Celebrating 50 Years!
1972 - 2022

Clark's NUTRITION
Natural Foods Market
January 3 - February 2, 2022

99¢ per bunch
Organic Parsley & Italian Parsley (limit 1)

99¢ per lb.
Organic Fuji Apples (limit 6 lbs.)

WEIGHT LOSS STARTS HERE

FIT CAMP Challenge

JOIN CHINO FIT CAMP GROUP
JOIN RANCHO PEDRO FIT CAMP GROUP
JOIN LOMA LINDA FIT CAMP GROUP
JOIN RIVERSIDE FIT CAMP GROUP

49¢ ea.
Organic Lemons (limit 6)

79¢ per pkg.
Organic Carrots 1 lb. pkg. (limit 4)

99¢ per lb.
Organic Yellow Potatoes (limit 3 lbs.)

99¢ per lb.
Organic Cabbage (limit 4 lbs.)

99¢ per lb.
Organic Butternut Squash (limit 4 lbs.)

99¢ per lb.
Organic Minneola Tangerines (limit 5 lbs.)

INSIDE THIS AD!

New Year...New You!
Bonus Brand Buys
Supplement Savings
Grocery Discounts
And More!

Live Better. We Can Help
www.clarksnutrition.com

What's In The Fridge?

Le Grand Plant Cheese Spread — $4.99 8 oz. — Select Varieties
Joolies Pitted Medjool Dates — $1.99 1.4 oz.
Clio Greek Yogurt Bars — $1.19 1.76 oz. — Select Varieties
Lightlife Crumbles — $3.99 12 oz. — Select Varieties
Atlantic Sea Farms Seaweed Kraut — $11.69 15 oz. — Select Varieties
Chameleon Cold Brew Coffee — $8.99 32 oz. — Select Varieties
Forager Cashewmilk Yogurt — $3.99 24 oz. — Select Varieties
Honey Mama's Cacao Bar — $4.49 2.5 oz.
Lemon Perfect Drinks — 3 for $5 +CRV 12 oz. — Select Varieties. Must be purchased in quantities of 3 for discount
Mother In Law's Kimchi — $6.99 14 oz. — Select Varieties
Nuts For Cheese Dairy-Free Cheese Wedges — $7.89 4.7 oz. — Select Varieties
Sunwink Sparkling Drinks — 2 for $4 +CRV 7 oz. — Select Varieties. Must be purchased in quantities of 2 for discount

Picnik MCT Coffee Creamer — $4.79 25.36 oz.
Three Trees Nut Milk — $5.99 32 oz. +CRV — Select Varieties
The BU Kombucha — $2.89 16 oz. +CRV — Select Varieties
Olipop Sparkling Drinks — 2 for $4 +CRV 12 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
Tofurky Sour Cream — $2.49 12 oz.
Uncle Matt's Immune Juice — $7.89 12 oz.
Tofurky Roasted Chick n — $3.89 8 oz. — Select Varieties
Suja Vitamin Juice Shot — 2 for $5 +CRV 2 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
Malibu Milk Flax Milk — 2 for $7 +CRV 32 oz. — Must be purchased in quantities of 2 for discount
Mother Raw Dressings — $3.99 8 oz. — Select Varieties
Miso Master Miso Soup — $8.99 14 oz. — Select Varieties
Clover Sonoma Whole Milk — $4.49 1 Gal.
Olykraut Sauerkraut — $8.49 16 oz. — Select Varieties

Frozen & Delicious

Cali'flour Foods Cauliflower Pizza Crust — $9.99 8.79 oz. — Select Varieties
Cappello's Pasta — $9.49 4-12 oz. — Select Varieties
Bantam Bagels Mini Stuffed Bagels — $5.49 4 ct. — Select Varieties
Hilary's Burger Patties — $2.89 2 pk. — Select Varieties
Primal Kitchen Bowls — $6.69 10-11 oz. — Select Varieties
Vans Waffles — $3.09 8-9 oz. — Select Varieties
Unbun Unbottalla — $5.99 2 pk.
Just Egg Patty — $4.99 4 ct.
Talenti Gelato — $4.79 14 oz. — Select Varieties
Oso Good Bone Broth — $6.99 14 oz. — Select Varieties
Shady Maple Farms Maple Stroopwaffles — $4.49 4.2 oz.
Live More Smoothie Cups — $3.99 7.4 oz. — Select Varieties
Marco Sweets Vegan Frozen Treat — $5.99 473 ml — Select Varieties
Starlite Enchiladas — $4.99 14 oz. — Select Varieties
Sweet Earth Burritos — $2.89 5.4-6 oz. — Select Varieties

Groceries Galore

Muir Glen Pasta Sauce — $2 for $6 25.2 oz. — Select Varieties. Must be purchased in quantities of 3 for discount
Cobram Estate California Olive Oil — $9.49 16.9 oz. — Select Varieties
Lenny & Larry's Keto Cookies — $3.29 4 ea. — Select Varieties
Larabar Bars — 3 for $5 1.6-1.7 oz. — Select Varieties. Must be purchased in quantities of 3 for discount
Think! Bars — $5.99 1.41-2.18 oz. — Select Varieties
Epic Pork Rinds — 2 for $6 3.5 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
The Ginger People Ginger Chews — $1.99 — Select Varieties
Plant Snacks Cassava Chips — $2.49 3 oz.
Knudsen Just Cranberry Juice — $6.49 +CRV 32 oz. — Select Varieties
Yasso Greek Yogurt Bars — $5.29 4 ct. — Select Varieties
Raw Organic Salad To Go — $5.99 2 oz.
Primal Kitchen Mayonnaise With Avocado Oil — $7.89 12 oz. — Select Varieties

Yum Earth Organic Candy — $3.99 2 oz. — Select Varieties
Ancient Harvest Pasta — $2.49 8 oz. — Select Varieties
Annie's Naturals Organic Dressing — 2 for $7 8 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
De Nigris Vinegar — $4.49 16.9 fl oz. — Select Varieties
Bragg Flavored Apple Cider Vinegar — $6.99 16 oz.
Food Should Taste Good Tortilla Chips — 2 for $6 5.5 oz. — Must be purchased in quantities of 2 for discount
GRANOLA Granola — $4.99 10 oz. — Select Varieties
Fillo's Beans — $4.99 12 oz.
Hippie Snacks Crispy — $6.99 2.1 oz. — Select Varieties
Cascadian Farm Cereal — 2 for $6 8.2-14.6 oz. — Must be purchased in quantities of 2 for discount
Iconic Protein Drink — $2.99 +CRV 11.5 oz. — Select Varieties
Ash & Heart Original Grass Fed Ghee Oil — $11.99 4.7 oz.
Richard's Rainwater Sparkling Water — $0.99 +CRV 7 oz.
Skinny Dipped Nuts — 2 for $5 3.7 oz. — Must be purchased in quantities of 2 for discount
Cembally Toddler Pouches — $1.89 4 oz. — Select Varieties
Fat Snax Mini Cookies — $4.49 4 oz. — Select Varieties
TeaRoot Energy Drinks — 2 for $4 +CRV 12 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
RightRice Riced Vegetables — 2 for $5 7 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
Tolerant Pasta — $8.99 8 oz.

Healthy 2022 Coupons

DON'T FORGET TO GET YOUR NEW WINTER COUPON BOOKS!

Make sure to pick-up our new coupon booklets when you come in to any Clark's Nutrition location. It's just another way to save money on your favorite brands!

Extreme Discounts!

35% OFF — 35% Off All Life Extension Brand Products
30% OFF — 30% Off All Natural Factors Brand Products
30% OFF — 30% Off All Paradise Herbs Brand Products
30% OFF — 30% Off All Vitamin Research Products Brand Products
25% OFF — 25% Off All Life Time Brand Products
25% OFF — 25% Off All Garden of Life Brand Products
25% OFF — 25% Off All Nature's Plus Brand Products
25% OFF — 25% Off All Nature's Way Brand Products
25% OFF — 25% Off All Solaray Brand Products
20% OFF — 20% Off All Country Life Brand Products
20% OFF — 20% Off All Paradise Herbs Brand Products
30% OFF — 30% Off All Nordic Naturals Brand Products
20% OFF — 20% Off All Source Naturals Brand Products

All Percentage off deals exclude "Everyday Deal" Items and Hot Deals

More Supplement Savings!

Dose Electrolyte Shots — $2.99 7 oz. — Select Varieties
Irwin Naturals 2-in-1 Cleanse & Flush — $18.99 60 ct.
Clark's Herbs Fluid Bioactive Extract — $9.49 1 oz.
Life Extension Super Ubiquinol CoQ10 with PQQ — $39.99 60 ct.
Garden Of Life Apple Cider Vinegar Energize Me! — $29.99 60 ct.
Nature's Way Blood Sugar — $8.49 90 ct.
Vibrant Health Green Vibrance 30 Day — $34.99 150 ct.
Natural Factors Iron Gold Chelate — $13.49 90 ct.
Nature's Plus Soy Iso Bars — $2.49 60 ct.
Shady Maple Farms Maple Stroopwaffles — $4.49 4.2 oz.
Live More Smoothie Cups — $3.99 7.4 oz. — Select Varieties
Marco Sweets Vegan Frozen Treat — $5.99 473 ml — Select Varieties
Starlite Enchiladas — $4.99 14 oz. — Select Varieties
Sweet Earth Burritos — $2.89 5.4-6 oz. — Select Varieties

All Percentage off deals exclude "Everyday Deal" Items and Hot Deals

Lakewood Pineapple Ginger Juice — $6.99 +CRV 32 oz.
Native Forest Coconut Milk — $2.99 13.5 fl oz. — Select Varieties. Must be purchased in quantities of 2 for discount
GCA Energy Drink — 2 for $5 +CRV 12 oz. — Must be purchased in quantities of 2 for discount
Orgain Grass-Fed Shake — $2.49 11 oz.
Rich Nuts Tahini — $8.99 2 oz.
Qure Water — 79¢ +CRV 20 fl oz.
Poppi Cider Drinks — 2 for $5 +CRV 12 oz. — Select Varieties. Must be purchased in quantities of 2 for discount
Organic Coffee Co. Whole Bean & Ground — $10.99 12 oz. — Select Varieties
RW Garcia Crackers — $4.99 4.5 oz. — Select Varieties
Shoonsalad Shoonsalad! — $1.99 1.76 oz.
True North Energy Seltzer — $1.99 +CRV 12 oz. — Select Varieties. Must be purchased in quantities of 4 for discount
Twinings Tea — $4.99 20 ct.
Why Bars Source Bars — $2.99 2.3 oz.
Wasa Original Crispbread — $4.49 8.8 oz.
Vahdam Teas — $4.99 15 ct.
Umpqua Oats — $4.99 2.47-2.72 oz.
MCT Oil Protein Bars — 3 for $4 1.98 oz. — Must be purchased in quantities of 3 for discount
Justin's Almond Butter — 10 for $10 1.15 oz. — Must be purchased in quantities of 10 for discount
Artisan Tropic Chips — $2.49 4.5 oz. — Select Varieties
Primal Kitchen Mayonnaise With Avocado Oil — $7.89 12 oz. — Select Varieties

Tia Lupita Cactus Chips — $2.99 1 ct.
Banana Banana Snacks — $0.50 2.2 oz. — Select Varieties
Livbar Energy Bar — $2.99 1.69 oz. — Select Varieties
Mikadamia Macadamia Milk — $6.29 32 oz.
Ping Protein Drink — 2 for $6 11 oz. — Must be purchased in quantities of 2 for discount
Mekhala Thai Pasta — $3.99 8.29 oz.
Nora Seaweed Snacks — $2.49 0.18 oz.
Mutti Tomato Paste Tube — $2.49 4.1 oz.
Ovyn RTD Protein Drink — 2 for $6 +CRV 12 oz. — Must be purchased in quantities of 2 for discount
Lemonette Bressani — $1.99 12 oz. — Select Varieties
Jack's Quality Beans — $1.99 15.4 oz. — Select Varieties
C2O Coconut Water — $1.99 +CRV 17.5 oz.

Personal Care

Dr.Bronner's Liquid Soap — $9.89 16 oz. — Select Varieties
Plus Ultra Toothbrush — $3.99 1 ct. — Select Varieties
Shiloh CBD Body Lotion — $28.99 4 oz.

FREE GROCERIES FOR A YEAR!

TEXT: YEAR TO: 833-319-2214

TEXT FOR A CHANCE TO WIN. SEE STORE FOR RULES AND EXCLUSIONS

General Merchandise

Honest Kitchen Dog Food — $2.89 10.2 oz. — Select Varieties
Full Circle Glass Spray Bottle — $8.79 1 ct.
Citrus Magic Air Freshener — $6.59 3-3.2 oz. — Select Varieties

20% OFF — 20% Off All Herbaton Brand Products
20% OFF — 20% Off All Lundberg Brand Products
25% OFF — 25% Off All Tazo Brand Products
20% OFF — 20% Off All Califia Brand Products
20% OFF — 20% Off All Yasso Brand Products
20% OFF — 20% Off All Bob's Red Mill Brand Products

All Percentage off deals exclude "Everyday Deal" Items and Hot Deals

WEIGHT LOSS STARTS HERE
FIT CAMP Challenge
JOIN CHINO FIT CAMP GROUP
JOIN RANCHO PEDRO FIT CAMP GROUP
JOIN LOMA LINDA FIT CAMP GROUP
JOIN RIVERSIDE FIT CAMP GROUP

Diet

Healthy eating foundations are often challenging to start. The biggest thing to remember is to eat. Often times we think that not eating will produce the results we want. Although this might be a short cut temporarily, in often times results in a slowed metabolism and eventual weight gain as your body goes into starvation mode.

We would never suggest a diet lower than 1000 calories. Staying around 1000-1700 would be a good place to start. As you get into shape, slowly increase to 1800- 2000 or so. This will vary by individual and intensity of workout activity. There are always many diets in the news but remember the best diet is the one that works for you. This short course will provide you with a small look at some basics on diet. Low-carb diets often work quickly out of the gate but often result in weight gain once re-introducing carbs if not done so properly. Some people like keto-style dieting and it has its advantages as well. For the most part a diet that is moderate in protein and fats with good carbs will work.

Exercise

Be sure to consult your health care professional prior to starting any excercise program.
A good way to start exercise is by walking 15 minutes a day for 1-2 weeks and slowly work up to 30 minutes a day. Equipment needed: Stability ball, Dumbbells 5-40 #, Bench (Incline/ decline/flat), Rack, , and Heeber

If you are already "working out" a good exercise plan might include the following:

Monday
1. Dumbbell squat
2. Pull over's -flat bench
3. Curls (dumbbell)
4. Dumbbell press (French press)
5. Dumbbell rows (single support on the bench)
6. Crunches

Tuesday
1. Lunges
2. Dumbbell bench press
3. Triceps kick backs
4. Stability ball curls
5. Bent rows
6. Side lateral
7. Leg raises off the bench

Friday
1. Dumbbell bench press (this time arms) Lying flat on bench stomach down
2. Thigh extensions
3. Wall squats with stability ball
4. Shoulder press (go light)
5. Crunch

First week: Start with 1 set for each exercise and 10 reps, 1-10, for the first week.

Second week: Increase to 2 sets of 10 reps, 2-10.

Third week: Increase to 3 sets of 10 reps, 3-10. Stretch lightly after each workout, stretching all body parts. Try this routine for 6 weeks and then make an adjustment to a new routine. On the days you do not workout you should walk and or do light aerobic type workouts for 20-30 minutes (walking at a brisk pace, biking, swimming, or running).

> "Your Body Is Your Most Priceless Possession. Take Care Of It"
> - Jack Lalanne -

LOOKING TO LOSE A FEW POUNDS?

We've got you covered!

Sample Diet

1700 Calories 40-30-30
Breakfast (Choose one)
Choice #1
Protein Drink: 8 oz. of milk or milk substitute + 1oz. protein

Choice #2
Two slices of toast or bagels (Or 3 corn tortilla) Protein drink with 8 oz. of milk/milk substitute + 1 oz. protein

Choice #3
Oatmeal bowl with a handful raisins Omelets (1 egg with 4 egg whites)

Snack
Apple with handful of almonds

Lunch
3-4 oz. Chicken or fish broiled Steamed vegetables (1 cup)

Mid-Afternoon Snack
1 oz Protein + Juice or water and ice (or 4oz low fat milk or 8 oz. of almond milk)

6 Dinner
4 oz. Lean meat or chicken Salad nicely greens with 1 tbls. Healthy oil and vinegar
1 cup cooked rice or baked yam

The most important thing is to stay with the program and have fun.

References:
1. https://www.ncbi.nlm.nih.gov/pubmed/29481077
2. https://www.ncbi.nlm.nih.gov/pubmed/24672114
3. https://www.ncbi.nlm.nih.gov/pubmed/28601101

BONUS BRAND BUYS Discounts On Entire Product Lines

All Percentage off deals exclude "Everyday Deal" Items and Hot Deals

35% OFF — source naturals, Planetary Herbals, LifeSeasons
30% OFF — Ancient Nutrition, +PlusCBD, American Health, youtheory, Nordic Naturals
25% OFF — Ener-C, Garden of Life, Natural Factors, Rainbow Light, Himalaya, Oscillococcinum, Deva, vega, SUNWARRIOR
20% OFF — Barlean's, Bob's Red Mill, TAZO, MyChelle Dermaceuticals, everyone, Eden Foods, EO, simply teras, Bitchin' Sauce, Kitchen, nutiva, Califia Farms, flow water, Zoach, TWINLAB, Ground-Based Nutrition, Clean Well, Sovereign Silver, Host Defense Mushrooms, Silver Wings, nutrex hawaii, Vital Proteins, Amazing Grass, Renew Life, Floradix, Wedderspoon, FLORA, ERBOLOGY