

SUPPORT LOCAL! PARADISE HAS BEEN SPACE COAST FRIENDLY FOR 20+ YEARS.

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DESERT ESSENCE®



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NATURE'S ANSWER 10% OFF SELECT ITEM



LEARN THE SECRETS TO YOUR BEST HEALTH

30-Min, Personalized Blood Examination

LEARN TIPS FOR:

- Improved Digestion
- Optimal Nutrition
- Healthy Weight

COST \$60

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DR BRONNER'S 20% OFF SELECT ITEM



WELLNESS, DELIVERED

Get your essential vitamins and supplements sent to your doorstep

CALL US TODAY 321-729-8311

FREE SHIPPING ON ORDERS OVER \$85

GROCERY

2/\$3 Aura Bora Spakling Water Varieties 12 oz Reg: \$2.29	\$2 OFF Birch Benders Select Pancake or Waffle Mixes 12-16 oz	\$4.49 Buddha Organic Herbal Tea Select Varieties 18 bags Save: \$2.00 Reg: \$6.49	\$7.49 Carbone Pasta Sauce Varieties 24 oz Save: \$3.50 Reg: \$10.99
2/\$3 Eternal Water Alkaline Spring Water 1 liter Reg: \$2.29	2/\$5 Endangered Species Select Chocolate Bar Varieties 3 oz Reg: \$3.79	\$5.49 Cookie Pal Dog Treat Varieties 10 oz Save: \$2.00 Reg: \$7.49	\$12.99 BioKleen Laundry Soap 64 oz Save: \$6.80 Reg: \$19.79

FRIDGE *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$4.99 Foodies Pumpkin Seed Based Protein 8 oz Save: 1.80 Reg: \$6.79	\$5.49 Kalona Grass Fed Organic Kefir 32 oz Save: \$1.80 Reg: \$7.29
\$3.99 Lifeway Farmer Cheese 16 oz Save: \$1.60 Reg: \$5.59	\$1 OFF Miso Master Select Miso Varieties 8 oz

\$6.99 Miyoko's Organic Vegan Mozzarella 8 oz Save: \$2.30 Reg: \$9.29	\$6.99 Meyenberg Goat Milk Butter 8 oz Save: \$2.00 Reg: \$8.99
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\$4.49 Nancy's Organic Cottage Cheese 16 oz Save: \$2.00 Reg: \$6.49
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PARADISE ACCEPTS EBT & SNAP BENEFITS*
*Accepted at Wickham Rd and Minton Rd Locations

FROZEN *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$6.49 Konscious Vegan Sushi or Poke Bowls 7.2-7.4 oz Save: \$2.80 Reg: \$9.29	\$4.99 Quorn Meatless Cutlets or Patties 8.5-10.5 oz Save: \$1.90 Reg: \$6.89
\$5.49 Strong Roots Hash Brown Varieties 13.22 oz Save: \$2.50 Reg: \$7.99	\$4.99 Katz Gluten Free Creme Cakes 8.8 oz Save: \$2.00 Reg: \$6.99

FROZEN *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$3.99 Beyond Meat Vegan Breakfast Sausage Patties 7.4 oz Save: \$1.90 Reg: \$5.89	\$5.99 Cosmic Bliss Select Ice Cream Varieties 14 oz Save: \$2.40 Reg: \$8.39
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\$3.99 Amy's Mac and Cheese Varieties 8-9 oz Save: \$2.50 Reg: \$6.49

THIS MONTH IN PARADISE - MARCH 2024

LUCKY SAVINGS!

NATURALLY GROWN, LOCALLY KNOWN™

Paradise health & nutrition

ALL SALES GOOD THRU MAR 31ST

GROCERY *Only Available at the Minton Rd. & Wickham Rd. Store Locations

20% OFF	\$4.99 Quorn Meatless Cutlets or Patties 8.5-10.5 oz Save: \$1.90 Reg: \$6.89
\$3.99 Every Body Eat Snack Thins 4 oz Save: \$2.00 Reg: \$5.99	\$4.99 Katz Gluten Free Creme Cakes 8.8 oz Save: \$2.00 Reg: \$6.99

\$3.79 Kettle Potato Chips 7.5 oz Save: \$1.70 Reg: \$5.49	\$2.99 Tcho Organic Chocolate Bar Varieties 2.5 oz Save: \$2.00 Reg: \$4.99
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20% OFF	\$3.99 Seedwise - Ozery Super Seed Crunch Keto Snack 5.3 oz Save: \$2.00 Reg: \$5.99
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FROZEN/FRIG *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$5.99 Amy's Select Bowl Varieties 8.4-10 oz Save: \$2.60 Reg: \$8.59	\$4.99 Applegate Breakfast Sausage Varieties 7 oz Save: \$2.00 Reg: \$6.99
\$7.99 Capello's Pizza or Pasta Varieties 9-12 oz Save: \$3.80 Reg: \$11.79	\$3.99 Stonyfield Organic Yogurt Varieties 32 oz Save: \$2.50 Reg: \$6.49

\$6.99 Uncle Matt's Organic Pulp Free Orange Juice 52 oz Save: \$2.00 Reg: \$8.99	\$3.99 Stonyfield Organic Probiotic Yogurt 32 oz Save: \$2.50 Reg: \$6.49
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\$6.99 Bubbies Sauerkraut Varieties 25 oz Save: \$2.50 Reg: \$9.49	\$3.99 Daiya Foods Dairy Free Cheese Blocks or Slices 7.1-7.8 oz Save: \$1.50 Reg: \$5.49
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NATURALLY GROWN, LOCALLY KNOWN™ Paradise health & nutrition

THREE LOCATIONS SERVING THE GREATER SPACE COAST AREA

1150 Malabar Rd SE #113 Palm Bay, FL 32907 321-729-8311	6300 N. Wickham Rd #132 Melbourne, FL 32940 321-242-6040	4270 Minton Rd #112 West Melbourne, FL 32904 321-722-1440	STORE HOURS: Monday - Saturday 9:00 am - 7:00 pm
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FRESHLY PREPARED, 100% ORGANIC FRUIT SMOOTHIES & POWER BOWLS NOW AVAILABLE AT OUR WICKHAM ROAD AND MINTON ROAD STORE LOCATIONS

ANCIENT NUTRITION 35%OFF LINE DRIVE



20% OFF EVERYDAY + ADDITIONAL 15% OFF THIS MONTH

DR. MERCOLA 25%OFF LINE DRIVE



10% OFF EVERYDAY + ADDITIONAL 15% OFF THIS MONTH

NATURAL FACTORS 25%OFF SELECT ITEM



NORDIC NATURALS 25%OFF SELECT ITEM



LIFE EXTENSION 25%OFF LINE DRIVE



20% OFF EVERYDAY + ADDITIONAL 5% OFF THIS MONTH

HEALTH DIRECT 30%OFF LINE DRIVE



10% OFF EVERYDAY + ADDITIONAL 20% OFF THIS MONTH

NUTRANEXT 25%OFF LINE DRIVE



15% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

BIO NUTRITION 20%OFF LINE DRIVE



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MEGAFOOD 25%OFF SELECT ITEM



BARLEAN'S 20%OFF SELECT ITEM



IRWIN NATURALS 35%OFF SELECT ITEM



CV SCIENCES 25%OFF LINE DRIVE



10% OFF EVERYDAY + ADDITIONAL 15% OFF THIS MONTH

TRACE MINERALS 20%OFF LINE DRIVE



SAVE ON THE ENTIRE LINE, ALL MONTH LONG!

NOW 25%OFF LINE DRIVE



20% OFF EVERYDAY + ADDITIONAL 5% OFF THIS MONTH

AIR FRYER BUFFALO CAULIFLOWER NUGGETS

INGREDIENTS:

- 1 head of cauliflower, cut into florets
- 2 Tablespoon melted butter or ghee
- 1 tablespoon olive oil
- ½ cup Primal Kitchen Buffalo Sauce
- ½ cup almond flour
- 3 tbsp dried parsley
- ½ tbsp garlic powder
- 1 tsp salt

INSTRUCTION:

- Preheat Air Fryer to 350 F.
- Place cauliflower florets in large mixing bowl. Combine melted butter, Olive Oil and Buffalo Sauce in a small bowl.
- Pour the hot sauce mixture over the cauliflower, mix until well coated. In a separate bowl whisk together the dry ingredients.
- Sprinkle a handful at a time over the cauliflower until everything is coated. Transfer half to air fryer and cook for 15 min, shaking a couple of times.
- Repeat with remaining half. Serve with celery, carrots and dressing of choice.



ZHOU 30%OFF LINE DRIVE



20% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

UTZY 10%OFF EVERY DAY



SAVE ON THE ENTIRE LINE, ALL THE TIME!

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