

Produce

Harvest Sunset Bouquet \$6.99 each



\$1.99
lb.
Extra Large
Red Seedless
Holiday Grapes



\$2.99
EA
Jumbo
Russet Potatoes
8 lb. bag



3/\$1
Avocados



2/\$4
Michigan
Apples
3 lb. bag
(Red or Golden
Delicious, Gala, or Fuji)



\$1.29
LB
Zucchini or
Yellow Squash



\$1.99
LB
Beefsteak
Tomatoes



\$1.19
LB
Jumbo
Sweet Onions



79¢
EA
Michigan
Whole Carrots
1 lb. bag



4/\$3
Green
Peppers



3/\$2
Cucumbers



2/\$3
Whole White
Mushrooms
8 oz.



2/\$4
Cranberries
12 oz. bag

Fresh Bakery



\$3.49
Clyde's
Glazed Donuts
12 ct.

2/\$5

Shirley's
No Bake Cookies
9 ct.



\$2.99
Fresh Baked Sour
Dough Bread



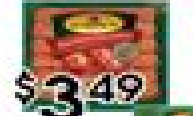
\$2.49
Peanut Butter or
Salted Caramel
Brownie



\$4.99
Perch's Cinnamon
Chip Muffins
4 pk.



2/\$6
Bob Evans
Side Dishes
12 oz. (Select varieties)



\$3.49
Eckrich
Smoked
Sausage
8.5 oz. (Select varieties)



4/\$5
Oscar Mayer
Lunchables
3.5 oz. (Select varieties)



2/\$4
Oscar Mayer
Meat Bologna or
Cotto Salami
16 oz.



\$2.99
Fresh Baked Sour
Dough Bread



\$2.49
Peanut Butter or
Salted Caramel
Brownie



\$4.99
Perch's Cinnamon
Chip Muffins
4 pk.



2/\$4
Oscar Mayer
Franks
14 oz. (12 pk.)



2/\$6
Jimmy Dean
Roll Sausage
14 oz. (Select varieties)



\$5.29
LB
Old Tyme
Muenster
Cheese



\$11.99
pkg.
Kowalski's
Hunter Sticks
1 lb. (12 pk.)



\$6.49
LB
Kowalski
Kielbasa Loaf

Featured Entree of the Week



\$3.99
LB

Chicken &
Broccoli Alfredo

Soup of the Week



\$2.99
16 oz.

Chicken Noodle
Soup

Barista Bay Special of the Week



\$4.99
each

Fresh Made
Nachos

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bewegungsratgeber 10 leicht umzusetzende sportübungen an die hand die unkompliziert und überall ohne probleme schnell ausgeführt werden können

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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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