

# ATTILLETE OREXERCISERT

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JUNE SALES 2022

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GREENACRES.COM

# ATRILETE OR EXERCISER?

What are your goals when you do something active?

ATHLETIC GOALS: Performance Driven - always seeking to improve and make progress.

**EXERCISER GOALS:** Exercising to meet wellness goals such as building cardiovascular health, maintaining a healthy body weight, or increasing your strength or flexibility.

Athletes and exercisers both have the discipline and dedication to devote to workout programs, but exercisers often do not consider themselves to be athletes. The truth is a routine exerciser can truly become an athlete by wrapping their mind around the concept of always making improvements. Both can be important. You don't have to be the fastest or the strongest to become an athlete. It is about the mental engagement and striving to do well.

Often, we perceive that athletes are very fit and healthy, but that is not always the case. In the pursuit of excellence, athletes can end up with injuries and exhaustion due to overtraining to meet a specific performance goal.

On the other hand, people who exercise with healthy goals in mind, can become athletes by focusing on improving their workouts - looking at form, adding more repetitions, or increasing the intensity. It can make what some people consider exercise drudgery more interesting and exciting once the desired progress starts to happen.

Decide which you want to be & then plan your workouts accordingly. There are benefits to both & most importantly, don't beat yourself up if you aren't both.

#### Tips for Athletes:

- Recognize your limits
- Know when to compete and when to enjoy your success
- Place safety above performance
- Enhance your results with supporting nutritional supplements

#### Tips for Exercisers:

- Always recognize your successes
- Keep goals in mind
- Reward improved performance
- Eat a healthy diet
- Add supplements to your diet to assist in energy and hydration

#### SUPPLEMENT SUGGESTIONS FROM OUR EXPERTS:

- Ultima Replenisher Electrolytes for energy and recovery
- Oregon's Wild Harvest TurmeriPro Eases sore muscles / reduces inflammation
- Body Health Perfect Amino Best Protein source for performance
- New Chapter One Daily Multivitamin
- Natural Factors OsteoMove Joint support for strength and movement



#### **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.



IN STORES AND ON SOCIAL MEDIA!

# Peruvian Grilled Chicken Recipe w/ Aji Verde

#### Marinade • 4 garlic clove:

• 4 garlic cloves- finely minced

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 2 teaspoons honey, agave or sugar
- 1 tablespoon cumin
- 2 teaspoons paprika or smoked paprika
- 1 teaspoon coriander
- •1 teaspoon dried oregano ( or 1 tablespoon fresh) or sub thyme or marjoram
- •1½ teaspoon kosher salt
- 1 teaspoon soy sauce (optional)

#### Peruvian Green Sauce (Aji Verde)

- ½ cup sour cream or mayo (see notes for vegan option)
- ½ jalapeño (use less for less spicy)
- 1 garlic clove
- 1 cup chopped cilantro- thin stems ok.
- ¼ teaspoon kosher salt
- A squeeze of lime

Recipe by: feastingathome.com

- Preheat grill to medium-high.
- If making rice, start this now on the stove.
- Make the marinade in a small bowl. Using a garlic press, finely mince the garlic and place it in the bowl. Add oil, lime juice, honey, cumin, paprika, coriander, oregano and salt and optional soy sauce. Stir. Toss it with the chicken in a bowl, coating all sides well, and/ or brush it onto the portobellos. Marinate while the grill heats up or overnight for more flavor. (The portobellos will soak up the marinade so if marinating overnight go lightly, reapply before grilling.)
- Make Peruvian Green Sauce by placing all the ingredients in a blender and blending until relatively smooth, scraping down the sides if necessary.
- When the grill is hot, grill the chicken and/ or portobellos, searing both sides well (using a metal spatula to flip) then turn the heat down or move to a cooler side of the grill to allow the chicken to cook through. Portobellos will cook faster, so plate and cover with foil to keep warm.
- Serve with rice of your choice. If making bowls, place % cup rice on the bottom of the bowl, add sliced chicken or portobellos to one side, and drizzle with the cilantro sauce. Enjoy!



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NO SUGAR ADDED
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ALL-NATURAL KETTLE
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SPARKLING ORGANIC
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#### PURE COCONUT WATER

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KOOPS'

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12 oz.



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SEVEN TEAS

#### ORGANIC BOTTLED **TEAS**



# Support Regenerative ariculture



When we think of the most sustainable option during our shopping trip, we often reach for the food with the USDA organic label—and rightly so! We know that these foods are going to be free of synthetic pesticides, genetically engineered ingredients, and artificial dyes. But there is a synergistic practice on the rise that goes above and beyond when it comes to promoting ecological balance, and that's Regenerative Agriculture.

This practice aims at farming in a way that replenishes the nutrients in our soil rather than depleting them over time and operates on four principles:

- A diversity of crops,
- Continual live plants in the soil,
- The integration of livestock,
- Minimizing soil disturbance (like tilling.)



#### Holistic Fractices

Over time these intentional methods enrich the microbiome of the soil and replenish nutrients, allowing for fruitful harvests far into the future. It is a holistic way of looking at the management of our land and resources. And ultimately harvesting more nutrient rich foods for consumers.

Some companies committed to Regenerative Agriculture can be found right here on the shelves at GreenAcres Market. Brands like Thousand Hills use these practices on 600,000 acres to produce their delicious grass-fed beef, while Lundberg Family Farms have been committed to soil health since 1937! Alter Eco, Ancient Nutrition, Helpful Hens, Serenity Kids and so many others are also stepping up to bat for a healthier, more resilient, and greener world for generations to come.

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Dairy free pizza

THE RESERVE

• 13.47 - 19.4 oz

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- Dairy free & gluten-free
- Made with plant-based alternative cheese
  - Non-GMO Project Verified

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289

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SO DELICIOUS

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**EVOLUTION FRESH** COLD-PRESSED JUICES

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FIELD ROAST

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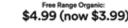
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# HEALTH & BEAUTY

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#### INGREDIENTS

- -1 cup Now organic coconut oil
- 15 drops Now Peppermint Oil
- 10 drops Now Camphor Oil
- Spoon for mixing
- 8 oz glass jar

#### Directions:

Add 1 cup of Now organic coconut oil to your 8 oz. jar and stir well to soften into a cream. Add in the Now essential oils, drop by drop then stir again until you get a well combined mixture. Store in a cool dry place.

SPECIAL DUO PRICE GOOD ALL MONTH \*WHILE SUPPLIES LAST



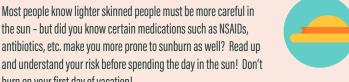
#### SUN PROTECTION IS IMPORTANT!

We read everywhere now that most of the population is low in Vitamin D levels. Yes, sunshine is a great source, but in limited amounts. The damage of a sunburn is truly a danger. There are many food sources for Vitamin D as well as D3 supplements. Taking care of your skin will help keep you looking young and wrinkle-free and reduce your risk of harmful diseases caused by too much sun exposure. Here are a few helpful tips:



#### KNOW YOUR SUNBURN RISK

the sun - but did you know certain medications such as NSAIDs, antibiotics, etc. make you more prone to sunburn as well? Read up and understand your risk before spending the day in the sun! Don't burn on your first day of vacation!





#### PROTECT YOURSELF WITH CLOTHING

Many clothing brands now offer clothing with UBF protection and it's a great option to allow you to still enjoy your summer outdoor activities for many hours in the sun! Don't forget UVB and UVA protective eyewear as well and there is nothing wrong with wearing long sleeves outside with breathable fabric so you can enjoy your evening sunburn free!



#### SEEK SHADE

Be careful during peak sun hours. Find shade, bring an umbrella or a sun protecting hat. A helpful hint: If your shadow is short - you are in peak sun hours.



#### FIND THE RIGHT SUNSCREEN

A broad-spectrum, water-resistant option is the best. Still, experts recommend to re-apply every few hours to be safe. If you are traveling to beaches and open water areas, look for your sunscreen to include minerals like zinc oxide and titanium dioxide to protect ocean life and be reef safe.

















#### TEACH YOUR KIDS EARLY

Get them in the habit of always applying sunscreen outside so it's a way of life as they enjoy their summers outdoors. There are many options now that blend in well and won't make them greasy and miserable.





# SUPPLEMENTS

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**\$17**<sup>29</sup>

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#### **MEET YOUR SOON-TO-BE**

# Favorite Vaily Ditual!

Nuleaf Naturals- one of America's top pioneering hemp companies is debuting their newest cannabinoid product, Full Spectrum Multicannabinoid™. It is a comprehensive formula designed to elevate your health and wellbeing.

This daily blend contains several essential cannabinoids: CBD, CBC, CBG and CBN in equal amounts to supercharge your endocannabinoid system. Think of it as the "multivitamin of cannabinoid wellness."

Why do we need these different cannabinoids? Cannabinoids are naturally occurring compounds found in the cannabis plant that interact with the endocannabinoid system resulting in various benefits. In addition to offering the cannabinoids separately, NuLeaf Naturals has created an "all-in-one" for those looking for overall wellness.

**CBD:** Cannabidiol, this is the most-well known and helps alleviate pain and inflammation

**CBC**: Cannabichromene is believed to support cognition and focus

**CBG**: Cannabigerol is believed to support gut health which positively impacts other body functions

CBN: Cannabinol has a sedative/sedating effect and helps sleep

NuLeaf Naturals is committed to creating safe, consistent, and effective products, made from organic ingredients grown in the United States. All products are tested by independent labs to confirm you are receiving the most pure and potent form.

Nuleaf Naturals Multicannabinoid™ users report benefits and improved general well-being such as:

- Relief from anxiety
- Reduced pain and inflammation
- Cognitive support
- Gut health
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NuLeaf Naturals offers something for everyone in these proprietary plant-based soft gels or liquid oils.

Talk to your helpful experts at your nearest GreenAcres Market to find out how NuLeaf Naturals' Full Spectrum Multicannabinoid™ can benefit you and help you lead a better quality of life.



Your healthy food experts 8141 E. 21st St. Wichita, KS 67206

Prices valid 6/01/2022 through 6/30/2022 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.** 



### FIND YOUR LOCAL STORES-

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

-West - 21st & Maize-10555 W. 21st St. PH 316-729-4365

#### OKLAHOMA

-Walnut Square Shopping Center-7301 S. Pennsylvania Ave. Suite D

OT 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

