



LIFESTYLE MARKETS

WE'RE YOUR LOCAL CHOICE

Organic Garden Crisps

Organic Garden Crisps are made with organic potatoes, seaweed, spices & sea salt. They are a healthy snack for the whole family. Lifestyle Markets offers the perfect blend of flavors. Use a Chip as a base to make an open-faced sandwich for your next meal.

140 - 140g
Made in B.C.
\$8.48



Smart Sweets Low Sugar Peach Rings

LET'S GET PEACHY! Smart Sweets Peach Rings are equal parts tasty and sweet which is why they are so popular! **100% B.C. MADE**
* 92% less sugar
* 17 g of fiber per bag
* Only 2 g of sugar per 30 g bag
* Sweetened with stevia

30g
Product of the U.S.A.
\$3.98



Bliss Balls

FEEL BLESSED! Bliss Balls are natural, healthy, organic snacks, gluten free and free from any dairy. Every ingredient used is non-GMO, all-natural and never artificial.

100g
Made in Canada from Domestic & Imported Ingredients
\$6.98



Pumpkin Seed Butter

MADE WITH ONLY THREE SIMPLE INGREDIENTS! Omega Nutrition's Organic Pumpkin Seed Butter is a smooth, delicious, and versatile nut butter alternative. With iron and more healthy fats, Pumpkin Seed Butter may be the answer for anyone missing Peanut Butter or looking for a change.

380g
Product of the U.S.A.
\$13.98



Organic Chicken Broth

PACIFIC FOODS ORGANIC CHICKEN BROTH is simple, high-quality, organic ingredients, cooked for long hours. The same way it has been done for centuries. Versatile and flavorful, it can be used to enhance any savory dish. Perfect for making gravies and soups or freezing for a change.

946 ml
Product of the U.S.A.
\$4.98



Oatmeal Chocolate Chip Macobar

Generous & delicious, our Oatmeal Chocolate Chip Macobar is a healthy protein bar for anyone looking for a snack. A mix of oatmeal, chocolate chips, and our protein blend makes this bar a perfect snack for anyone looking for a change.

48 - 22g
Product of the U.S.A.
\$3.48



DOUGLAS STREET ♦ COOK STREET VILLAGE ♦ FIFTH STREET in SIDNEY ♦ LIFESTYLEMARKETS.COM

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380g
Product of the U.S.A.
\$13.98



ChocXO Dark Chocolate Almond Cups

100g
Made in Canada from Imported Ingredients
\$5.98



L'Académie Organic Lactose Free Organic Raclette Cheese

140g
Product of Québec
\$8.98



Nature Gluten Free Barista Oat Beverage

946 ml
Product of Canada
\$3.98



Nuts To You Organic Almond Butter

200g
Made in Canada from Imported & Domestic Ingredients
\$12.98



Easy To Digest, Easy To Love Pasta Sauce

300g
Product of the U.S.A.
\$8.98



HEALTHY, NATURAL FOOD TO HELP YOU MAINTAIN YOUR HEALTHY LIFESTYLE YEAR-ROUND!

Splendor Garden Organic Spices

Splendor Garden offers a full line of certified organic spices and herbs to add deliciousness and extra nutrition to your meals, without adding any salt, sugar, or fat to your recipe. Using a higher quality product means you can use less to achieve the desired flavor!

Various Sizes
Product of Canada
save 15%



Go Bini! Organic Bouillon Cubes

Go Bini! Organic Bouillon Cubes are a convenient way to add flavor to your soups, stews, and casseroles. They are made with organic ingredients and are free from any artificial flavors or preservatives. They are also gluten-free and contain no MSG.

Various Sizes
Product of Canada
On Sale



Gathering Place Fair-Trade, Organic Spices

Gathering Place Organic Spices are made from locally sourced, fair-trade, organic ingredients. They are made with care and attention to detail, ensuring the highest quality and flavor. They are also gluten-free and contain no MSG.

Various Sizes
Product of Canada
\$23.98



zazubean Paleo Extra Dark Chocolate

zazubean Paleo Extra Dark Chocolate is made with 80% pure dark chocolate and is free from any dairy, sugar, or artificial ingredients. It is a healthy and delicious treat for anyone looking for a change.

80g
Product of Switzerland
\$4.48



The Cultured Coconut Non-Dairy Coconut Probiotic

The Cultured Coconut is a delicious, non-dairy probiotic that has the potential to make a significant difference in your health. It is made with organic ingredients and is free from any artificial flavors or preservatives. It is also gluten-free and contains no MSG.

140 ml
Made in Canada
\$21.98



DOUGLAS STREET LOCATION
Home of Victoria's Largest
100% ORGANIC
Produce Department
FRESH DAILY!



NON-GMO GROCERIES ♦ ORGANIC PRODUCE ♦ QUALITY VITAMINS ♦ NATURAL BODY ♦ HAIR CARE ♦ GLUTEN-FREE ♦ ALLERGY-FRIENDLY FOODS

WE'RE HERE TO HELP!

Free Delivery

Call **250.384.3388**

Place Your Order Monday - Friday from 9 am - 12 noon

Offers Valid Until Store Closing Sept. 24, 2023