

*Marlene's*<sup>™</sup>  
— NATURAL FOODS & DELI —

# SOUND OUTLOOK

May 2025

*Good things grow in May—especially you!*

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

# Events & Education



## Mother's Day Yogurt Parfait

There's something special about a breakfast that feels like a gift. This Mother's Day parfait is as lovely to look at as it is to eat. With creamy yogurt, vibrant berry compote, crunchy granola, and a sprinkle of jewel-like pomegranate seeds, it's a light and nourishing treat that brings a sense of calm and care to the start of the day. Simple to make, beautifully layered, and full of flavor—it's the kind of gesture that says "I love you" without a single word.

- 1 ½ cups plain or vanilla organic Greek yogurt
- 1 cup mixed berry compote or jam
- 1 cup granola (with nuts/seeds if preferred)
- ½ cup organic pomegranate seeds (frozen good, allow time to thaw)
- Lassens maple syrup, to taste (optional)
- Fresh mint leaves, for garnish (optional)

**Layer 1 – Yogurt:** Spoon about 2–3 tablespoons of Greek yogurt into the bottom of each jar.

**Layer 2 – Berry Compote:** Add a layer of berry compote (or jam), about 1–2 tablespoons.

**Layer 3 – Granola:** Sprinkle a layer of granola over the berries. Use just enough to create a crunchy contrast, about 1–2 tablespoons.

**Repeat Layers:** Repeat the yogurt, compote, and granola layers until the jar is nearly full.

**Top – Pomegranate & Garnish:** Finish with a generous spoonful of pomegranate seeds on top. Garnish with a small sprig of mint if you'd like.

**Chill or Serve Immediately:** You can make these a few hours ahead and keep them chilled, or serve right away for the crunchiest texture.

### HYDRATION THAT GOES THE DISTANCE

with Seth Bovio, Founder and Formulator at Superieur Electrolytes

**Tuesday, May 13 at 6 pm PST Online**

Join Seth from Superieur Electrolytes to learn why hydration is more than just drinking water. Discover how plant-based electrolytes from sea minerals and real food sources help your body absorb and retain fluids more effectively—supporting energy, endurance, and recovery without artificial ingredients or added sugars. Stay hydrated, feel balanced, and perform at your best!

### CANCER FIGHTING NUTRITION

with Meghan Zech, ND, FABNO

**Thursday, May 15 at 6 pm | 4 pm HST ONLINE**

Learn how everyday foods can support the body's natural defenses against cancer. Nutrition plays a vital role in cancer prevention, recovery, and overall resilience. Topics we'll cover include: the top anti-inflammatory and antioxidant-rich foods to keep on your grocery list; how sugar, processed foods, and inflammation influence cancer risk; simple swaps and meal ideas to support a healthy metabolism and immune system; gut health, detox pathways, and why food is more than just fuel.

### A NATUROPATHIC APPROACH TO TYPE 2 DIABETES

with Beth DiDomenico, ND - BethDiDomenicoND.com

**Tuesday, May 20, at 6 pm PST | 4 pm HST, Online**

Join Dr. Beth DiDomenico for a discussion of early diabetes detection, including signs and symptoms. We will explore natural ways to reverse elevated blood sugars, including diet, supplements and lifestyle. In addition we will cover special testing one may want to consider in optimizing their blood sugar.

### WOMEN'S WELLNESS: EMPOWERING WOMEN TO THRIVE AT EVERY STAGE OF LIFE

With Laurel Sterling, MA, RD, CDN, International Educator for Carlson

**Thursday, May 22 at 6 pm PST | 4 pm HST Online**

Women's bodies have distinct nutritional requirements and unique nutritional needs that differ from those of men due to factors such as hormonal fluctuations, menstruation, pregnancy, and menopause. Those physiological differences mean that women may need higher or different quantities of certain nutrients at various stages of life to maintain their health. Come learn more about those must-have supplements!

### HEALTHY HAIR AT ANY AGE: PREVENTING HAIR LOSS & BOOSTING GROWTH

with Jodi Sanders, Brand Educator for Biosil

**Tuesday, May 27 at 6 pm PST ONLINE**

Join Jodi Sanders of BioSil to explore collagen's role in hair health, natural ways to prevent thinning, and how to support stronger, fuller hair. Learn about BioSil's clinically proven ch-OSA® formula and get expert tips on maintaining vibrant, healthy locks with nutrition, supplementation, and daily care.

REGISTER @ [MARLENES.COM/CLASSES!](https://marlenes.com/classes) ➔



## AURA CACIA

Lavender Essential Oil

0.5 oz.

**\$10<sup>49</sup>**



**Also on sale:**  
Rosemary Essential Oil, 0.5 oz. **\$6.49**

## EVANHEALY

Whipped Shea Butter  
with Olive Leaf

1.9 oz.

**\$29<sup>99</sup>**



**Additional items on SALE!**

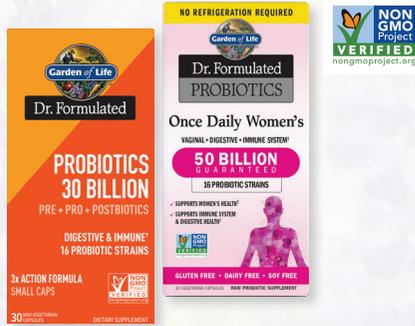
**Also on sale:**  
Whipped Shea Butter for Lips, 1 ct. **\$7.49**

## GARDEN OF LIFE

Dr. Formulated Probiotics 30 Billion

30 ct.

**\$19<sup>49</sup>**



**Also on sale:**  
Dr. Formulated Probiotics Once Daily Women's, 30 ct. **\$29.99**

## SOUTH OF FRANCE

Shea Butter Liquid Hand Wash

8 oz.

**\$3<sup>99</sup>**



**Also on sale:**  
Shea Butter Triple Milled Bar Soap, 6 oz. **\$3.99**

**Additional items on SALE!**

## BARLEAN'S

Fresh Flax Oil Softgels

100 ct.

**\$12<sup>49</sup>**



## DERMA E

Vitamin C  
Concentrated Serum  
2 oz.

**\$19<sup>99</sup>**



**Additional items on SALE!**

## DR. OHHIRA'S

Probiotics  
Original Formula  
30 ct.

**\$28<sup>99</sup>**



## SYMPHONY NATURAL HEALTH

Femmenessence:  
MacaHarmony,  
MacaLife  
or MacaPause  
120 ct.

**\$29<sup>49</sup>**



## THE HUMBLE CO.

Dental Floss Mint  
50 m.

**\$3<sup>99</sup>**



## UPCIRCLE

Eye Cream with Cucumber,  
Hyaluronic Acid + Coffee  
0.5 oz.

**\$19<sup>99</sup>**



**Additional items on SALE!**

## ETERNAL

Natural Alkaline Spring Water

84.5 oz.

**\$2<sup>99</sup>**



## RW KNUDSEN

Organic Just Cranberry Juice

32 oz.

**\$9<sup>89</sup>**



## MOUNTAIN VALLEY

Spring Water in Glass

1 L

**\$2<sup>49</sup>**



## ESSENTIA

Purified Water

1 L

**\$1<sup>99</sup>**



## CASCADE MOUNTAIN

Spring Water

28 fl oz.

**\$2<sup>19</sup>**



## WATERLOO

Cherry Sparkling Water

12 oz. / 12 pk.

**\$4<sup>99</sup>**



## DR. BRONNER'S

Whole Kernel

Virgin Coconut Oil

14 oz.



**\$7<sup>99</sup>**



## WORLD CENTRIC

9 Inch Compostable Plate

20 ct.

**\$3<sup>29</sup>**



## DE LA CALLE

Tradicional Tepache Pineapple Spice

12 oz.

**\$1<sup>99</sup>**



## GUAYAKÍ YERBA MATE

Bravo Mango Low Sugar Yerba Mate

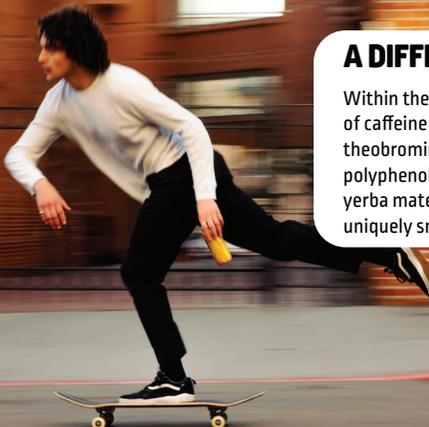
15.5 oz.

**\$2<sup>99</sup>**



### A DIFFERENT KIND OF BOOST

Within the yerba mate plant is a combination of caffeine (also found in coffee), theobromine (also found in chocolate), and polyphenols (also found in green tea). As any yerba mate lover will tell you, it provides a uniquely smooth boost of energy and focus.



# PRIMAL KITCHEN

Avocado Oil Mayo

12 oz.



# \$8.99

DISCOVER THE GOODNESS OF

# COMVITA MĀNUKA HONEY

We are proud to offer Comvita's premium, raw, and wild Mānuka honey. Sustainably beekeeping since 1974, Comvita offers the most certified Mānuka honey from New Zealand. Known for its incredible wellness benefits, it's perfect in tea, coffee, or straight from the spoon. Experience nature's most powerful honey—your health deserves it.



UMF 10+ MĀNUKA HONEY  
8.8 oz



# BOB'S RED MILL

Chia Seeds

12 oz.

# \$5.29



# LA TOURANGELLE

Extra Virgin Olive Oil

750 ml.



# \$19.89

# SCHÄR

Gluten-Free Deli-Style Bread

8.5 oz.

# \$4.99



# ANNIE'S HOMEGROWN

Macaroni & Cheese

6 oz.



# \$2.79

# BARNEY BUTTER

Smooth Almond Butter

16 oz.

# \$9.99



# GT'S LIVING FOODS

Vanilla Cocoyo Yogurt

8 oz.

# \$5.69



# SIMPLY ORGANIC

Mild Taco Seasoning Mix

1 oz.



# \$1.49

# DAIYA

Mexican 4 Cheeze Style Shreds

7.1 oz.

# \$3.99

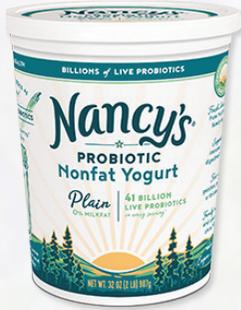


# NANCY'S

Nonfat Plain Yogurt

32 oz.

# \$3.89



# CALIFIA FARMS

Unsweetened Organic Almond Milk

48 oz.

# \$5.79



# NICK'S STICKS

Grass-Fed Beef Sticks

1.7 oz.

# \$2.99



# MUSH

Vanilla Overnight Oats

5 oz.

# \$1.89



# ZACK'S MIGHTY

Chile Lime Tortilla Chips

7.8 oz.

# \$3.99



# THEO CHOCOLATE

Dark Chocolate Sea Salt Bar

3 oz.

# \$4.99



# HIPPEAS

Himalayan Salt & Lime Tortilla Chips

5 oz.

# \$3.69



# CHOCOLOVE

Raspberry Dark Chocolate Bar

3.1 oz.

# \$3.49



# LATE JULY

Jalapeño Lime Tortilla Chips

7.8 oz.

# \$3.99

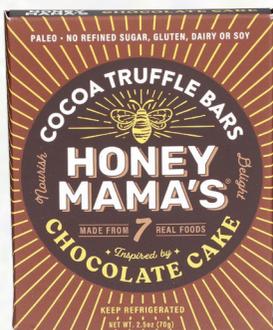


# HONEY MAMA'S

Chocolate Cake Bar

2.5 oz.

# \$3.99



Just imagine "Your favorite candy bar went to a meditation retreat and came back enlightened". Your most desired indulgence now treats you like the vibrant and vivacious person you are.

# SIETE

Lime Tortilla Chips

5 oz.

# \$4.49



# THE GOOD CRISP COMPANY

Original Potato Crisps

5.6 oz.

# \$2.99



# TRUBAR

Peanut Butter & Jelly Bar

1.76 OZ

# \$1.89



# LARABAR

Peanut Butter Chocolate Chip Bar

1.6 oz.

# \$1.19



# BLUE ZONES KITCHEN

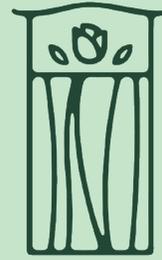
Bowl Burrito

9 oz.

# \$5.99



Inspired by the world's longest-lived cultures, Blue Zones Kitchen creates meals rooted in tradition, simplicity, and plant-based ingredients that nourish both body and soul.



## MOSSY GATE FLOWER FARM

*Mossy Gate Flower Farm is a woman-owned, sustainable flower farm in Skagit Valley, offering seasonal blooms from tulips to dahlias, cultivated with care and a commitment to eco-friendly practices. Available arrangements vary.*



# Marlene's™

— NATURAL FOODS & DELI —

## FEDERAL WAY

2565 S. Gateway Center Place  
253.839.0933

Monday - Saturday 8 am - 8 pm  
Sunday Closed

### Deli Hours

Monday - Saturday 8 am - 8 pm  
Sunday Closed

Grab and go options available until closing.

## TACOMA

2951 S. 38th Street  
253.472.4080

Monday - Saturday 8 am - 8 pm  
Sunday Closed

### Deli Hours

Monday - Saturday 8 am - 8 pm  
Sunday Closed

Grab and go options available until closing.



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## LOYALTY PROGRAM

Get rewarded for shopping with us!

- Exclusive promotions
- Hassle-free receiptless returns
- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



Scan to sign up today!

## BODYWORK SCHEDULE

### Vitamin Shots with Physician Coach

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.

### 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

**Deli Deal!**  
Just in time for Mother's Day...  
**\$3 off**  
**Whole Cakes & Pies!**  
Preorder only. Valid May 1 - 31, 2025

The image features two chocolate cakes with white frosting swirls. The text is overlaid in various fonts and colors, including purple and white with black outlines.