

Good Food. Good for You. Good for the Earth.®

PLANET ORGANIC

M A R K E T®

Free ground beef*

**hormone-free, antibiotic-free,
pesticide-free...*

10% off
Organic Ground
Beef



Organicville
BBQ Sauce

\$3.99

383 g



FREE Veggie BBQ, Saturday, July 3rd!

Hot price picks!

Yves
Veggie Dogs
Family Pack

2 for \$8



MADE IN CANADA | 450 g



Kinnikinnick
Hamburger Buns

\$5.49

MADE IN CANADA | 400 g

So Delicious
Creamy Vanilla
Non-Dairy
Frozen Dessert

2 for \$10



946 ml

Planet favourites.

20% OFF



Emergen-C Lemonade
The fast, fun and effective way to boost your health and energy. 1,000 mg of Vitamin C to boost immunity and B Vitamins for energy!

MADE IN USA | 30 PACKETS

Sequel MacaSure 750 mg

Certified organic maca root extract. Optimizes hormonal system function to achieve natural balance, safely and without side effects.

MADE IN USA | 120 Vcaps



20% OFF

Beet and Fennel Salad

Fennel is the much more interesting Italian cousin of celery. With a mild anise/licorice taste, the crunchy fennel bulb adds a crispy, unique taste to this salad.

- 3 lbs Beets, whole 1.5 kg
- 1/4 cup Green onions, thinly sliced 60 ml
- 1/2 cup Fresh parsley, chopped 125 ml
- 2 tsp Dill, dried 10 ml
- 1 - 2 cups Fennel, thinly sliced 250 - 500 ml

Shallot Dressing* (see page 62 of Planet Organic Market Cookbook)

Method:

Trim ends off beets and place in a large pot. Cover with water and bring to a boil. Reduce heat and simmer 20-30 minutes or until tender.

Remove from heat and rinse under cold running water to remove skins. Slice or chop beets and combine with remaining ingredients. Dress with Shallot Dressing (see page 62 of Planet Organic Market Cookbook).
Yields 8 servings.

Down-to-Earth Low Prices!



Whistler Glacial Spring Water

\$1.89

MADE IN CANADA | 1.5 L



Nature's Path EnviroKids Gorilla Munch

\$3.99

MADE IN CANADA | 2.75 g

Stahlbush Cut Spinach

2 for \$5

MADE IN USA | 300 g



Reed's Extra Ginger Brew

2 for \$3

MADE IN USA | 355 ml



Food for Life Ezekiel 4:9 Sprouted Hot Dog Buns

\$4.99

MADE IN USA | 454 g



Celtic Sea Salt - Fine Ground

\$5.99

MADE IN FRANCE | 227 g

Santa Cruz Organic Orange Mango Spritzers

4 for \$3.99

MADE IN USA | 311 ml



Food Should Taste Good Tortilla Chips - Selected Varieties

2 for \$6

MADE IN USA | 170 g



Felicetti Organic Grano Duro Spaghetti

Traditional, fine pasta made with the best quality hard grains, alpine spring water and pure mountain air.

\$2.89

MADE IN ITALY | 500 g



Made in Nature Organic Margherita Pizza

True artisan grilled whole grain crust and only the freshest organic ingredients.

\$9.49

MADE IN USA | 383 g

Numi Organic Peach Nectar Tea

Tea with over 50% more antioxidants and less than 65 calories. Made with 100% real ingredients.

2 for \$5

MADE IN USA | 355 ml



On sale in our deli.

Hemp Crisps - 6-pack



\$4.99
6 pack

Greek Pasta Salad



\$2.29
/100 g

Green Salad



\$5.99
each

Classic Potato Salad



\$1.29
/100 g

Spelt Carrot Cake



2 for \$5

Tabouli



\$1.99
/100 g

Organic Boiled Eggs



\$1.99
2 pack

Turkey Basil Meatloaf



\$3.49
/100 g

Discoveries: What's hot at the Planet?

Enzed NiteEze

Promotes a deep, restorative sleep and it naturally enhances the five stages of the sleep cycle.

20% OFF

MADE IN USA | 60 caps



Hyland's Muscle Therapy Gel with Arnica

Provides topical relief of muscle soreness, bruising and swelling due to over exertion or injury.

20% OFF

MADE IN USA | 85 g



Men's Own Henna Plus

Semi-permanent natural hair colouring. Grey disappears in five minutes. It's quick and easy, and there's no ammonia, PPD or outgrowth.

20% OFF

MADE IN HOLLAND | 80 ml



SPECIAL EVENTS *at the Planet this month.*

Visit our website at www.planetorganic.ca to find out about special events and seminars being held this month in your area. Also, be sure to check out our recipe section online for lots of quick and nutritious meal ideas.

Victoria
3995 Quadra Street
250-727-9888

Port Coquitlam
2755 Lougheed Highway
604-552-2799

Edmonton North
12120 Jasper Avenue
780-452-4921

Edmonton South
7917 - 104 Street
780-433-6807

Calgary North
4625 Varsity Drive NW
403-288-6700

Calgary South
10233 Elbow Drive SW
403-252-2404

Port Credit (Mississauga)
170 Lakeshore Road East
905-271-0785

Halifax
6487 Quinpool Road
902-425-7400

ECO-AUDIT

ENVIRONMENTAL BENEFITS STATEMENT

Of using post-consumer vs. virgin fibre

trees fully grown	water gallons	energy million BTU	solid waste pounds	greenhouse gases pounds
47	8,942	35	3,312	11,216

Estimates made using the Environmental Defense Fund Paper Calculator @ www.edf.org/papercalculator

Planet Organic saved the following resources on this project by using paper with 85% or higher post-consumer recycled content:

**PLANET
ORGANIC**
MARKET

Look and feel your best *the natural way.*

Vega Smoothie Infusion by Sequel

20% OFF

Create a whole food fortified custom smoothie creation that your entire family will enjoy!



MADE IN CANADA | 454 g

Genuine Health Transform+ Vanilla

20% OFF

Gives you a full serving of the award-winning greens+ with a superior source of highly absorbable protein in one unique and innovative formula.



MADE IN CANADA | 891 g

Alba Hawaiian Cocoa Butter Hand and Body Lotion

20% OFF

A blend of tropical fruit extracts, nourishing plant oils and certified organic aloe vera.



MADE IN USA | 200 ml

Dr. Bronner's Organic Peppermint Liquid Soap

20% OFF

Softens bath water and enriches the skin. Certified Fair Trade and made by the Bronner family for 5 generations.



MADE IN USA | 944 ml

Badger Water Resistant SPF 15 and 30 Sunscreen

20% OFF

Water resistant and sweat proof. Protects you from extreme conditions and is made with few to no irritating ingredients.



MADE IN USA | 87 ml

Badger Unscented SPF 30 All Season Face Stick Sunscreen

20% OFF

100% natural and rich in certified organic ingredients. Soothing for your sun-parched skin and are good for kids of all ages!



MADE IN USA | 18.4 g

RenewLife Fibre-Tastic

20% OFF

Fibre-Tastic is a great start to any day. Mix in juice, water, or yogurt...it's that easy to get your fibre!



MADE IN CANADA | 210 g

Lily of the Desert Aloe Vera Gel

20% OFF

A recent study confirmed that the absorption of Vitamins C and E improves over 300% when taken with Fillet Aloe Vera juice instead of water.



MADE IN USA | 946 ml

Boiron Arnica Gel Bonus Pack

20% OFF

Relieves inflammation, pain, bruising and swelling. Non-greasy, non-sticky and fragrance-free.

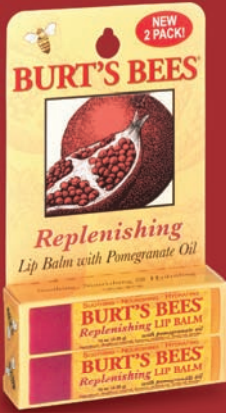


MADE IN FRANCE | 75 G + 80 PELLETS

Store Hours • Special Events & Seminars • Recipes • Visit www.planetorganic.ca

Daily Specials

Two Days Only – While Quantities Last!



SUNDAY, JULY 25 &
MONDAY, JULY 26

Burt's Bees
Açaí and
Pomegranate
Lip Balm Duo

TWO
FOR THE PRICE OF
ONE!

15 g

TUESDAY, JULY 27 &
WEDNESDAY, JULY 28



Vegan Black Bean Chili



79¢

/100 g

THURSDAY, JULY 29 &
FRIDAY, JULY 30

Organic Blueberries



\$3.49

Each
Select Sizes

Daily Specials

Two Days Only – While Quantities Last!

MONDAY, JULY 19 &
TUESDAY, JULY 20



Coleslaw

79¢
/100g

WEDNESDAY, JULY 21 &
THURSDAY, JULY 22



Organic
Cherries

\$2.99
/lb
\$6.58/kg

FRIDAY, JULY 23 &
SATURDAY, JULY 24



Luna & Larry's
Organic
Coconut
Bliss Bars

Buy One
Get One
FREE!
4 pack