



Week long
sales!

New Year 
New You
CELEBRATION

JANUARY 19th to 24th

Demos | Buy One, Get One Deals
Samples & More!

Marlene's
NATURAL FOODS & DELI

JANUARY 2026

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

CARBONAUT

Gluten-Free
White Bread

19 oz



\$5⁴⁹



LITTLE NORTHERN BAKEHOUSE

Gluten-Free Millet & Chia Bread

16 oz



\$4⁹⁹



HOPLARK

Hop Water
with Citra Hops

12 oz

\$1²⁹



THE GRAIN ESCAPE

White Bread Loaf

18.6 oz



\$4⁹⁹



KICKING HORSE

Kick Ass
Whole Bean Coffee

10 oz



\$9⁹⁹



JAVA TRADING SPROUTED

Organic Smooth Sailing
Whole Bean Coffee

10 oz



\$13⁹⁹



SMITH TEA

Lord Bergamot
Black Tea

15 ct

\$9⁴⁹



VITA COCO

Coconut Water

33.8 oz

\$4⁹⁹



LACROIX

Pure
Sparkling Water

12 oz

€79



R.W. KNUDSEN

Organic Cranberry Juice

32 oz



\$10⁷⁹



REBBL

Dark Chocolate
Coconut
Protein Drink

12 oz



\$3⁹⁹



STUMPTOWN

Cold Brew Coffee

10.5 oz

\$3⁷⁹



OLIPOP

Vintage Cola
Prebiotic Soda

12 oz

\$1⁹⁹



ORGAIN

Chocolate Meal
Replacement Shake

11 oz



\$2⁹⁹



CASCADIAN FARM

Organic Frozen
Cherries

32 oz



\$13⁶⁹



GARDEIN

Crispy Tenders

9 oz



\$5²⁹



LUCKY FOODS

Thai Style
Gluten-Free
Spring Rolls

8 oz



\$5¹⁹



SEVENTH GENERATION

Bath Tissue

4 pk

\$4³⁹



MIGHTY SPARK

Chicken
Snack Sticks

4 oz.

\$5⁹⁹



THE DAILY CRAVE

Himalayan
Pink Salt
Lentil Chips

4.25 oz

\$3⁹⁹



MARIA & RICARDO'S

Almond Flour Tortillas

4.6 oz

\$5⁴⁹

HEALING CHICKEN-VEGGIE SOUP



- 2 Bottles of EPIC Homestyle Savory Chicken Bone Broth
- 1 Tbl Lassens Organic Coconut Oil
- 1 Organic yellow onion, diced
- 2 organic garlic cloves, minced
- 4 organic carrots, peeled and diced
- 4 organic celery stalks, diced
- 1 lb organic chicken, diced (use raw chicken or leftover cooked chicken)
- 1" fresh organic ginger, peeled
- 1" fresh turmeric, peeled
- fresh organic parsley
- organic black pepper

In a stock pot, coconut oil to medium and allow to melt. Add diced onion and minced garlic and stir until they begin to soften. Add diced carrot, celery and chicken to the pot and stir to combine. Pour bone broth over veggies and simmer until soft (about 10 minutes). Turn off the heat and using a vegetable peeler, peel ginger and turmeric as strips directly into the pot. Stir to combine and serve between 4 bowls. Garnish with a sprig of fresh parsley and a generous sprinkle of black pepper. Slurp it up!



HOBOKEN FARMS

Low Sodium
Marinara Sauce
25 oz



\$6⁹⁹

JOVIAL

All Purpose
Einkorn Flour
32 oz



\$8⁷⁹

LA TOURANGELLE

Extra Virgin
Olive Oil
750 ml



\$20⁹⁹

MAGIC SPOON

Fruity Cereal
7 oz



\$7³⁹

ONE DEGREE

Sprouted
Brown Rice
Cacao Cereal
10 oz



\$4⁴⁹

SIMPLY DELISH

Strawberry
Jel Dessert
0.7 oz



\$1⁹⁹

SPECTRUM

NATURALS
White
Distilled Vinegar
32 oz



\$6⁹⁹

TARI

Everything
Hot Sauce
11.8 oz



\$4⁹⁹

COMVITA

Multifloral Honey

MGO 50+

8.8 oz



\$10⁸⁹

ANNIE'S HOMEGROWN

Shells & White

Cheddar

6 oz

\$1⁷⁹



BRAGG

Organic Extra

Virgin Olive Oil

32 oz



\$23⁹⁹

CASCADIAN FARM

Cinnamon
Crunch Cereal

9.2 oz



\$4¹⁹

TASTY BITE

Ready To Eat
Basmati Rice

8.8 oz



\$2⁷⁹

ZOUP

Chicken

Noodle Soup

16 oz

\$4⁶⁹



BONAFIDE PROVISIONS

Beef Bone
Broth

24 oz



\$7⁹⁹

CALIFIA FARMS

Organic
Unsweetened
Almond Milk

48 oz



\$5⁶⁹

FORAGER PROJECT

Organic Plain
Cashewgurt

24 oz



\$5⁸⁹

GOODBELLY

Mango

Probiotic Drink

32 oz

\$4⁶⁹



HOUSE FOODS

Gluten-Free
Cubed Tofu

8 oz

\$3³⁹



KITE HILL

Plain Unsweetened
Almond Milk Yogurt

16 oz

\$4⁹⁹



MUSH

Vanilla Overnight Oats

5 oz



\$1⁸⁹

NANCY'S

Organic
Plain Yogurt

32 oz

\$5⁵⁹



LIFEWAY

Low Fat Plain Kefir

32 oz

\$5⁹⁹



VIOLIFE

Vegan Feta
Block

8.1 oz

\$5⁹⁹



WILDBRINE

Korean Kimchi

18 oz



\$6⁴⁹

MILKADAMIA

Unsweetened

Macadamia

Milk

32 oz



\$5⁶⁹

4505 MEATS

Sea Salt

Chicharrones

3 oz



\$3⁶⁹

ALOHA

Chocolate Fudge

Brownie

Protein Bar

1.98 oz



\$2⁴⁹

BOULDER

Himalayan

Sea Salt

Potato Chips

5.25 oz



\$3²⁹

LENNY & LARRY'S

Chocolate

Chip Complete

Cookie

4 oz



\$2¹⁹

ANCIENT NUTRITION

Multi Collagen Protein

454.5 g

Additional items on SALE!



\$36⁹⁹

Also on sale:

Extra Strength Probiotics 50 Billion 60 ct \$41.99

BOIRON

Oscillococcinum

6 ct



\$11⁴⁹

Also on sale:

Cold Calm Meltaway Tablets 60 ct \$9.49

EMERALD LABS

Coenzymated

Men's 1-Daily

Multi

30 ct

Additional items on SALE!



\$16⁹⁹

Also on sale:

Coenzymated Women's 1-Daily Multi 30 ct \$16.99

ENZYMEDICA

Digest Gold

with ATPro

120ct

Additional items on SALE!



\$52⁴⁹

Also on sale:

Berberine Phytosome 60 ct \$18.49

EVERYONE

Hand Soap

Meyer Lemon

+ Mandarin

12.75 oz



\$4⁴⁹

Also on sale:

Hand Soap Lavender + Coconut 12.75 oz \$4.49

FLORA

Flor Essence

17 oz

Additional items on SALE!



\$27⁹⁹

HERBATINT

4N Chestnut
Permanent
Haircolor Gel

5.75 oz

\$16⁹⁹

Also on sale:

5N Light Chestnut Permanent Haircolor Gel
5.75 oz \$16.99



**Additional
items on
SALE!**

NORDIC NATURALS

Ultimate
Omega Lemon

120 ct

\$40⁴⁹

Also on sale:

Ultimate Omega Lemon 180 ct \$56.99



**Additional
items on
SALE!**

ORGANIC INDIA

Organic Moringa Powder

8 oz

\$19⁴⁹

Also on sale:

Organic Psyllium 12 oz \$14.49



PRIMAL KITCHEN

Vanilla Coconut Collagen Peptides

14.4 oz

\$35⁹⁹

Also on sale:

Chocolate Coconut Collagen Peptides 15 oz \$35.99



SUN WARRIOR

Warrior Blend Protein Vanilla

750 g

\$39⁹⁹

Also on sale:

Plant-Based Collagen Protein Peptides
Chocolate Fudge 500 g \$34.99



**Additional
items on
SALE!**

PLANT PEOPLE

WonderDay
Gummies

6.4 oz

\$29⁴⁹



**Additional
items on
SALE!**



MARLENE'S

Organic Lion's
Mane Caps

60 ct

\$12⁴⁹

Also on sale:

Magnesium Glycinate 400 mg 90 ct \$17.49

**Additional
items on
SALE!**

MICKELBERRY GARDENS

Elderberry
Honey Tonic

4 oz

\$11⁴⁹

Also on sale:

Throat & Lung Honey Tonic 4 oz \$11.49
Honey Propolis Throat Spray 2 oz \$10.49



SUPERIOR SOURCE

Vit D 5000 IU

100 ct

\$10⁹⁹

Also on sale:

Methyl B-12 1000 mcg Microlingual 60 ct \$10.99



**Additional
items on
SALE!**



BARLEAN'S

Organic Flax Oil

16 oz

\$22⁴⁹

Also on sale:

Seriously Delicious Liquid Vitamin D3 5000 IU
Strawberry 5.6 oz \$8.99

**Additional
items on
SALE!**

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

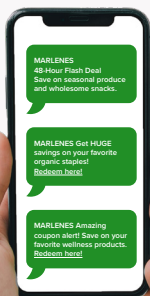
JOIN AND SAVE!

COMMUNITY PLUS

Text Club

Get Weekly Specials
& Exclusive Coupons!

SCAN & SEND TO JOIN



Wellness Talks

ONLINE | FREE



SKIP THE JANUARY DIET: 4 KEYS TO BUILD HABITS YOU CAN ACTUALLY KEEP

with Michelle Kester, NTP, Binge
Eating Recovery Coach

Thursday, January 15, 2026
6 pm PST | 4 pm HST

This January, ditch the quick fix and learn how to build real habits that last. Nutritional Therapy Practitioner and Binge Eating Recovery Coach Michelle Ho will share why crash diets and "clean starts" backfire — and how to create a calmer, more sustainable relationship with food. You'll discover four key principles that help you stabilize energy, reduce cravings, and build healthy habits that fit real life. Walk away with practical tips you can use immediately and a renewed sense of trust in your body. Includes live Q & A and free follow-up resources.



AYURVEDA REIMAGINED FOR MODERN LIVING

with Amber Lynn Vitale, CN, ACC,
BCHN®, CDSP™ for Nature's
Formulary

Thursday, January 22, 2026
6 pm PST | 4 pm HST

Ayurveda offers timeless tools for understanding your unique constitution - where your strengths

lie, where imbalance can creep in, and how daily choices shape long-term wellness. In this class, we'll explore how Nature's Formulary brings these principles to life through expertly crafted Ayurvedic formulations designed for real-world support. Amber will highlight standout herbs traditionally used for

liver health, stress balance, and overall vitality, while showing how thoughtfully prepared, authentic Ayurvedic products can help you work toward these goals with confidence and clarity.



HORMONE HEALTH AT EVERY STAGE OF LIFE

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

Tuesday, January 27, 2026
6 pm PST | 4 pm HST

Your hormones shape everything from energy and sleep to mood, metabolism, and long-term wellness. In this class, Lisa

Shank will walk you through how the endocrine system shifts from early reproductive years through menopause, and for men, through andropause. She'll explain how diet, lifestyle, stress, and even genetics can influence timing and symptoms, and offer supportive, practical approaches for each stage. You'll leave with a clearer understanding of what your body needs and how to help it stay in balance.

SCAN TO REGISTER

@marlenes.com/classes!

