



WEEKLY SPECIALS!

November 4th - November 10th
Northern California - Reno edition

Country Natural Beef
**Top Round
London Broil or
Bottom Round
Roasts**

Flavorful, protein-rich meat from Country Natural Beef, a west coast rancher-owned cooperative.

Save
\$2
lb

\$3⁹⁹ lb

reg \$5.99 lb

Grown in Half Moon Bay, CA

**Brussels
Sprouts**

Brussels sprouts sometimes get a bad rap, but simply roasted or sauteed, they're tender and sweet and packed with good-for-you vitamins. We love 'em!

Save
\$1
lb

99¢ lb

reg \$1.99 lb

Kashi
**Heart to Heart
Instant Oatmeal**

Golden Brown Maple or
Apple Cinnamon

Rise and shine with oatmeal high in soluble fiber, which supports heart health and helps keep you energized all day.

Save
\$1.38
on 2

2 for \$5

reg \$3.19 ea - 12.1 oz

Made In-House
**Cooked Whole
Chicken Leg**

assorted varieties

Seasoned and fully cooked. Add a little garlic bread and a seasonal salad from Prepared Foods, and you're ready for dinner!

Save
99¢
ea

\$1⁰⁰ ea

reg \$1.99 ea

Red Truck
Zinfandel
organically grown

Flavors of brambly berries, cracked pepper and dark chocolate mix in this balanced wine. Pairs well with fall foods, from pasta to pot roast.

Save
\$3
ea

\$7⁹⁹ ea

reg. \$10.99 - 750 ml

Wild, Frozen
**Golden King
Crab Legs**

Sustainably caught King crab is delicate, tender and sweet. Steam for 5 minutes and dip in warm butter and lemon.

Save
\$5
lb

\$11⁹⁹ lb

reg \$16.99 lb

ONE DAY SALE: Stop in every Friday for our special ONE-DAY SALE item!

WEEKLY SPECIALS!

November 4th-11th

American Homestead Bone-In Center Cut Pork Chop

Sustainably-raised pork from family farms in the Midwest. Cook these lean, tender cuts with apples for a seasonally-inspired dinner.

Save
\$2
lb

\$4⁹⁹ lb
reg \$6.99 lb

Grown in Texas Grapefruit

Think outside the breakfast table! Try pieces of sweet, vitamin C-packed grapefruit in a field green salad with fresh goat cheese, or squeeze it for Lone Star-style mimosas.

Save
\$1
lb

99¢ lb
reg \$1.99 lb

Source Naturals Wellness Formula

Tablets or Capsules

Designed to support an immune system under physical stress with a powerful combination of herbs, antioxidants, vitamins and minerals.

An
Everyday
Great Buy

\$8⁹⁹ pk
45 tablets or 60 capsules

Westsoy Organic Unsweetened Soymilk

original or vanilla
Perfect for those with lactose intolerance and anyone watching their sugar intake.

Save
\$1.58
on 2

2 for \$3
reg \$2.29 ea - 32 oz

Whole Foods Market™ Cranberry Curren t Baguette

This hearty, colorful seasonal baguette stands up to any cheese and looks lovely on a cheese plate.

Save
\$1
ea

\$1⁹⁹ ea
reg \$2.99 ea - 12 oz

Wild, Frozen Mexican Bay Scallops

Scallops are sweet, tender, and a good source of heart-healthy vitamin B12, potassium and omega-3 fatty acids.

Save
\$2
lb

\$7⁹⁹ lb
reg \$9.99 lb

Amy's Asian & Indian Meals

assorted varieties
Amy's wholesome, convenient vegetarian dinners add homemade taste to classic takeout dishes.

Save
\$1
ea

\$3⁹⁹ ea
reg \$4.99 ea - 10 oz

Smart Juice Organic Juices

assorted varieties
Smart Juice is 100% organic juice, naturally sweet and full of antioxidants and vitamins.

Save
\$3
ea

\$4⁹⁹ ea
reg \$7.99 ea - 33.8 oz

Laura Chenel Chevre Log

This fresh California goat cheese is a creamy treat. It's also lower in fat and calories than many cow's milk cheeses.

Save
\$1
ea

\$5⁹⁹ ea
reg \$6.99 ea - 8 oz

Wellshire Farms Sliced Deli Meats

hams, bolognas, roast beef, pastrami

With our new, lower price you can load up on natural proteins with a deli sandwich piled high. Don't forget the pickles and crusty bread.

New
LOW
everyday
price

\$4⁹⁹ ea
7 oz ea

Whole Foods Market™ Pecan Bar

There's no need to wait for Thanksgiving. Enjoy a little taste of pecan pie right now!

Save
50¢
ea

\$1⁴⁹ ea
reg \$1.99 ea - 3 oz

Made In-House Rotisserie Cornish Game Hen

These small, tender birds make an elegant, flavorful dinner in a flash.

Save
\$2
ea

\$9⁹⁹ ea
reg \$11.99 ea

Please note:
Not all products may be
available in all our stores.

See our specials before you come to the store:

Sign up for our e-newsletter at wholefoodsmarket.com

Grocery Weekly Buys

Check your local store for selection and price.



DeLallo Organic Whole Wheat Pastas

Assorted Varieties 1 lb.

SALE 2 for \$4



Back to Nature Crackers

Assorted Flavors 4-8 oz.

SALE 2 for \$5

Organic Saltine Crackers

SALE 2 for \$6



Smart Juice Organic Juices

Assorted Flavors 33.8 fl oz.

SALE \$4.99



Odwalla Smoothies

Assorted Flavors 450 ml.

SALE 2 for \$5



Whole Body Weekly Buys

Check your local store for selection and price.

365 Everyday Value[®]

Be Well[™]

Complete Herbal Immune



90 ct.

Featured Item

365 Everyday Value[®]

Flu Ease



6 ct.

Featured Item

Alba Botanica

Body Washes



Value Size 32 oz.

Featured Item