

IN-WAREHOUSE HOT BUYS

Valid 10/20/22 - 10/30/22
While Supplies Last.

Prices may vary in Alaska, Hawaii and Puerto Rico.
Some may not be available in all regions.

Prices shown in warehouse pricing. Most items are also available for delivery at a higher price.

WAREHOUSE ONLY

\$6.49 - \$9.99 YOUR COST

Cara Cara Oranges

1 lb

Item 11400

This price is available for delivery in AZ and FL. Available for delivery at a higher price.



WAREHOUSE ONLY

\$3 OFF Per Package

Kirkland Signature Cheese and Spinach Cannelloni with Marinara Sauce

Item 11400

Available for delivery at a higher price.



WAREHOUSE ONLY

\$1.50 OFF

Kirkland Signature Mini Chocolate Chip Cookies

1 lb

Item 100070

Warehouse Price: \$2.99
Instant Savings: -\$1.00
YOUR COST: \$1.99

Available for delivery at a higher price.



WAREHOUSE ONLY

\$3 OFF

Milton's Cauliflower-Crust Riced Vegetable Pizza

1 lb

Item 114000

Warehouse Price: \$12.99
Instant Savings: -\$3.00
YOUR COST: \$9.99

This price is in AZ and FL. Available for delivery at a higher price.



WAREHOUSE ONLY

\$3.30 OFF

Organic Lentil Beets

12.3 oz

Item 100070

Warehouse Price: \$6.79
Instant Savings: -\$3.30
YOUR COST: \$3.49

This price is in AZ and FL. Available for delivery at a higher price.



WAREHOUSE ONLY

\$2.30 OFF

Organic Chipotle Blazin' Sauce

1 lb

Item 100070

Warehouse Price: \$5.29
Instant Savings: -\$2.99
YOUR COST: \$2.30

This price is in AZ, HI and FL. Available for delivery at a higher price.



WAREHOUSE ONLY

\$2.30 OFF

Angie's Boom-Boom Pop

20 oz

Item 100070

Warehouse Price: \$5.29
Instant Savings: -\$2.99
YOUR COST: \$2.30

This price is in AZ, HI and FL. Available for delivery at a higher price.



WAREHOUSE ONLY

\$3 OFF

Alpha Foods Plant-Protein Crispy Chick'n Patties

10 oz

Item 100070

Warehouse Price: \$6.99
Instant Savings: -\$3.99
YOUR COST: \$3.00

Available for delivery at a higher price.



IN-WAREHOUSE + ONLINE

\$2.70 OFF

Clorox Disinfecting Mist

20 fl oz - 10 oz mist

Item 100070

Warehouse Price: \$12.49
Instant Savings: -\$9.79
YOUR COST: \$2.70

This price is in AZ, HI and FL. Available for delivery at a higher price.



WAREHOUSE ONLY

\$3 OFF

ShedRain Vented-Compact Umbrella

Item 100070

Warehouse Price: \$6.99
Instant Savings: -\$3.99
YOUR COST: \$3.00

Not available in FL



IN-WAREHOUSE + ONLINE

\$10 OFF

Kirkland Signature Pet Beds

Item 100070, 100000, 100000, 100070

This price is in AZ, HI and FL. Random color for feature. Available for delivery at a higher price.



IN-WAREHOUSE + ONLINE

\$50 OFF

Aeroflex Comfort Lock Queen Air Mattress

Item 100070

Warehouse Price: \$149.99
Instant Savings: -\$99.99
YOUR COST: \$50.00

Available for delivery at a higher price.



Weekly Ad Tips Store Hours

Joacim Rocklöv



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RUC's Retail Store Guide Book Roxana Chikezie,2014-08-06 RUC s Retail Store Guide Book has everything you need for a smooth shopping experience from groceries to clothing to high end luxury items Fifty of the nation s top retailers are listed for your convenience Included under each store are Store Hours Merchandise Services Offered Gift Cards Store Cards Store Credit Cards Email Mobile Sign Ups for Exclusive Deals Mobile Apps Social Media Links to Stay Connected Contact Information for Each Company Key Tips for Your Shopping Experience Helpful Websites to Save You Money and Keep You Informed So take the guesswork out of shopping and avoid the common stressors from price comparison to out of stock items to returns by using this handy guide With RUC s Retail Store Guide Book you can arm yourself with all the information you need to save money save time and turn shopping into a more pleasant experience Happy shopping

The Complete Idiot's Guide to Couponing Rachel Singer Gordon,2012-04-03 Combines couponing advice with up to date online coupon tips and a sensible approach

Marketing Information Guide ,1961

Weekly Florists' Review Gilbert Leonard Grant,1920

American Druggist and Pharmaceutical Record ,1897

Decisions and Orders of the National Labor Relations Board United States. National Labor Relations Board,1969

Vegetarian Times ,1981-07 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

Post Office Guide Great Britain. Post Office,1896

Publishers' Weekly ,1877

Black's guide to Edinburgh and environs Adam and Charles Black (Firm),1887

Farm Machinery and Equipment ,1930

Problems in Business Correspondence Carl Albert Naether,1927

The National Provisioner ,1915

NARD Journal National Association of Retail Druggists (U.S.),1918

Munsey's Weekly ,1917

American Florist ,1911

Music Trades ,1922

The Radio Dealer ,1926

The American Artisan and Hardware Record ,1918

Independent and Weekly Review ,1905

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web dec 9 2021 daily undulating periodization dup refers to inversely changing intensity and volume multiple times throughout a microcycle week in practice an example of dup would be 5 sets of 3 reps at 80 for squat on monday and 5 sets of 5 reps at 75 for squat on friday conjugate periodization refers to constantly alters training stressors

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a daily dup or weekly wup basis dup daily undulating periodization

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web mar 23 2022 undulating periodization is a type of training where volume and intensity go up and down either weekly or daily within the training period weekly undulating periodization wup changes the volume and intensity week to week and daily undulating periodization dup adjusts the volume and intensity daily between training