

ABBY'S NOVEMBER BOGO SALE

SECOND NATURE

TRAIL MIX
ASSORTED VARIETIES (10-14 OZ)



buy one, get one
BOGO

**\$7.99
FOR 2**

CLIF KIDS

ZBARS
ASSORTED FLAVORS (6 PACK)



buy one, get one
BOGO

**\$5.99
FOR 2**

BOTTICELLI

FROZEN GRILLED EGGPLANT
10 OZ



buy one, get one
BOGO

**\$6.59
FOR 2**

BOTTICELLI

FROZEN ARTICHOKE QUARTERS
10 OZ



buy one, get one
BOGO

**\$6.59
FOR 2**

BOTTICELLI

PASTA SAUCE
ASSORTED VARIETIES (24 OZ)



buy one, get one
BOGO

**\$7.99
FOR 2**

WILD PLANET

WILD TUNA SALAD BOWLS
ASSORTED FLAVORS (5.8 OZ)



buy one, get one
BOGO

**\$5.99
FOR 2**

GARDEN OF LIFE

EXTRA STRENGTH TURMERIC
60 VEGAN TABLETS



buy one, get one
BOGO

**\$31
FOR 2**

GARDEN OF LIFE

ONCE DAILY MEN AND WOMEN'S PROBIOTIC (50 BILLION)
30 CAPSULES



buy one, get one
BOGO

**\$43
FOR 2**

NATURAL FACTORS

LUTEIN (20 MG)
60 SOFTGELS



buy one, get one
BOGO

**\$20
FOR 2**

NATURAL FACTORS

OIL OF OREGANO (180 MG)
60 SOFTGELS



buy one, get one
BOGO

**\$25
FOR 2**

IRWIN NATURALS

2,100 MG CBD
70 LIQUID SOFTGELS



buy one, get one
BOGO

**\$60
FOR 2**

IRWIN NATURALS

3,500 MG CBD
70 LIQUID SOFTGELS



buy one, get one
BOGO

**\$80
FOR 2**

NO OTHER DISCOUNTS MAY BE APPLIED. VALID 11/1/21 - 11/30/21

JOIN US FOR THANKSGIVING!

RESERVE *your* BIRD



- ✓ Organic
- ✓ Free Range
- ✓ Non-GMO

ONLY \$4.99/lb!

Limited quantities available.

To Order:

- Pick up a menu in-store or download one from our website at abbyshealthfood.com.
- When ready, place your order at the café or call us at 813-265-4951.

Full payment is due at time of order.

Order Deadline: Sunday, Nov. 21st

Order Pick Up: Wednesday, Nov. 24 by 8pm

À la carte Meat & Fish:

- Sliced, Roasted Turkey Breast
- Meatloaf
- Salt & Pepper Salmon
- Mediterranean Cod
- Mediterranean Flounder
- Herb Grilled Chicken

À la carte Sides:

- Spinach Soufflé
- Cranberry Sauce
- Cranberry Brown Rice
- Roasted Vegetables
- Greens Beans with Almonds
- Mashed Potatoes
- Sweet Potato Mash

- Cauliflower Mash
- Roasted Sweet Potatoes
- Stuffing
- Spinach Lasagna

Pies:

- Pumpkin
- Apple

UPCOMING EVENTS AT ABBY'S



Vegan Cooking Class: *Thanksgiving Sides*

Local health coach, Venus DeMarco, is back for another vegan cooking class and this time she will be sharing a few of her favorite Thanksgiving side dishes, including of course, a cranberry sauce!

Due to limited seating, a \$10 non-refundable deposit is required, which can be applied towards your purchase the day of the class. **Saturday, Nov. 6th at 11:00am**

Free Seminar: *How to Get Moving Towards Better Health*

The Fit Effect empowers both men and women to discover their strengths through fitness classes and personal training. Join them as they discuss different ways we can get up and get moving towards better health.

They will also be discussing ways to balance out some of the extra calories we all tend to consume around the holidays. **Thursday, Nov. 11th at 6:30pm**



Free Seminar: *Avoiding the Bittersweet Side of Sugar*

Did you know that more than 84 billion people are prediabetic?

Join Dr. Suzanne Demers Foley of Seagate Chiropractic as she discusses reasons to be cautious of "healthy" sugar substitutes, how to balance sugar with food and what sugar does to our blood sugar levels. She will also touch on how both chiropractic care and regular exercise can increase our insulin sensitivity and much more you won't want to miss! **Wednesday, Nov. 17th at 6:30pm**

For additional event information and to sign up, visit abbyshealthfood.com/events