



14 Carrot
WHOLE FOODS



September 29th - October 26th

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



alter
eco

25% off

Amy's

Soaps

15% off

Annie's.

20% off

CATALINA
CRUNCH
KETO FRIENDLY

20% off


EPIC

20% off

gomacro[®]


2/\$5

Hu[®]

20% off



20% off



20% off



Arrowhead Mills Organic Puffed Kamut Cereal

6 oz Reg: \$3.49



\$2.49

Arrowhead Mills Organic Flax Seed

16 oz Reg: \$5.69



\$4.29

Big Tree Farms Organic Brown Coconut Sugar

1:1 Replacement
16 oz Reg: \$7.09



\$4.29

Arrowhead Mills Organic Buckwheat Pancake & Waffle Mix

22 oz Reg: \$6.59



\$4.79

Arrowhead Mills Whole Grain Puffed Cereal Assorted Varieties

6 oz Reg: \$3.49



\$2.29

Birch Benders Keto Pancake & Waffle Mix

10 oz Reg: \$8.29



\$6.29

Birch Benders Gluten-Free or Plant Protein Pancake & Waffle Mix

14 oz Reg: \$6.99



\$4.99

Birch Benders Organic Pancake & Waffle Mix Classic

16 oz Reg: \$5.39



\$4.29

Birch Benders Paleo Pancake & Waffle Mix

12 oz Reg: \$6.99



\$4.99

Bob's Red Mill Organic Old Fashioned Rolled Oats

16 oz Reg: \$4.29



\$3.29

Bob's Red Mill Organic Oats, Assorted Varieties

32 oz Reg: \$7.19



\$5.49

Food For Life Organic Ezekiel 4:9 Cereal

Original or Golden Flax

16 oz Reg: \$8.39



\$6.29

Cup 4 Cup Gluten Free Multipurpose Flour

3 lb Reg: \$18.25



\$14.99

Deli Favorite!

Three Wishes Grain-Free Cereal Assorted Varieties

8.6 oz Reg: \$6.69



\$4.79

Food For Life Organic Ezekiel 4:9 Cereal

Sprouted Cinnamon Raisin or Almond

16 oz Reg: \$8.99-\$9.79



\$7.29

Flavorganics Organic
Vanilla Extract

2 fl oz Reg: \$8.69



\$5.99

Enjoy Life Chocolate
Morsels

Assorted Varieties
9 oz Reg: \$7.29



Deli Favorite!

\$4.99

Madhava Organic
Light Agave

11.75 OZ



\$3.79

Miss Jones Baking
Co Organic Cake Mix

Vanilla or Chocolate
15.87 oz Reg: \$7.99



\$5.49

Miss Jones Baking
Co Organic Frosting

Assorted Flavors
320 grm Reg: \$6.99



\$5.29

Justin's Classic
Peanut Butter

16 oz Reg: \$5.19



\$4.29

One Degree Organic Foods
Organic Sprouted Rolled
Oats

24 oz Reg: \$7.99



\$5.79

Midel Ginger Snaps

Regular or Gluten Free
10 oz Reg: \$5.15



\$3.79

Justin's Almond Butter

Assorted Flavors
16 oz Reg: \$12.49



\$9.49

Cocomels Organic Coconut
Milk Caramel Bites

Assorted Flavors
3.5 oz Reg: \$5.39



\$3.49

Kate's Real Food
Organic Tram Bar

Assorted Flavors
2.2 oz Reg: \$2.49



\$1.99

Owyn-Only What You
Need Plant-Based
Protein Drink

Assorted Flavors
12 fl oz Reg: \$4.69



\$2.49

SkinnyPop Popcorn

All Natural
4.4 oz Reg: \$4.89



\$3.29

The Good Crisp Company
Cheese Balls

Cheddar or Spicy
2.75 oz Reg: \$3.79



2/\$6

The Good Crisp Company
Potato Crisps

Assorted Flavors
5.6 oz Reg: \$3.79



\$2.79

Popchips Potato Chips

Assorted Flavors
5 oz Reg: \$4.49



\$3.49

Lesser Evil Organic

Popcorn

Assorted Flavors
5 oz Reg: \$3.99



2/\$6

Glutino Gluten-Free

Pretzel

Assorted Varieties
14.1 oz Reg: \$6.59



\$4.29

Siete Kettle Cooked

Potato Chips

Assorted Flavors
5.5 oz Reg: \$4.29



2/\$6

Siete Grain-Free Puff

Snacks

Assorted Flavors
4 oz Reg: \$4.49



\$3.29

Quinn Pretzel Nuggets

Assorted Flavors
7 oz Reg: \$5.49



\$4.29

Garden Of Eatin' Organic

Yellow Corn Taco Shells

5.5 oz Reg: \$4.99



\$3.29

Garden Of Eatin' Blue

Corn Tortilla Chips

Assorted Flavors
5.5 oz Reg: \$3.69



\$2.49

Nick's Sticks

Assorted Flavors
1.7 oz Reg: \$3.59



\$2.29

Sunbutter Sunflower Butter

Natural or No Sugar Added

16 oz Reg: \$7.99



\$5.49

Ginger People Gin-Gins

Chewy Ginger Candy

Assorted Flavors
3 oz Reg: \$3.29



2/\$5

Nuco Organic

Coconut Wraps

Assorted Flavors
2.47 oz Reg: \$8.89



\$5.99

Farmer's Market 100%

Organic Pumpkin Puree

15 oz Reg: \$3.79-\$4.25



\$3.29

Chickapea Pasta

Organic Pasta

Assorted Varieties
8 oz Reg: \$4.79



\$3.79

Rao's Pasta Sauce

Arrabbiata or Marinara

24 oz Reg: \$9.29



\$6.79

Rao's Pasta Sauce

Assorted Flavors
24 oz Reg: \$9.29



\$6.99

Tasty Bite Heat & Eat Indian Cuisine Entree

Assorted Varieties
10 oz Reg: \$4.49



\$3.29

Westbrae Natural Organic Beans

Assorted Varieties
15 oz Reg: \$3.69



\$2.49

Pacific Foods Organic Light Sodium Soup

Assorted Flavors
32 FL oz Reg: \$5.59



\$4.29

Kettle And Fire Soup

Assorted Flavors
16 oz Reg: \$5.89



\$3.99

Kettle And Fire Broth or Bone Broth

Assorted Flavors
16.9 oz Reg: \$7.79



\$5.49

Teeccino Herbal Tea

Assorted Flavors
10 Bag Reg: \$5.39



\$3.79

Teeccino Organic Herbal Tea

Assorted Flavors
10 Bag Reg: \$6.39



\$4.49

Nutpods Dairy-Free Creamer

Assorted Flavors
11.2 fl oz Reg: \$3.79



\$2.79

Lakewood Organic Smart Healthy Juice

Tart Cherry or Pomegranate
32 fl oz Reg: \$5.99



\$4.29

Lakewood Organic Coconut Juice Blend

32 fl oz Reg: \$7.79



\$4.99

R.W. Knudsen Family Organic Juice

Apple Juice or Cider & Spice
32 fl oz Reg: \$5.09-\$5.99



\$3.79

R.W. Knudsen Family Juice

Assorted Varieties
32 fl oz Reg: \$9.69-\$9.99



\$3.79

R.W. Knudsen Family Juice

Just Black Cherry
or Concord Grape
32 fl oz Reg: \$7.69



\$5.29

Deli Favorite!

R.W. Knudsen Family Organic Juice

Just Cranberry
32 fl oz Reg: \$12.99



\$8.99

Roar Organic Enhanced Water Beverage

Assorted Flavors
18 fl oz Reg: \$2.39



\$1.59

Nixie Organic Sparkling Water

Assorted Flavors
8/12 fl oz Reg: \$6.39



\$4.79

Eternal Naturally Alkaline Spring Water

1.5 Ltr Reg: \$2.69



\$1.99

Essentia Electrolyte Enhanced Water

1.5 Ltr Reg: \$2.99



\$1.99

Essentia Alkaline Water

20 fl oz Reg: \$1.55



99¢

C2O Pure Coconut Water

With or Without Pulp
17.5 fl oz Reg: \$2.69



\$1.69

Caboo Bamboo Bathroom Tissue

2-ply 4-pk Reg: \$5.59



\$3.99

Caboo Bamboo Paper Towels

75 sheet 2-ct Reg: \$5.99



\$4.29

Ecos Hypoallergenic Laundry Detergent

Magnolia & Lily
100 fl oz Reg: \$16.69



\$13.99

Ecover Zero Dish Soap

Fragrance-Free
25 fl oz Reg: \$4.49



\$3.29

Bulk Organic Hulled Millet

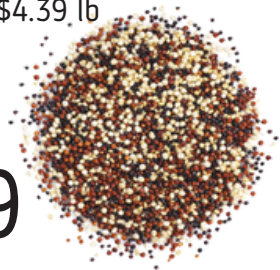
#3104 Reg: \$2.65 lb



\$1.89

Bulk Organic Tri-Color Quinoa

#301965 Reg: \$4.39 lb



\$2.99

Bulk Organic Pistachios

Roasted & Salted
#4045 Reg: \$10.59 lb



\$7.39

Bulk Popping Corn

Yellow
#3134 Reg: \$2.29



\$1.59

Bulk Organic Dark Chocolate Chips

#3988 Reg: \$12.39 lb



\$8.69

Deli Favorite!

Vital Farms Butter
Salted or Unsalted
8 oz Reg: \$5.25



\$3.79

Elmhurst Milked Cashews
Unsweetened
32 oz Reg: \$6.79



\$4.79

Maple Hill Creamery
Organic Whole Milk
Ultra-Pasteurized
64 oz Reg: \$8.69



\$6.09

Maple Hill Creamery
Organic Whole Milk Kefir
Plain Unsweetened
32 oz Reg: \$7.49



\$5.29

Maple Hill Creamery Organic
Cream Top Plain Yogurt
32 oz Reg: \$7.49



\$5.29

Maple Hill Creamery Organic
Greek Yogurt
Plain or Vanilla
16 oz Reg: \$8.29



\$5.79

Cocojune Organic Plant-Based
& Probiotic Yogurt
Unsweetened Pure Coconut
or Vanilla Unsweetened
16 oz Reg: \$8.49



\$5.99

Cocojune Organic Plant
Based Yogurt Kids
Pouch Assorted Flavors
4 oz Reg: \$2.99



\$2.09

Cocojune Organic
Plant-Based Yogurt
Assorted Flavors
4 oz Reg: \$2.69



\$1.89

Remedy Organics
Protein Drink
Assorted Flavors
12 fl oz Reg: \$5.19



\$3.79

Rebbl Wellness Drinks
and Elixirs
Assorted Flavors
12 fl oz Reg: \$4.99



\$3.79

Nutpods Unsweetened
Dairy-Free Creamer
Assorted Flavors
25.4 fl oz Reg: \$6.19



\$4.29

Sunja's Oriental
Foods Kimchi
Medium Spicy
16 oz Reg: \$7.99



\$5.59

Honey Mama's Assorted
Truffle or Nectar Bars
2.5 oz Reg: \$5.39



\$3.79

Olipop Sparkling Tonic
Assorted Flavors
12 fl oz Reg: \$2.29



\$1.69

GT's Organic Synergy
Kombucha, Alive,
and Agua de Kefir
Assorted Flavors
16 fl oz



\$2.69

GT's Cocoyo Living
Coconut Yogurt
Assorted Flavors
8 fl oz



\$4.89

Amy's
Frozen
20% off

Wyman's Of Maine
Frozen Fruit
Strawberries, Blueberries,
Cherries with Kale or Wild
Blueberries
3 lb Reg: \$15.59-\$16.99



\$10.99

Wyman's Of Maine
Frozen Fruit
Wild Blueberries
15 oz Reg: \$5.89



\$3.79

Wyman's Of Maine
Frozen Fruit
Triple Berry Blend
3 lb Reg: \$16.59



\$11.99

Wyman's Of Maine
Frozen Fruit
Mango Berry with
Blueberries
3 lb Reg: \$15.39



\$9.79

Jonny Pops Ice Pops
Assorted Flavors
14.8 fl oz Reg: \$6.99



\$4.79

Jonny Pops Frozen Pops
Summer Strawberries
8.25 fl oz Reg: \$6.39



\$4.99

Jonny Pops Frozen Pops
Chocolate Fudge
8.25 fl oz Reg: \$6.39



\$4.29

Oatly Non-Dairy
Frozen Dessert
Mint Chip
Pint Reg: \$5.49



\$4.29

Flax4Life Gluten-Free
Flax Muffins
Assorted Varieties
14 oz Reg: \$7.39-\$10.29



\$6.79

Canyon Bakehouse
GF Bread or Bagels
18 oz Reg: \$7.59-\$7.89



\$5.49

Little Northern Bakehouse
Gluten-Free Bread
Seeds & Grains
17 oz Reg: \$6.89



\$4.79

Silver Hills Bakery
Little Big Bread
15 oz Reg: \$5.25



\$3.79

Udi's Gluten-Free
Hamburger Buns

Classic
10.4 oz Reg: \$5.59



\$3.79

Udi's Gluten-Free Bread

White or Whole Grain
12 oz Reg: \$6.69



\$4.79

Udi's Gluten-Free

Hot Dog Buns
or Dinner Rolls
14.4 oz
Reg: \$5.99-\$6.19



\$4.29

Food For Life
Organic English Muffins

7 Sprouted Grains
16 oz Reg: \$6.19



\$5.29

Food For Life
Organic Ezekiel 4:9

English Muffins
Cinnamon Raisin

16 oz Reg: \$7.79



\$5.79

Food For Life
Gluten-Free Tortillas

Brown Rice or Sprouted Corn
12 oz Reg: \$4.65-\$4.79



\$3.79

Van's International Foods
Gluten-Free Waffles

Original or Blueberry
9 oz Reg: \$4.39



\$3.99

Gardein Assorted Varieties

10.5 oz 6.09-\$7.99



\$3.99

CauliPower

2-ct Cauliflower Pizza Crust
11 oz Reg: \$9.49



\$7.29

Cappello's
Naked Pizza Crust

6 oz Reg: \$7.99



\$5.79

Against The Grain Gourmet
Food Pizza

Three Cheese
24 oz Reg: \$13.39



\$10.99

Snow Days
OG2 Pizza Bites

Assorted Varieties
6 oz Reg: \$7.39



\$5.79



20% off

FLORADIX®

20% off

MegaFood®
Fresh From Farm To Tablet™

20% off

Boiron Cold Calm or Sinus Calm

Homeopathic Cold Medicine
60 tab Reg: \$13.29



\$10.99

Boiron Oscillococinum Flu-Like Symptoms

12 dose Reg: \$26.69



\$20.99

Carlson Super Omega-3

Bonus Pack: 100 + 30 softgels
Reg: \$36.59



\$28.99

HealthForce Truly Natural Vitamin C Powder

180 g Reg: \$35.95



\$27.95

Lily Of The Desert Organic Aloe Vera Gel

Whole Leaf
32 fl oz Reg: \$10.99



\$7.99

Lily Of The Desert Organic Aloe Vera Juice

Inner Fillet
32 fl oz Reg: \$9.99



\$6.99

Whole Earth & Sea Women's, Men's, or 50+ Multivitamin & Mineral

60 tab Reg: \$42.95



\$30.99

SmartyPants Multivitamin Gummies

Kids Formula
120 ct Reg: \$28.99



\$21.99

SmartyPants Multivitamin Gummies

Kids Formula and Fiber
120 ct Reg: \$35.49



\$27.99

Quantum Health SuperLysine+

Immune Support
90 tab Reg: \$12.69



\$9.99

Quantum Health SuperLysine+

Liquid Extract
Immune Support
2 fl oz Reg: \$18.99



\$14.99

Biochem Whey Protein Isolate

Assorted Flavors
12 oz Reg: \$33.99



\$26.99



The Seaweed Bath Co Body Cream

Assorted Scents
6 oz Reg: \$11.99



\$9.79

Simply Tera's rBGH Free Whey Protein

Dark Chocolate or Bourbon
Vanilla
12 oz Reg: \$27.79



\$21.99

Deli Favorite!

20% off

14 Carrot Essential Oils



20% off



20% off



DESERT ESSENCE®

20% off



20% off



20% off



15% off

Dr. Bronner's Castile Soap Assorted Scents 32 fl oz Reg: \$21.49



\$14.99



Body Butters, Bath Salts, & Perfume Oils

20% off

Giovanni Hair Care Products Leave-In Conditioner, LA Hold Hairspray, or Natural Mousse Reg: \$9.99



\$5.79

Giovanni Hair Care Products LA Styling Gel, Frizz Be Gone, or Styling Pomade Reg: \$9.99-\$10.99



\$6.29

Giovanni Hair Care Products 2Chic Frizz Be Gone Shampoo or Conditioner Shea Butter + Sweet Almond 8.5 fl oz Reg: \$9.99



\$6.29

Giovanni Hair Care Products 100% Pure Castor Oil 8.5 fl oz Reg: \$10.19



\$6.29

Giovanni Hair Care Products Smoothing Castor Oil Shampoo or Conditioner 13.5 fl oz Reg: \$12.99



\$8.29

Quantum Health Coldstick With Super Lysine Reg: \$7.29



\$5.79



ANNUAL THANKSGIVING SAMPLE DAY

WEDNESDAY, NOVEMBER 13TH

1PM until 5PM

Join us for a sampling of recipes we have created for you
& tasty treats you can order to simplify your holiday!

