

Live Naturally

YOUR HEALTHY LIFE STARTS HERE

Come
together,
eat
better

BOOST

Rest and digest
with natural
supplements
PG. 27

ONE-POT WONDERS

PG. 16

HEALTHIER HOLIDAY TREATS

PG. 20

FEEL GREAT WHILE FEASTING

PG. 6

STOCK UP ON CONVENIENCE

PG. 10

WHOLE-ROASTED
CRUMBLE-STUFFED
APPLES

PG. 21



COMPLIMENTS OF

Fred Meyer

HOLIDAY 2022

Party in a pinch

Don't let dietary restrictions spoil the fun. Be ready for all guests—even the unexpected ones—with these finger foods worthy of a cheers.

BY THE LIVE NATURALLY TEAM



EVERY BODY EAT

Chive and Garlic
Snack Thins

A perfect pantry staple for allergy-prone eaters, these thin and crispy plant-based snacks are free from dairy, gluten, soy, eggs, corn ... the list goes on. And with no hidden ingredients (seriously, they're clearly listed on the front of each single-serve package), you can serve these up without worry. Whether you pass them around or reserve a couple bags for potlucks overflowing with trigger-heavy foods, you can breathe a sigh of relief knowing that no guest will go hungry. Plus, they taste delicious on their own and dunked in dip! Other flavors include Cheese-less, Fiery Chile Lime, and Sea Salt Chia.



WASA

Multi Grain Swedish Style
Crispbread

If you're looking for something substantial to munch on, Wasa's Multi Grain Crispbread may be just the ticket. A mixture of rye, wheat, oats, and barley—and 12 g of whole grains per slice—Wasa's Swedish crackers pack a healthy dose of fiber and flavor with every satisfying crunch. Pair them with hummus, top them to your liking, or enjoy them straight up—either way, these crispy morsels are the perfect base to a more nutritious snack. Other flavors include Light Rye, Sourdough, and Whole Grain, with gluten free options in Original and Sesame & Sea Salt.



HARVEST SNAPS

Tomato Basil Baked
Red Lentil Snacks

A welcome alternative to potato chips, Harvest Snaps Baked Red Lentil Snacks pack loads of flavor into a light and airy crisp. Made from whole legumes and milled in-house, each serving (or one-third of a bag) contains 5 g of protein and 3 g of fiber with no gluten, artificial flavors, preservatives, GMOs, wheat, or eggs (to name a few). Serve these up as a side, with a dip, or straight from the bag for a more satisfying take on snack time. Other flavors include Lightly Salted, Black Pepper, Caesar, Wasabi Ranch, and Mango Chili Lime.

AVAILABILITY OF PRODUCTS MAY VARY BY STORE LOCATION.