

OVER  
**30%**  
OFF

GROWN IN MEXICO  
**AVOCADOS**

Rich, creamy Hass avocados from Mexico make the best guac and dips around. We carefully select 'em, so they're ripe and recipe-ready within days. Grab a few extra for salads, sandwiches, salsas and smoothies. Deliciously packed with folate, potassium and vitamins E and K.

REG. \$2.29 EACH

**2 for**  
**\$3.00**

**WEEKLY  
BUYS**  
NOVEMBER 4 -  
NOVEMBER 10

SAVE  
**\$2**

**BONELESS BEEF  
CHUCK ROAST**

A comfort classic for fall. This is one of the richest, tastiest cuts and a terrific value. Cook low and slow for melt-in-your-mouth pot roast and stews — great choice for boeuf bourguignon. From cattle raised on 100% vegetarian feed with no added hormones or antibiotics ever.

REG. \$5.99

**\$3.99**  
PER POUND

SAVE  
**\$4**

PRODUCT OF USA

**FRESH FLOUNDER  
FILLET**

This is flounder at its best: Wild-caught and shipped fresh (never frozen) to our stores for one of the sweetest, tenderest fillets available. Broil with butter and herbs or stuff with shrimp or crabmeat for a New England favorite.

REG. \$12.99

**\$8.99**  
PER POUND

**SAVE TIME, ORDER ONLINE**

Order your Thanksgiving Day feast with us online at [www.wholefoodsmarket.com/holidays](http://www.wholefoodsmarket.com/holidays), and delight family and friends with a tantalizing lineup of premium turkeys, seasonal soups and sides, awarding-winning cheeses, fresh baked pies, and a whole lot more.



**BAKED FRESH**

## Blueberry Scones

Tender, flaky, and packed with plump berries.

REG. \$4.99

**SAVE \$1**  
**\$3.99**  
3 PACK

**BAKED FRESH THROUGHOUT THE DAY**

## Organic\* Fresh Rosemary Boule

Chewy, crusty and herby. Made with fresh rosemary!

REG. \$3.99

\* Not organic in our  
Greenwich, CT, store.

**25% OFF**  
**\$2.99**  
EACH

**DELALLO**

## Organic Whole Wheat Pasta

Made from organic durum wheat harvested in Puglia, Italy.

REG. \$2.99 EACH

**33% OFF**  
**3 for \$6.00**  
16 OZ

**SMART JUICE**

## Organic Juice

No added sugar, full of vitamins and antioxidants.

REG. \$6.99

**SAVE \$2**  
**\$4.99**  
33.8 OZ

**OIKOS ORGANIC**

## Organic Nonfat, Greek-Style Yogurts

Rich, thick, European-style yogurt cultured from fat-free organic milk.

REG. \$2.19 EACH

**OVER 50% OFF**  
**5 for \$5.00**  
5.3 OZ

**GLUTINO**

## Gluten-Free Pizzas

Crisp, flaky crusts and all-natural topping. Ready in minutes. Vegetarian varieties.

REG. \$4.99

**SAVE \$1**  
**\$3.99**  
6.2 OZ

**BACK TO NATURE**

## Sandwich Creme Cookies

For the cookie monster in everyone. Zero trans fats or high-fructose corn syrup.

REG. \$3.99 EACH

**SAVE 99¢**  
**2 for \$6.00**  
12 OZ

**BELL & EVANS**

## Boneless, Skinless Thighs

Big flavor, low fat. From poultry raised on a vegetarian diet with no antibiotics.

REG. \$4.69

**SAVE \$1.70**  
**\$2.99**  
PER POUND

**GROWN IN NEW YORK**

## Macoun Apples

From our local orchards. Excellent choice for pies or snacking.

REG. \$1.99

**25% OFF**  
**\$1.49**  
PER POUND

**PRODUCT OF PERU**

## Bay Scallops

Supersweet addition to pastas, stir-fries, ceviche. Previously frozen, 40 – 60 count.

REG. \$8.99

**SAVE \$2**  
**\$6.99**  
PER POUND

**APPLEGATE**

## Organic Oven-Roasted or Smoked Sliced Chicken

Certified organic; free of preservatives and additives.

REG. \$6.99

**SAVE \$1.40**  
**\$5.59**  
6 OZ

**GENJI**

## Multigrain Spicy Shrimp Tempura Roll

Made fresh throughout the day by our in-house sushi experts.

REG. \$9.49

**OVER 25% OFF**  
**\$6.99**  
12 PIECE

**STORE LOCATIONS**

90 East Putnam Avenue, Greenwich, CT 203-661-0631 | 399 Post Road West, Westport, CT 203-227-6858 | 110 Bloomingdale Road, White Plains, NY 914-288-1300 | **NEW LOCATION** 1686 Boston Post Road at Milford Marketplace, Milford, CT **OPENING NOVEMBER 11!**

# 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<sup>®</sup>

**Be Well<sup>™</sup>**

Complete Herbal Immune



90 ct.

**Featured Item**

365 Everyday Value<sup>®</sup>

**Flu Ease**



6 ct.

**Featured Item**

Alba Botanica

**Body Washes**



Value Size 32 oz.

**Featured Item**