



Marlene's
NATURAL FOODS & DELI



**SOUND
OUTLOOK**

February 2026

Organic • Plant-Based • Gluten-Free • Non-GMO • Dairy-Free • Vegan • Locally Sourced
Sustainable • Fair Trade • Ethical Sourcing • Fresh • Eco-Friendly • Whole Ingredients



Wellness Talks

ONLINE | FREE



GUT HEALTH AND WEIGHT LOSS FOUNDATIONS

with Lizzy Rowden, RDN

This three-part online class series explores the connection between digestion, metabolism, and sustainable weight support. Each session builds on the last, offering practical education you can use right away without extreme diets or quick fixes. Join Registered Dietitian Lizzy Rowden for a clear, approachable look at how gut health and weight regulation work together to support whole-body wellness.

PART 1: GUT HEALTH 101 - THE FOUNDATIONS OF WHOLE-BODY HEALTH

Thursday, February 12 at 6 pm PST

Digestive symptoms like bloating, reflux, constipation, or irregular stools are common but not normal. In this class, you'll learn how your gut works, what your symptoms may be telling you, and how gut health impacts energy, immunity, hormones, and overall wellness. Gut health basics are broken down in a simple, practical way so you can begin supporting digestion with confidence.

You'll learn:

- What gut health really means
- Common signs your gut may need support
- Simple, realistic ways to start improving digestion

PART 2: WEIGHT LOSS 101 - SUSTAINABLE STRATEGIES THAT ACTUALLY WORK

Tuesday, February 17 at 6 pm PST

If weight loss feels frustrating, confusing, or unsustainable, you're not alone. This class covers the foundations of healthy, lasting weight loss without extreme diets or quick fixes. You'll learn why weight loss isn't just about willpower or calories, and what truly supports progress long term.

You'll learn:

- Why most diets fail
- The key factors that influence weight loss
- How to build habits that support metabolism and consistency

PART 3: THE MISSING LINK IN WEIGHT LOSS - HOW GUT HEALTH CHANGES EVERYTHING

Thursday, February 19 at 6 pm PST

If you've tried everything and still feel stuck, your gut health may be playing a bigger role than you realize. In this class, we'll connect the dots between digestion, inflammation, hormones, and weight regulation. You'll learn how addressing gut imbalances can support weight loss in a more sustainable, symptom-reducing way.

You'll learn:

- How gut health impacts weight loss
- Signs gut imbalances may be holding you back
- Why healing your gut can make weight loss feel easier



DISCOVER HOW TO THRIVE—NOT JUST SURVIVE—THROUGH EVERY HORMONAL PHASE OF LIFE.

with Lisa Shank, CFNC, RH(c), Symphony Natural Health

Tuesday, February 24, 2026 at 6 pm PST

With women now spending nearly half their lives in menopause, and men navigating andropause for decades, it's more important than ever to understand how to thrive during these hormonal phases. Discover how to maintain energy, vitality, and long-term wellness—through every chapter of life.



EMPOWERING THE MENOPAUSAL TRANSITION

with Dr. Jamie Doughty & Dr. Jennea Wood, Naturopathic Physicians, Temple Natural Health

Thursday, February 26 at 7 pm PST



Menopause does not have to be confusing or uncomfortable. Join two experienced naturopathic physicians for a clear, supportive look at hormone changes during midlife. This class covers hormone therapy safety, herbal options, stress and adrenal health, and practical ways to support balance through each stage of the transition.

SCAN TO REGISTER
[@marlenes.com/classes!](https://marlenes.com/classes!)





RAO'S HOMEMADE

Marinara Sauce 24 oz. **\$8.99**

Garlic Alfredo Sauce 15 oz. **\$8.39**

Uncured Pepperoni Pizza 18.3 oz. **\$8.99**

Spaghetti Pasta 16 oz. **\$3.49**



PACIFIC FOODS

Organic Cream of Tomato Soup

32 oz.



\$3.99



SAUZ

Cracked Pepper & Parmesan Sauce

25 oz.



\$6.99

MOMOFUKU

Chili Crunch

5.5 oz.



\$8.99

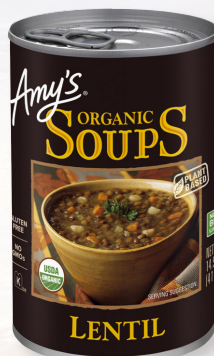
AMY'S

Organic Lentil Soup

14.5 oz.



\$3.69



CROOKED SPOON

Chocolate Peanut Butter Ice Cream

14 fl. oz.



\$5.99

SAN-J

Organic Tamari Soy Sauce

20 oz.



\$8.99

CAPPELLO'S

Pepperoni Pizza

12 oz.



\$8.89

DAIYA

Supreme Pizza

19.4 oz.



\$6.99

LATE JULY

Jalapeño Lime
Tortilla Chips
6 oz.



\$3⁹⁹

SWEET LOREN'S

Gluten-Free
Chocolate Chunk
Cookie Dough
12 oz



\$6⁸⁹

ANGIE'S

Boom Chicka Pop
Sweet & Salty
7 oz



\$3⁴⁹

STACY'S

Simply Naked
Pita Chips
7.33 oz.



\$3⁴⁹

EDWARD & SONS

Brown Rice
Snaps Black
Sesame
3.5 oz.



\$2⁹⁹

Aromatic, zingy, and lightly
sweet ginger takes the lead
in this fan-favorite raw
kombucha. Bright and bold
with subtle citrus undertones,
this kombucha is the immune
boosting and gut friendly
flavor you'll crave.

GT'S LIVING FOODS

Gingerade Kombucha
16 oz.

\$2⁸⁹



KOOSHY CROUTONS

Mambo Italiano
Croutons
5 oz. Reg. \$4.99



Buy One, Get One
FREE

CLIF BAR

Crunchy
Peanut Butter
Bar
2.4 oz.



\$1⁴⁹

GOMACRO

Oatmeal
Chocolate Chip
Bar
2.3 oz.



\$2⁶⁹

NICK'S STICKS

Grass-Fed Beef Stick

1.7 oz.

\$2⁹⁹



BEYOND GOOD

85% Dark Chocolate Sea Salt

2.64 oz.

\$4⁴⁹



UNIQUE PRETZELS

Original Pretzel Splits

11 oz.

\$3⁶⁹



HONEY MAMA'S

Seasonal Limited Edition Chocolate

2.5 oz.

\$3⁹⁹



COCOMELS

Oat Milk Toffee Bark

3.5 oz.

\$3⁹⁹



BETTER BUCKWHEAT

Sea Salt Crackers

4.25 oz.

\$4³⁹



EQUAL EXCHANGE

Mind, Body & Soul Ground Coffee

12 oz.

\$13⁹⁹

A smooth, easy-drinking coffee with gentle notes of cocoa and toasted nuts, sourced from small farmer cooperatives committed to organic and fair-trade practices. A cup that tastes good and does good.



CHAI DIARIES

Instant Cardamom Chai

14 oz.

\$8⁹⁹



COCOJUNE

Pure Coconut Cultured Yogurt

16 oz.

\$8⁹⁹



GALBANI

Marinated
Mozzarella
Snack Cups

12 oz.



\$6⁴⁹

NANCY'S

Organic
Sour Cream

16 oz.



\$3⁹⁹

SIGGI'S

Nonfat Vanilla
Skyr Yogurt

5.3 oz.



\$1⁵⁹

GOOD KARMA

Unsweetened
Original Flaxmilk

64 oz.



\$4⁹⁹

LAKEWOOD

Organic
Super Beet
Juice

32 oz.



\$6⁷⁹

ANNIE'S HOMEGROWN

Organic Shells
& Aged Cheddar

6 oz.



\$2⁹⁹

ACURE

Brightening
Day Cream

1.7 oz.



\$16⁹⁹

Also on sale:
Revived Radiance Overnight Mask 1.7 oz. \$21.99

AURA CACIA

Lavender Bubble Bath

13 oz.



\$11⁴⁹

CARLSON LABS

Liquid
Cod Liver Oil
Lemon

8.4 oz.



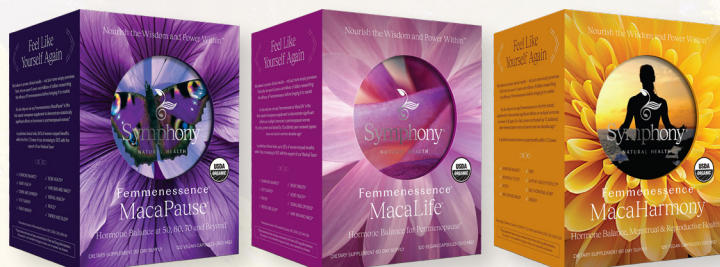
\$29⁴⁹

Also on sale:
Liquid Fish Oil Lemon 6.7 oz. \$27.49

SYMPHONY NATURAL HEALTH

Femmenessence
MacaHarmony

120 ct.



\$29⁴⁹

Also on sale:
Femmenessence MacaLife 120 ct. \$29.49
Femmenessence MacaPause 120 ct. \$29.49

RIDGECREST

ClearLungs

60 ct.



\$21⁴⁹

Also on sale:
SinusClear 60 ct. \$25.49

WELEDA

Skin Food
Original
Ultra-Rich
Cream
2.5 oz.



\$16⁴⁹

TOM'S OF MAINE

Wicked Fresh
Cool Mountain Mint
Mouthwash
16 oz.



\$7⁴⁹

MOUNTAIN OCEAN

Skin Trip
Coconut
Moisturizer
8 oz.



\$12⁹⁹

EO PRODUCTS

Organic Lavender
Hand Sanitizer Spray
2 oz.



\$3⁹⁹

Also on sale:
Organic Lavender Deodorant Spray 4 oz. \$6.49

BACH FLOWER REMEDIES

Rescue Remedy Drops
20 ml



\$19⁹⁹

HUME SUPERNATURAL

Desert Bloom
Aluminum-Free
Deodorant
2 oz.



\$12⁹⁹

HOST DEFENSE

MycoBrew Cocoa
10 ct.



\$15⁹⁹

FLORA

Flora Iron
with B-Vitamin
Complex
7.7 oz.



\$18⁴⁹

DR. MERCOLA

Liposomal Liquid
Vitamin C
Citrus Vanilla
15.2 oz.



\$19⁹⁹

Additional items on SALE!

NATURE'S PLUS

Collagen Powder
Unflavored
294 g



\$23⁹⁹

Also on sale:
Marine Collagen Powder 244 g \$29.49

PRANAROM

Lavender Essential Oil
5 ml



\$9⁴⁹

Also on sale:
Muscle & Joint Roller 75 ml \$9.49



Marlene's

NATURAL FOODS & DELI

FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday Closed

TACOMA

2951 S. 38th Street
253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday Closed

BODYWORK SCHEDULE

Vitamin Shots with Physician Coach yourphysiciancoach.com

Tacoma Tuesday, 10 am - 2 pm
Federal Way Wednesday, 11 am - 3 pm

When you arrive, text "HERE" to 401.217.9902.

You will be notified when it is your turn. No appointment is necessary during designated times. Save time by completing the Pre-Waiver online ahead of time.

Seated Massage with Erica Seter

Federal Way

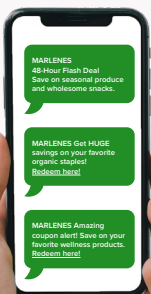
Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm
Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

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& Exclusive Coupons!

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Strawberry Flax Protein Cupcake Muffins

Kind to your heart and your taste buds, these soft, lightly sweet muffins are made with plant protein, flax, and fruit, so they feel like a treat without being over the top. A simple drizzle on top and any fresh or frozen fruit makes them work year-round.

Dry Ingredients

- 3/4 cup organic whole wheat pastry flour or spelt flour
- 1/2 cup plant protein powder
- 1/4 cup organic ground flax meal
- 1/2 cup organic cane sugar or coconut sugar
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp fine sea salt

Wet Ingredients

- 2 flax eggs (2 Tbsp ground flax + 5 Tbsp water)
- 1/2 cup plain yogurt, dairy or plant-based
- 1/3 cup Lassens organic olive oil or avocado oil
- 1/3 cup unsweetened plant milk
- 1 tsp vanilla extract
- Zest of 1 lemon (optional but recommended)

Fruit

- 1 cup organic strawberries, fresh or frozen, diced (If frozen, do not thaw)

Drizzle

- 1/3 cup organic powdered sugar
- 1 to 2 Tbsp milk
- 1/4 tsp vanilla extract

Heat oven to 350°F and line a muffin tin. Whisk all dry ingredients in a large bowl. In a separate bowl, whisk flax eggs, yogurt, oil, milk, vanilla, and lemon zest. Stir wet ingredients into dry just until combined. Toss fruit with 1 tsp flour or protein powder, then gently fold into batter. Fill muffin cups about 3/4 full. Bake 18 to 21 minutes, until tops are just set and spring back lightly. Cool completely. Whisk drizzle ingredients and spoon generously over tops.

Fruit swaps

This recipe is flexible. You can substitute the strawberries with: Blueberries, Raspberries, Chopped peaches, Chopped cherries. For very juicy fruits like pear or mango, use 3/4 cup and reduce plant milk by 2 Tbsp.

