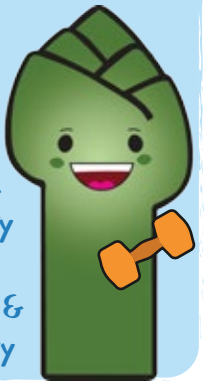


**25% OFF** MSRP

# SUPPLEMENTS

GET HEALTHY WITH GUS

Strength training is important to all fitness levels. Helps mobility & improved performance & reduces injury



AMERICAN HEALTH  
NEW PROBIOTICS



**35% OFF** MSRP

ANCIENT NUTRITION  
SELECT BONE BROTH PROTEINS



**25% OFF** MSRP

BLUEBONNET  
SELECT PRODUCTS



**20% OFF** MSRP

CHARLOTTE'S WEB  
SELECT PRODUCTS



**20% OFF** MSRP

CV SCIENCES  
SELECT PRODUCTS



**25% OFF** MSRP

ENZYMEDICA  
SELECT PRODUCTS



**25% OFF** MSRP

HYLAND'S  
SELECT PRODUCTS



**15% OFF** MSRP

IRWIN NATURALS  
SELECT MEN'S PRODUCTS



**35% OFF** MSRP

VITAL PLANET  
SELECT PRODUCTS



**20% OFF** MSRP

KAL  
SELECT PRODUCTS



**30% OFF** MSRP

SELECT CBD PRODUCTS

**40% OFF** MSRP



SELECT DR. FORMULATED OMEGAS

**35% OFF** MSRP



**KOS NATURALS  
SELECT  
PRODUCTS**



**30% OFF**  
MSRP

**KYOLIC  
SELECT  
PRODUCTS**



**25% OFF**  
MSRP

**LILY OF THE DESERT  
SELECT  
PRODUCTS**



**25% OFF**  
MSRP

**MEDTERRA  
SELECT  
PRODUCTS**



**20% OFF**  
MSRP

**NATURAL FACTORS  
SELECT PRODUCTS**



**25% OFF**  
MSRP

**NATURE'S ANSWER  
SELECT PLANT HEAD  
PROTEIN**



**25% OFF**  
MSRP

**NOW  
SELECT VITAMIN C  
PRODUCTS**



**30% OFF**  
MSRP

**NULEAF  
SELECT  
PRODUCTS**



**15% OFF**  
MSRP

**WINGED  
SELECT PRODUCTS**



**20% OFF**  
MSRP

**OLLOIS  
SELECT PRODUCTS**



**15% OFF**  
MSRP

**SOLGAR  
SELECT  
VITAMIN D**



**30% OFF**  
MSRP

**SOURCE NATURALS  
SELECT  
PRODUCTS**



**30% OFF**  
MSRP

# SHOP ONLINE

- for your favorite -

# SUPPLEMENTS

VISIT [GREENACRES.COM](https://www.greenacres.com)

# JUNE BONUS BUYS

**BONUS BUYS** are items that we have negotiated with vendors to offer at a 35% discount or more!

CV SCIENCES  
**PLUS CBD GOLD**  
60 ct. Soft Gels



**\$45<sup>49</sup>**

YERBA PRIMA  
**MORINGA**  
180 capsules



**\$11<sup>69</sup>**

EMERALD LABS  
**MEN'S ONE DAILY  
MULTIVITAMIN**  
30 capsules



**\$12<sup>99</sup>**

NATURAL FACTORS  
**VITAMIN D3 5000 IU**  
120 ct. Soft Gels



**\$7<sup>49</sup>**

CBD MEDIC  
**ARTHRITIS PAIN  
RELIEF CREAM**  
1.7 oz.



**\$19<sup>49</sup>**

NATURE'S WAY  
**ALIVE DIABETIC  
MULTIVITAMIN**  
60 tablets



**\$13<sup>99</sup>**



LUMINEUX ORAL ESSENTIALS  
**NON-TOXIC  
WHITENING STRIPS**

28 strips – 14 applications

**\$23<sup>49</sup>** (Reg. \$37<sup>99</sup>)

**WHITENING YOUR TEETH  
DOES NOT HAVE TO BE A  
KICK IN THE FACE!**

White teeth are often thought of as an important part of our "beauty" regimen. But for many people, commercial whitening kits leave our teeth sensitive and our gums shredded from the intense hydrogen peroxide that is the whitening agent in the trays and gels. Over time, the harsh hydrogen peroxide can cause enamel to break down, and gum and tissue damage and inflammation. We all want to look good, but at what price?

**Lumineux Oral Essentials Whitening Strips**, available at GreenAcres Market, offer a natural alternative for a safer, more long term approach to teeth whitening without the sensitivity. In lieu of harsh chemicals like bleach and peroxide, Lumineux Oral Essentials whitening strips, which have been clinically tested and proven to be just as effective as the strips commonly sold in the grocery store, are made with coconut oil, sage, lemon peel oil and the key ingredient Dead Sea salt. The Dead Sea salt in the formula contains minerals such as calcium, phosphate and manganese that bind together on the surfaces of the teeth to reduce sensitivity. In other words, no more cringing when drinking a glass of cold water after whitening. Lumineux, in addition to being effective, is the only certified non-toxic brand of oral care products on the market!

**Why DIY whitening?** Even after professional whitening treatments, teeth restrain from tannins in our foods – coffee, tea, green tea, red wine and even red juices all contain tannins. Lumineux Oral Essentials can help you stay ahead of the discoloration quickly and affordably without the need to make a dentist appointment.

When the masks begin to disappear as the pandemic fades we all want to look our best. **Smile!** At GreenAcres Market we will help you look great and feel confident with clean, white teeth. Let us show you the amazing products from Lumineux available at GreenAcres Market.



# GREENACRES MARKET

*Your healthy food experts*

8141 E. 21st St. Wichita, KS 67206

Prices valid 06/01/2021 through 6/30/2021 at participating locations, while supplies last. All prices plus tax where applicable.  
Regular prices may vary from store to store. **Not all items are available at all stores.**



## Bradley Fair Wichita

### FARMERS MARKET

EVERY TUESDAY  
3pm - 6pm

Local Vendors • Special Events  
• Safe Distance Shopping

## FIND YOUR LOCAL STORES

### KANSAS CITY

#### -The Village at Briarcliff-

4175 N. Mulberry Drive  
Kansas City, MO 64116  
PH 816-746-0010

### WICHITA

#### -Bradley Fair-

8141 E. 21st St.  
PH 316-634-1088

#### -West - 21st & Maize-

10555 W. 21st St.  
PH 316-729-4365

#### -Normandie-

6574 E. Central Ave.  
PH 316-685-4283

#### -Clear Lakes-

2315 W. 21st St., Suite 115  
PH 316-832-1227

### OKLAHOMA

#### -Walnut Square Shopping Center-

7301 S. Pennsylvania Ave. Suite D  
Oklahoma City, OK 73159  
PH 405-681-6060

#### -Lawton-

14 N.W. Sheridan Road  
Lawton, OK 73505  
PH 580-353-1533

