



The Provisions App "Get It Now" List

<i>Category</i>	<i>Product</i>	<i>Price</i>	<i>Unit Info.</i>
<i>Produce</i>			
	Apples: Gala, Fuji, etc.	\$ 0.99	lb
	Asparagus	\$ 1.59	lb
	Avocado	\$ 0.50	ea
	Bananas	\$ 0.39	lb
	Broccoli	\$ 0.99	ea
	Cantaloupe	\$ 0.99	ea
	Cherries: Bing	\$ 1.59	lb
	Clementine's	\$ 4.99	5-lb box
	Garlic	\$ 0.49	ea
	Grapes	\$ 0.99	lb
	Grapefruit	\$ 0.68	lb
	Honey Dew	\$ 1.99	ea
	Lemons	\$ 0.20	ea
	Lettuce: Bagged	\$ 1.50	
	Lettuce	\$ 1.29	Red or Green Leaf Bunch
	Lettuce: Iceberg	\$ 0.69	ea
	Limes	\$ 0.30	ea
	Mango	\$ 0.50	ea
	Mushrooms, 8 oz	\$ 1.50	ea
	Oranges	\$ 0.50	lb
	Peaches /Nectarines	\$ 0.79	lb
	Pears	\$ 0.89	lb
	Pineapple	\$ 1.99	ea
	Plums	\$ 0.79	lb

	Potatoes, 5-lb bag	\$ 1.99	
	Spinach, bag	\$ 1.99	ea
	Spinach (at Costco)	\$ 4.79	organic, 1 lb clamshell
	Strawberries, 16 oz	\$ 1.50	ea
	Tomatoes: Beefsteak, Vine etc	\$ 0.99	lb
	Tomatoes: Cherry, 8oz	\$ 1.25	ea
	Watermelon: Precut	\$ 0.49	lb
	Watermelon: Whole, Seedless	\$ 2.99	ea
<i>Meat & Fish</i>	*notes price with coupon & sale		
	Bacon, 1-lb pack	\$ 1.99	ea
	Bacon, 1-lb pack*	\$ 1.50	ea
	Beef: Brisket	\$ 1.99	lb
	Beef: Corned Beef Brisket	\$ 2.49	lb
	Beef: Spareribs	\$ 1.79	lb
	Beef: Standing Rib Roast (Prime Rib)	\$ 5.99	lb
	Beef: Steaks (Ribeye, Sirloin)	\$ 4.50	lb
	Beef: Ground	\$ 1.99	lb
	Beef: Roast (Chuck, Tip)	\$ 1.99	lb
	Chicken: canned	\$ 1.25	
	Chicken: canned*	\$ 0.80	
	Chicken: Breast, bone-in (Split)	\$ 0.99	lb
	Chicken: Breast, boneless	\$ 1.79	lb
	Chicken: Legs	\$ 0.59	lb
	Chicken: Thighs, bone-in, w/ skin	\$ 0.59	lb
	Chicken: Thighs, boneless, skinless	\$ 0.99	lb
	Chicken: Whole (Fryer)	\$ 0.59	lb
	Chicken: Wings	\$ 0.79	lb
	Fish: Catfish, fresh/frozen	\$ 2.99	lb
	Fish: Cod, fresh/frozen	\$ 4.99	lb
	Fish: Mahi (Wild Caught), fresh/frozen	\$ 4.99	lb

	Fish: Salmon (Farm Raised), fresh/frozen	\$ 4.99	lb
	Fish: Salmon (Wild Caught), fresh/frozen	\$ 6.99	lb
	Fish: Swordfish, fresh/frozen	\$ 5.99	lb
	Fish: Tilapia (Farm raised), fresh/frozen	\$ 2.99	lb
	Fish: Tilapia (Wild Caught), fresh/frozen	\$ 4.99	lb
	Fish: Tuna, fresh/frozen	\$ 4.99	lb
	Ham: whole, spiral, bone-in	\$1.49	lb
	Ham: Deli Meat	\$3.99	lb
	Hot Dogs	\$ 1.25	
	Hot Dogs*	\$ 0.50	
	Pork: Spareribs	\$ 1.29	lb
	Pork: Chops	\$ 1.59	lb
	Pork: Roast (Butt or Shoulder)	\$ 0.88	lb
	Pork: Tenderloin	\$ 1.99	lb
	Pork: Whole Loin	\$ 1.59	lb
	Shrimp: 40-50 ct, wild caught	\$ 3.99	lb
	Shrimp: 36-40 ct, wild caught	\$ 4.99	lb
	Shrimp: 36-40 ct, frozen	\$ 3.99	lb
	Turkey: Breast, deli	\$ 3.99	lb
	Turkey: Breast, fresh/frozen	\$ 1.99	lb
	Turkey: Ground	\$ 0.99	lb
	Turkey: Tenderloin	\$ 3.99	lb
	Turkey: Whole, frozen	\$ 0.59	lb
	Turkey: Whole, fresh	\$ 1.29	lb
<i>Grocery</i>	*notes price with coupon & sale		
	Applesauce: 6-pack	\$ 1.29	
	Applesauce: 6-pack*	\$ 0.49	
	Applesauce: small jar	\$ 0.99	
	Applesauce: small jar*	\$ 0.40	

	Asparagus: canned	\$ 1.59	
	Baby Food Jars	\$ 0.35	
	Baby Food Jars*	\$ 0.10	
	Baby Food Jars, organic	\$ 0.50	
	Baby Food Jars, organic*	\$ 0.25	
	Beans: canned	\$ 0.45	
	Beans: bag (pinto, black, white, navy)	\$ 1.39	
	Bread: French	\$ 0.99	
	Bread: loaf	\$ 1.29	
	Brownie Mix	\$ 0.99	
	Brownie Mix*	\$ 0.25	
	Buns: Hamburger/Hot Dog	\$ 0.79	
	Cake Mix	\$ 0.99	
	Cake Mix*	\$ 0.25	
	Cereal	\$ 1.99	
	Cereal*	\$ 1.00	
	Chicken: canned	\$ 1.25	
	Chicken: canned*	\$ 0.80	
	Chocolate Chips, 16 oz	\$ 1.99	
	Chips	\$ 1.50	
	Chips*	\$ 0.99	
	Coffee, 1 lb gourmet	\$ 5.99	(Folgers, Dunkin, etc)
	Coffee, 1 lb gourmet*	\$ 4.99	(Folgers, Dunkin, etc)
	Coffee: Kirkland's, 2.5 lbs	\$ 8.99	Costco
	Cookies	\$ 1.25	
	Cookies*	\$ 0.99	
	Crackers	\$ 1.25	
	Crackers*	\$ 0.50	
	Flour, 5-lb bag	\$ 0.99	
	Jell-O	\$ 0.25	
	Juice: canned	\$ 1.50	

	Ketchup	\$ 0.99	
	Ketchup*	\$ 0.40	
	Mashed Potatoes: Boxed	\$ 0.99	
	Mashed Potatoes: Boxed*	\$ -	
	Mayonnaise	\$ 2.25	
	Mayonnaise*	\$ 1.50	
	Mustard	\$ 0.99	
	Mustard*	\$ -	
	Olive Oil, 16-24 oz	\$ 4.50	olive or extra virgin,
	Olive Oil, 16-24 oz*	\$ 2.50	olive or extra virgin,
	Oil	\$ 1.99	canola, vegetable, etc
	Oil	\$ 1.29	canola, vegetable, etc
	Olive Oil: Extra Virgin, Kirkland's 2 L	\$ 10.49	Costco
	Olive Oil: Kirkland's 5 L	\$ 22.99	Costco
	Pancake Mix	\$ 1.50	
	Pancake Mix*	\$ 0.75	
	Pasta	\$ 0.75	
	Pasta *	\$ 0.25	
	Popcorn: Boxed	\$ 0.99	
	Popcorn: Boxed *	\$ 0.60	
	Popcorn: Kernal	\$ 1.50	
	Salad Dressing	\$ 0.99	
	Salad Dressing*	\$ -	
	Soft Drinks (12 pack)	\$ 2.25	
	Soft Drinks (2 liter)	\$ 0.59	
	Soups, canned	\$ 0.75	
	Soups, canned*	\$ 0.25	
	Spaghetti Sauce	\$ 0.99	
	Spaghetti Sauce*	\$ 0.25	
	Spices: standard	\$ 0.99	(Basil, Oregano, etc)

	Sugar: White, 5-lb bag	\$ 0.99	
	Sugar: Brown, Powdered	\$ 0.99	(1-lb box)
	Tea Bags	\$ 1.50	
	Tea Bags*	\$ 0.50	
	Tomatoes: canned	\$ 0.50	
	Tomatoes: canned*	\$ 0.10	
	Tomato Paste	\$ 0.79	
	Tomato Paste*	\$ 0.10	
	Tomato Sauce, 15 oz	\$ 0.50	
	Tomato Sauce, 15 oz*	\$ 0.15	
	Tortillas: Corn/Flour	\$ 1.25	
	Tortillas: Corn/Flour	\$ 0.99	Aldi
	Tuna: canned	\$ 0.50	
	Tuna: canned*	\$ -	
	Vegetables: canned	\$ 0.45	
	Vegetables: canned*	\$ -	
<i>Paper & Cleaning</i>	*notes price with coupon & sale		
	Air Freshener*	0	
	Anti-Bacterial Soap*	0	
	Bags: Freezer	\$ 1.25	
	Bags: Freezer*	\$ 0.50	
	Bags: Sandwich	\$ 0.50	
	Bags: Sandwich*	\$ -	
	Bags: Storage	\$ 1.00	
	Bags: Storage*	\$ 0.25	
	Bleach	\$ 0.75	
	Bleach*	\$ -	
	Cling Wrap	\$ 1.25	
	Cling Wrap*	\$ 0.50	

	Detergent: Dishwashing	\$ 1.99	
	Detergent: Dishwashing*	\$ 0.99	
	Dishwashing Soap	\$ 0.75	
	Dishwashing Soap*	\$ 0.15	
	Detergent: Laundry	\$ 3.99	32 oz
	Detergent: Laundry*	\$ 2.99	32 oz
	Dryer Sheets	\$ 1.99	
	Dryer Sheets*	\$ 0.99	
	Foil: 80 feet	\$ 1.99	
	Foil: 80 feet*	\$ 0.50	
	Glass Cleaner	\$ 0.99	
	Glass Cleaner*	\$ 0.25	
	Paper Towel: single roll	\$ 1.50	
	Paper Towel: single roll*	\$ 0.49	
	Paper Towels (8 pack)	\$ 4.50	
	Paper Towels (8 pack)*	\$ 3.50	
	Surface Cleaner	\$ 1.49	
	Surface Cleaner*	\$ 0.25	
	Toilet Bowl Cleaner	\$ 1.49	
	Toilet Bowl Cleaner*	\$ 0.25	
	Toilet Paper - Target Price per roll	\$ 0.25	
	Toilet Paper (4-pack)	\$ 1.50	
	Toilet Paper (4-pack)*	\$ 0.50	
	Toilet Paper (9-12 roll)	\$ 3.99	
	Toilet Paper (9-12 roll)*	\$ 2.50	
	Trash Bags, 50 ct.	\$ 4.50	
	Trash Bags: Kirkland 200 ct	\$ 10.99	Costco
	Trash Bags, 50 ct.	\$ 3.50	

<i>Refrigerated & Frozen</i>			
	*notes price with coupon & sale		
	Biscuits: canned	\$ 1.50	
	Biscuits: canned*	\$ 0.25	
	Biscuits: frozen	\$ 1.99	
	Biscuits: frozen*	\$ 0.99	
	Butter: Quarters	\$ 1.49	
	Butter: Quarters*	\$ 0.50	
	Butter: Tubs	\$ 0.99	
	Butter: Tubs*	0	
	Cheese (8oz block)	\$ 1.50	
	Cheese (8oz block)*	\$ 0.75	
	Cheese (Sandwich Slices)	\$ 1.49	
	Cheese (Sandwich Slices)*	\$ 0.75	
	Cheese (Shredded)	\$ 1.25	
	Cheese (Shredded)*	\$ 0.50	
	Cream Cheese	\$ 0.99	
	Cream Cheese*	\$ 0.25	
	Eggs (1 dozen)	\$ 0.99	Aldi
	Eggs (1 dozen)	\$ 1.19	
	Eggs (1 dozen)*	\$ 0.50	
	French Fries: Frozen	\$ 2.00	
	French Fries: Frozen*	\$ 1.00	
	Frozen Dinners	\$ 0.99	
	Frozen Dinners*	\$ 0.50	
	Frozen Vegetables	\$ 0.50	small box
	Frozen Vegetables*	\$ -	small box
	Frozen Fruit	\$ 2.49	
	Frozen Fruit*	\$ 1.49	
	Frozen Potatoes	\$ 1.49	
	Frozen Potatoes*	\$ 0.99	

	Frozen Vegetables	\$ 0.99	
	Frozen Vegetables*	\$ -	
	Ice Cream	\$ 2.25	
	Ice Cream*	\$ 1.50	
	Milk (gallon)	\$ 1.99	
	Orange Juice, half gallon	\$ 1.99	(brand name)
	Orange Juice, half gallon*	\$ 1.49	(brand name)
	Pizza*	\$ 3.00	
	Potatoes: frozen*	\$ 1.25	
	Potatoes: mashed, fresh/frozen*	\$ 1.50	
	Sour Cream	\$ 0.99	
	Sour Cream*	\$ 0.25	
<i>Toiletries</i>	*notes price with coupon & sale		
	Air Freshener*	\$ 1.49	
	Antacid	\$ 0.99	
	Antacid*	\$ -	
	Anti-Bacterial Soap*	\$ 0.99	
	Band-Aids	\$ 1.25	
	Band-Aids*	\$ -	
	Cough Drops	\$ 0.99	
	Cough Drops*	\$ -	
	Deodorant	\$ 0.99	
	Deodorant*	\$ -	
	First Aid Cream	\$ 1.49	
	First Aid Cream*	\$ -	
	Floss	\$ 0.99	
	Floss*	\$ -	
	Lotion	\$ 1.99	
	Lotion*	\$ -	

	Mouthwash	\$ 1.25	
	Mouthwash*	\$ -	
	Pain Reliever	\$ 2.99	
	Pain Reliever*	\$ -	
	Petroleum Jelly	\$ 1.50	
	Petroleum Jelly*	\$ -	
	Razors	\$ 2.99	
	Razors*	\$ -	
	Shampoo/Conditioner*	\$ 1.99	
	Shampoo/Conditioner	\$ -	
	Shaving Cream	\$ 1.25	
	Shaving Cream*	\$ -	
	Toothbrush	\$ 0.99	
	Toothbrush*	\$ -	
	Toothpaste	\$ 0.99	
	Toothpaste*	\$ -	
<i>Organics and Natural</i>			
	*notes price with coupon & sale		
	Beef: Ground, organic	\$ 3.99	lb
	Beef: Roast, organic	\$ 3.99	lb
	Blueberries, organic, pint	\$ 2.50	
	Butter, organic, 1 lb	\$ 2.99	
	Cereal, organic (Cascadian Farms/Kashi)	\$ 2.49	
	Cereal, organic (Cascadian Farms/Kashi)*	\$ 1.99	
	Cheese: block, organic 8-oz*	\$ 4.50	
	Chicken: thighs or drumsticks, organic	\$ 1.99	lb
	Chicken: breast, organic	\$ 4.99	lb
	Cream Cheese, organic*	\$ 1.50	
	Eggs, cage-free, grass fed, dozen	\$ 1.99	
	Eggs, cage-free, grass fed, dozen*	\$ 1.49	

	Eggs, farm fresh	\$ 2.50	
	Eggs, organic	\$ 3.00	
	Fish: Mahi-Mahi, wild-caught	\$ 5.99	lb
	Fish: Salmon, wild-caught	\$ 4.99	lb
	Lettuce, organic, 1 lb	\$ 2.99	
	Milk, organic, gallon	\$ 5.29	
	Milk, organic, gallon*	\$ 4.59	
	Milk, organic, half-gallon	\$ 2.99	
	Milk, organic, half-gallon*	\$ 2.49	
	Milk: Almond, Coconut, Soy half-gallon	\$ 1.99	
	Milk: Almond, Coconut, Soy half-gallon*	\$ 1.49	
	Nuts: raw pumpkin, organic	\$ 2.99	Whole Foods
	Nuts: raw sunflower, organic	\$ 2.99	Whole Foods
	Peanut Butter, natural	\$ 1.99	
	Peanut Butter, organic	\$ 3.50	
	Spinach, organic, 1 lb	\$ 2.99	
	Strawberries, organic, 16 oz	\$ 2.49	
	Wheat Berries: Red, Hard or Soft White	\$ 1.99	lb
	Wheat Berries: Red, Hard or Soft White	\$ 25.00	50-lb bag
	Whipping Cream, organic, pint	\$ 2.50	
	Chicken: whole, organic	\$ 2.50	lb
<i>*Costco</i>			Every day low price
	Baby Formula: Enfamil, 36 oz	\$ 31.88	
	Baby Formula: Isomil, 34 oz	\$ 27.82	
	Baby Formula: Similac, 34 oz	\$ 22.78	
	Baby Wipes: Huggies, 1000 ct	\$ 23.49	
	Baby Wipes: Kirkland's, 900 ct	\$ 18.99	
	Balsamic Vinegar (Kirkland)1L bottle	\$ 10.99	
	Batteries: Kirkland's AAA 48 ct.	\$ 12.68	
	Batteries: Duracell AA, 36 ct.	\$ 13.59	

	Batteries: Duracell AAA, 24 ct.	\$ 10.99	
	Batteries: Duracell C, 12 ct.	\$ 11.19	
	Batteries: Duracell D, 12 ct	\$ 11.19	
	Batteries: Kirkland's AA , 48 ct.	\$ 9.98	
	Beef: Chuck Roast	\$ 2.89	lb
	Beef: Ground 88% lean	\$ 2.49	lb
	Beef: Round Tip Roast	\$ 2.29	lb
	Beef: Strip Steak	\$ 5.99	lb
	Blue Agave Nectar, organic (2-23.5 oz)	\$ 7.49	
	Bread: Healthy Life, 2 loafs	\$ 3.99	
	Butter: Quarters, 4 lb.	\$ 6.99	
	Capers, 32 oz	\$ 5.59	
	Carrots: organic, 10 lb-bag	\$ 5.99	
	Cheese: Brie, 19.6 oz (Presidente's)	\$ 5.99	
	Cheese: Feta, 2.5 lb block	\$ 8.50	\$3.30/lb
	Cheese: Goat, 10.5 oz roll	\$ 5.79	
	Cheese: Parmesan, 2-1.5lb bags	\$ 14.99	
	Chicken: Thighs, boneless, skinless	\$ 0.95	lb
	Chicken: Whole Fryer	\$ 0.89	lb
	Chicken: Whole Fryer, organic	\$ 2.29	lb
	Chicken: boneless breast, frozen (10-lb bag)	\$ 23.79	\$2.37lb
	Chicken: Tenderloins	\$ 2.49	lb
	Chocolate Chips, 72 oz	\$ 8.79	
	Coffee: Kirkland's, 2.5 lbs	\$ 8.99	
	Deli Meats (pre-packaged): Black Forest Ham	\$ 2.99	lb
	Deli Meats (pre-packaged): Prosciutto, 12 oz	\$ 7.99	
	Deli Meats (pre-packaged): Turkey	\$ 3.89	lb
	Diapers: Huggies Pull-ups 80-88 ct, size 2-4T	\$ 28.89	
	Diapers: Huggies, size 2 258 ct	\$ 40.49	
	Diapers: Huggies, size 3 224 ct	\$ 40.49	
	Diapers: Huggies, size 4 200 ct	\$ 40.49	

	Diapers: Huggies, size 5 176 ct	\$ 40.49	
	Diapers: Huggies, size 6 144 ct	\$ 40.49	
	Diapers: Kirkland's, size 1-2 216 ct	\$ 29.99	
	Diapers: Kirkland's, size 3 208 ct	\$ 39.59	
	Diapers: Kirkland's, size 4 186 ct	\$ 39.59	
	Diapers: Kirkland's, size 5 168 ct	\$ 39.59	
	Diapers: Kirkland's, size 6 135 ct	\$ 39.59	
	Eggs: Egglan's Best (18 count)	\$ 2.59	
	Fish: Salmon, fresh	\$ 6.99	lb
	Fish: Tilapia, fresh	\$ 4.99	lb
	Flour: All-Purpose, 25 lb bag	\$ 5.99	
	Flour: Bread, 50 lb bag	\$ 13.49	
	Flour: Self-Rising, 25 lb bag	\$ 6.89	
	Garlic, minced 48 oz	\$ 3.39	
	Yoplait Gogurt Simple, 32 ct	\$ 7.79	no color/preservatives
	Honey, 5-lb	\$ 10.49	
	Hummus, 32 oz (Hannah, Sabra)	\$ 5.99	
	Juice: Grape (Newman's) 2-oversized jugs (96 oz)	\$ 6.79	
	Lettuce: Romaine Hearts (6-pack)	\$ 3.49	
	Lettuces: Organic Spinach & Leaf, 1 lb	\$ 4.29	
	Lettuces: Spinach, 2.5 lb bag	\$ 4.99	
	Milk: 2%, gallon	\$ 2.29	
	Milk: skim, gallon	\$ 2.09	
	Milk: whole, gallon	\$ 2.45	
	Nuts: Almonds, (3-lbs)	\$ 9.89	
	Nuts: Pecans (2.5 lbs)	\$ 7.99	
	Nuts: Pine Nuts (1.5 lbs)	\$ 23.99	
	Nuts: Walnuts (2.5 lbs)	\$ 11.89	
	Olive Oil: Extra Virgin, Kirkland's 2 L	\$ 10.49	
	Olive Oil: Kirkland's 5 L	\$ 22.99	
	Pancake Syrup, 2-64 oz bottles	\$ 6.49	

	Peanut Butter: organic, 2-28 oz jars	\$ 7.69	
	Pizza: Kirkland	\$ 9.99	
	Pork: Shoulder	\$ 1.39	lb
	Pork: Tenderloin	\$ 2.99	lb
	Rice: Jasmine, 25 lb bag	\$ 15.99	
	Rice: Long Grain, 25 lb bag	\$ 8.39	
	Roasted Red Pepper, 35 oz jar	\$ 4.29	
	Spices: Oregano, organic 2.5 oz	\$ 3.49	
	Spices: Basil, organic 2.5 oz	\$ 2.79	
	Strawberries, fresh 2 lb	\$ 6.49	
	Sun Dried Tomatoes (in oil), 32 oz	\$ 8.49	
	Tortilla Chips, 40 oz	\$ 4.69	
	Trash Bags: Kirkland 200 ct	\$ 10.99	
	Turkey Bacon (3 packs)	\$ 4.99	
	Water, 35 ct bottled	\$ 3.59	
	Yeast (Red Star), 32 oz	\$ 3.69	
<i>*Costco-Organic / Natural</i>			Every day low price
	Adam & Eve Fruitables Juice Boxes	\$ 8.74	32-6.75 oz
	Adam & Eve Juice Boxes	\$ 6.75	36-6.75oz
	Adam & Eve Organic Juice Boxes	\$ 9.59	27-6.75 oz
	Almond Butter, 26 oz	\$ 5.75	
	Annie's Organic Fruit Snacks, 24 pouch	\$ 9.99	
	Baby Spinach, organic, 1 lb	\$ 3.99	
	Blue Agave Nectar, organic (2-23.5 oz)	\$ 7.49	
	Brown Rice Crisp, Rice Works	\$ 5.99	
	Butter, organic, 2 lbs	\$ 7.00	
	Carrots: organic, 10 lb-bag	\$ 5.99	
	Chicken: Whole Fryer, organic	\$ 2.29	lb
	Chips: Brown Rice Chips, 14 oz	\$ 5.49	
	Chips: Food Should Taste Good, multi grain torti	\$ 6.29	

	Chips: Tortilla, organic, 42 oz: Kirklands	\$ 4.59	
	Diced Tomatoes, organic: Kirkland	\$ 7.99	8 - 14.5 oz cans
	Eggs: Egglard's Best (18 count)	\$ 2.59	
	Golden Ground Flaxseed, organic, 40 oz	\$ 9.39	
	Honey, 5-lb	\$ 10.49	
	Instant Oatmeal, organic, 55 ct	\$ 9.89	
	Kirkland 100% Juice Boxes	\$ 8.75	36-5.75 oz
	Kirkland 2% Organic Chocolate Milk	\$ 11.69	18-8.25oz
	Lettuce-Greens, organic, 1 lb	\$ 4.29	
	Maple Syrup 100%, 32 oz: Kirkland	\$ 13.99	
	Milk, organic, 3-1/2 gallons: Kirklands	\$ 9.00	
	Peanut Butter: organic, 2-28 oz jars	\$ 7.69	
	Polaner Fruit Spread, sugar free	\$ 5.99	3-13.5 oz
	Quinoa, organic, 4 lbs	\$ 9.49	
	Rice Dream Rice Milk, organic	\$ 17.39	12-32 oz
	Salsa, organic, 65oz: Kirklands	\$ 5.99	
	Soy Milk, organic, 12-32oz	\$ 12.29	
	Spices: Basil, organic 2.5 oz	\$ 2.79	
	Strawberry Spread, organic, 42 oz	\$ 6.69	
	Tomato Paste, organic: Contadina	\$ 7.25	6 - 28 oz cans
	Tomato Sauce, organic: Contadina	\$ 7.39	12 - 15 oz cans
<i>*Aldi</i>			Every day low price
	Bacon Bits, real	\$ 1.49	
	Baking Mix, 40 oz	\$ 1.69	
	Bananas	\$ 0.45	
	Beans: canned (black, refried, pinto)	\$ 0.45	
	Bread: Wheat, sliced loaf	\$ 1.09	
	Bread: White, sliced loaf	\$ 0.79	
	Bread: Ham/Hot Dog Buns	\$ 0.79	
	Broccoli, fresh	\$ 1.49	

	Butter, quarters, 1-lb	\$ 1.49	
	Butter: Margarine (Imperial)	\$ 0.69	
	Cabbage, head	\$ 1.29	
	Carrots, bag	\$ 0.99	
	Carrots: Baby, bag	\$ 0.99	
	Cauliflower	\$ 1.89	
	Cheerios	\$ 1.69	
	Cheese: Parmesan	\$ 2.39	
	Cheese: Shredded, 16-oz	\$ 1.99	
	Cheese: Sliced Deli , 9 oz	\$ 1.49	
	Chicken: Whole/Roaster/ Fryer, frozen	\$ 0.79	lb
	Chicken Broth	\$ 1.29	
	Chocolate Chips, 16 oz	\$ 1.69	
	Chips: Organic Blue Tortilla	\$ 1.69	
	Chips: Pretzels	\$ 1.69	
	Chips: Tortillas	\$ 0.99	
	Coffee	\$ 2.99	
	Crackers: Bread (Ritz)	\$ 1.69	
	Crackers: Saltine	\$ 0.89	
	Drink Mix, Fit & Active brand	\$ 1.75	
	Eggs (large dozen)	\$ 0.99	
	Fiber Bars	\$ 1.99	
	Fish: Tilapia, frozen, 16 oz	\$ 4.99	
	Flour (5lb bag)	\$ 1.33	
	Green Beans, fresh	\$ 0.69	
	Hot Sauce/Picante	\$ 0.99	
	Jelly/Jams, assorted	\$ 1.49	
	Jelly: grape	\$ 1.19	
	Jelly: strawberry jam	\$ 1.39	
	Juice: Apple	\$ 1.39	
	Ketchup, 32oz	\$ 1.15	

	Laundry Detergent	\$ 1.99	
	Lettuce: Baby Butter	\$ 1.99	
	Lettuce: Romaine Hearts (4)	\$ 1.99	
	Mac & Cheese	\$ 0.35	
	Milk, gallon	\$ 1.99	
	Mustard: Dijon/Honey	\$ 0.99	
	Oatmeal, 42 oz	\$ 1.79	
	Oil: Canola, Vegetable	\$ 1.99	
	Oil: Corn	\$ 2.49	
	Oil: Extra Virgin Olive Oil	\$ 4.29	
	Onions, 3-lb bag	\$ 0.99	
	Peanut Butter	\$ 1.39	
	Pickles, sweet	\$ 1.29	
	Pie Crust	\$ 1.89	
	Pie Crust: Graham Cracker	\$ 1.99	
	Pineapple, fresh	\$ 0.99	
	Pudding mix	\$ 0.49	
	Rice, instant	\$ 1.35	
	Rice: Long Grain, 16 oz	\$ 1.49	
	Salad Dressing: Ranch, Italian	\$ 0.99	
	Salsa (Fridge section)	\$ 1.99	
	Sandwich bags	\$ 1.99	
	Self Rising Flour, 5-lb bag	\$ 1.59	
	Soup: Cream of Chicken, Mushroom	\$ 0.59	
	Soup: Onion, mix pouch	\$ 0.69	
	Soup: Tomato	\$ 0.49	
	Sour Cream	\$ 0.99	
	Spaghetti noodles	\$ 1.59	
	Spaghetti Sauce, meat	\$ 1.09	
	Spices: basil, oregano, etc.	\$ 1.09	
	Stuffing mix	\$ 0.89	

	Sugar: Brown, 32 oz	\$ 1.19	
	Sugar: White, 5-lb	\$ 2.08	
	Sweetened Condensed Milk	\$ 1.39	
	Syrup: Maple	\$ 1.39	
	Tomato Paste	\$ 0.39	
	Tomato Sauce	\$ 0.25	
	Tomatoes: diced/rotel	\$ 0.45	
	Tortillas: Corn & Flour	\$ 0.99	
	Turkey Bacon	\$ 1.99	
	Vegetables: canned	\$ 0.49	
	Walnuts	\$ 4.99	
	Yogurt, 32 oz	\$ 1.59	
	Yogurt, single serve cups	\$ 0.33	
<i>*Sam's Club</i>			Every day low price
	Avocado	\$4.98	5 ct
	Baby Formula: Enfamil, 41.8 oz	\$ 33.96	
	Baby Formula: Members Mark, 48 oz	\$ 21.98	
	Baby Formula: Similac Advance, 34 oz	\$ 26.64	
	Baby Wipes: Huggies, 720 ct	\$ 15.52	
	Baby Wipes: Members Mark, 720 ct	\$ 13.28	
	Baby Wipes: Pampers, 480 ct	\$ 9.88	
	Bagel Crisps, NY Style, 22 oz	\$ 4.88	
	Bananas	\$ 1.32	3 lb
	Berry Mix, dried	\$ 6.84	14 oz
	Blueberries, dried	\$ 6.67	16 oz
	Blueberries, fresh	\$ 6.98	2 lb
	Blackberries	\$ 4.68	18 oz
	Batteries: Members Mark AAA 48 ct.	\$ 12.68	
	Batteries: Members Mark AA 48 ct.	\$ 9.98	
	Batteries: Energizer AA, 24 ct.	\$ 9.98	

	Batteries: Energizer AA, 48 ct.	\$ 17.98	
	Beef: Chuck Roast	\$ 2.89	lb
	Beef: Ground 88% lean	\$ 2.88	lb
	Beef: Round Tip Roast	\$ 2.48	lb
	Butter: Quarters, 4 lb.	\$ 7.22	
	Carrots: organic mini, 5 lb-bag	\$ 5.37	
	Carrots: Bolthouse Farms, 5 lb bag	\$ 2.54	
	Cheese: Brie, block	\$ 7.37	lb
	Cheese: Brie, roll, 12 oz	\$ 6.73	
	Cheese: Feta	\$ 3.52	lb
	Cheese: Goat, 16 oz	\$ 6.67	
	Cheese: Parmesan	\$ 5.42	lb
	Chicken: Thighs, boneless, skinless	\$ 1.87	lb
	Chicken: Whole Fryer	\$ 0.88	lb
	Chicken: boneless breast, fresh	\$ 1.97	lb
	Chicken: boneless breast, frozen (10-lb bag)	\$ 22.98	
	Chicken: Tenderloins	\$ 2.17	lb
	Coffee: Members Mark, 40 oz	\$ 9.88	
	Crackers: Crunch Master, multi-grain, gluten free	\$ 7.42	
	Deli Meats (pre-packaged): Black Forest Ham, 22 oz	\$ 5.88	
	Deli Meats (pre-packaged): Turkey, 22 oz	\$ 6.88	
	Diapers: Huggies Pull-ups 80-88 ct, size 2-4T	\$ 28.88	
	Diapers: Huggies, size 2 264 ct	\$ 36.38	
	Diapers: Huggies, size 3 204 ct	\$ 36.38	
	Diapers: Huggies, size 4 176 ct	\$ 37.98	
	Diapers: Huggies, size 5 156 ct	\$ 37.98	
	Diapers: Huggies, size 6 129 ct	\$ 36.38	
	Diapers: Members Mark Premium, size 1-2 216 ct	\$ 29.99	
	Diapers: Members Mark Premium, size 3 200 ct	\$ 32.32	
	Diapers: Members Mark Premium, size 4 176 ct	\$ 32.32	
	Diapers: Members Mark Premium, size 5 158 ct	\$ 32.32	

	Diapers: Members Mark Premium, size 6 135 ct	\$ 32.32	
	Diapers: Pampers, Swaddlers size 1-2, 252 ct80-	\$ 36.38	
	Diapers: Pampers, Cruisers size 3 160 ct	\$ 36.38	
	Diapers: Pampers, Cruisers size 4 140 ct	\$ 36.38	
	Diapers: Pampers, Cruisers size 5 124 ct	\$ 36.38	
	Diapers: Pampers, Cruisers size 6 100+C545 ct	\$ 36.38	
	Eggs: Eggland's Best (18 count)	\$ 2.59	
	Fish: Salmon, fresh	\$ 7.88	lb
	Fish: Tilapia, fresh	\$ 4.78	lb
	Flour: All-Purpose, 25 lb bag	\$ 5.99	
	Garlic, minced, 3lb	\$ 4.88	
	Grapes, 3lb	\$ 4.88	
	Honey, 80 oz	\$ 10.49	
	Kettle Chips, 18 oz	\$ 3.68	
	Lettuce: Romaine Hearts (6-pack)	\$ 3.97	
	Lettuces: Spinach, 2.5 lb bag	\$ 3.90	
	Milk: Fat free, gallon	\$ 2.32	
	Milk: 2%, gallon	\$ 2.59	
	Milk: skim, gallon	\$ 2.29	
	Milk: whole, gallon	\$ 2.79	
	Milk: Horizon Chocolate Milk boxes, 18/8oz	\$ 13.87	
	Nuts: Almonds, 48 oz	\$ 9.67	
	Nuts: Pecans, 32 oz	\$ 9.98	
	Nuts: Pine Nuts, 15 oz	\$ 14.28	
	Nuts: Walnuts, 48 oz	\$ 11.72	
	Olive Oil: Extra Virgin, Members Mark, 3 L	\$ 14.65	
	Olive Oil: Member's Mark 3 L	\$ 13.88	
	Potatoes, 10 lb	\$ 2.49	
	Pork: Tenderloin	\$ 2.63	lb
	Pretzel Crisps, 23 oz	\$ 5.98	
	Raisins: Sunmaid, 2, 2lb box	\$ 5.77	

	Spices: Oregano, 5 oz	\$ 2.98	
	Spices: Basil, 5.5 oz	\$ 2.54	
	Stacy's Pita Chips, Simply Naked, 24 oz	\$ 4.98	
	Strawberries, fresh 2 lb	\$ 3.98	
	Spring Mix: Organic Girl, 1 lb	\$ 3.98	
	Tortilla Chips, 2-3 lb bag	\$ 6.18	
	Veggie Straws, Sensible Portions, 20 oz	\$ 4.88	
	Watermelon, seedless	\$ 5.98	