



14 Carrot
WHOLE FOODS



5300 Sunset Blvd.
in Lexington
803-359-2920
www.14Carrot.net



March 30th - April 26th



ANNUAL CHARITY DAY

April 30th
11AM to 5PM

Carolina Wildlife

Mission Lexington

Lighthouse For Life

**Backpack
Ministry**



Organic Dark Chocolate Chips

Bulk #3988 Reg.: \$15.59/lb

\$10.99/lb



Organic Pearled Farro

Bulk #3919 Reg.: \$3.49/lb

\$2.49/lb



Organic White Quinoa

Bulk #3141 Reg.: \$3.79/lb

\$2.59/lb



Organic Black Chia Seeds

Bulk #3925 Reg.: \$5.79/lb

\$3.99/lb



A2 Milk
Whole Milk
59 fl oz Reg.: \$5.69
\$3.99



Follow Your Heart
Finely Shredded Cheddar or
Mozzarella Dairy-Free Cheese
7 oz Reg.: \$4.59
\$3.19



Lifeway
Organic Low Fat Kefir
Plain Unsweetened
32 fl oz Reg.: \$6.79
\$4.79



Follow Your Heart
Shredded Parmesan
Dairy-Free Cheese
4 oz Reg.: \$5.49
\$3.79



Lifeway
Organic Grass Fed Kefir
Plain Whole Milk
32 oz Reg.: \$8.19
\$5.69



GT's CocoYo
Coconut Yogurt
Assorted Flavors
8 fl oz Reg.: \$6.99
\$4.89



Lifeway
Organic Whole Milk Kefir
Plain Unsweetened
32 fl oz Reg.: \$6.79
\$4.79



Creminelli
Sliced Uncured Pepperoni
2.7 oz Reg.: \$4.29
\$3.39





GT's Organic Kombucha
 Assorted Flavors & Varieties
 16 fl oz Reg.: \$3.89
\$2.69



Immaculate Baking
 Organic Flaky Biscuit Dough
 16 oz Reg.: \$7.09
\$4.79



Immaculate Baking
 Organic Crescent Roll Dough
 8 oz Reg.: \$7.09
\$4.79



Immaculate Baking
 Organic Cinnamon Roll
 Dough with Icing
 17.5 oz Reg.: \$9.79
\$6.79



RECIPE

Meatball Sub Casserole

<https://onepotonly.com/meatball-sub-casserole/>

Instructions

- Heat oven to 375F.
- Cut up the biscuit dough in half.
- Lightly grease a baking dish and place the biscuits into the it, mixing in the marinara sauce, garlic powder, onion, and asparagus.
- Place ¼ of the cheese on top of the mixture.
- Nestle in the meatballs into the baking dish.
- Add in ¼ of the cheese on top of the meatballs.

Cover the dish with foil, bake for 30 minutes, uncover the foil, add the rest of the cheese on top, and bake for another 10-15 minutes, until the cheese have melted.

Ingredients

- 1 can Immaculate Baking Biscuits
- 1¼ cup marinara sauce
- 1 tablespoon garlic powder
- ½ onion, diced
- ½ cup asparagus, woody ends removed
- 1 cup shredded cheese
- 25 to 30 Precooked Meatballs

Kevin's Natural Foods

Cilantro Lime Chicken
16 oz Reg.: \$10.99

\$8.49



Kevin's Natural Foods

Teriyaki-Style Chicken
16 oz Reg.: \$10.99

\$8.49



Mori-Nu Tofu

Soft, Firm, or Extra Firm
10.8 oz Reg.: \$3.19

\$2.29



Mori-Nu Tofu

Organic Soft Tofu
10.8 oz Reg.: \$3.59

\$2.49



Jolly Llama

Sandwich, Dairy-Free, Gluten-Free
Vanilla or Mint Chocolate Chip
4 ct Reg.: \$5.79

\$4.29



Jolly Llama

Cones, Dairy-Free
Vanilla or Chocolate
3 ct Reg.: \$5.79

\$4.29



Sambazon
Organic Red Dragon Fruit
Cubes
12 oz Reg.: \$6.19



\$4.49

Sambazon
Mango Acai Smoothie
Cubes
20 oz Reg.: \$11.79



\$8.99

Sambazon
Organic Unsweetened Acai
Superfruit Packs
4/100gm Reg.: \$7.29



\$5.29

Sambazon
Organic Acai Bowl
Amazon Superberry
6.1 oz Reg.: \$4.39



\$3.29

Sambazon
Organic Acai Bowl
Dragon Fruit
5.9 oz Reg.: \$5.39



\$3.29

Sambazon
Organic Acai Bowl
Mango Passionfruit
5.9 oz Reg.: \$4.39



\$3.29

Stop by
The Deli
for Fresh Smoothies &
Juices





20%off



20%off



20%off

Flavorganics
Organic Vanilla
Extract

2 fl oz Reg.: \$8.69

\$5.99



Flavorganics
Organic Extract
Coconut

2 fl oz Reg.: \$6.39

\$4.79



Fruit Bliss
100% Organic Dried
Tart Cherries

4 oz Reg.: \$5.79

\$4.29



Otto's Naturals
Baking Powder

8oz Reg.: \$7.49

\$5.79



Otto's Naturals
Cassava Flour

2 lb Reg.: \$16.99

\$13.99



Otto's Naturals
Cassava Flour

1 lb Reg.: \$9.05

\$6.49



Purely Elizabeth
Organic Superfood
Oatmeal Banana Nut

9.12 oz Reg.: \$5.39

\$3.79



Once Again
Organic Graham Crackers
Cinnamon or Honey

7.93 oz Reg.: \$7.99

\$4.79



Compostic
Compostable Snack Bags

25 ct Reg.: \$4.69

\$3.29



Simple Mills
Soft-Baked Almond Flour
Bars Banana or Chocolate

5.99 oz Reg.: \$5.89

\$3.79



Teccino
Herbal Tea
Hazelnut or Chocolate

10 ct bags Reg.: \$5.39

\$4.29



Teccino
Organic Herbal Tea
Dandelion Dark Roast

10 bags Reg.: \$6.39

\$4.79





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• Make •
YOURSELF
@ Priority



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Spring Cleaning

Is it time to update your skin care routine?

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