



Category	Product	Price	Unit Info
Produce			
	Apples: Gala, Fuji, etc.	\$1	lb
	Asparagus	\$1	lb
	Avocado	\$1	ea
	Bananas	\$0	lb
	Broccoli	\$1	ea
	Cantaloupe	\$1	ea
	Cherries: Bing	\$2	lb
	Clementine's	\$4	5-lb box
	Garlic	\$0	ea
	Grapes	\$1	lb
	Grapefruit	\$1	lb
	Honey Dew	\$2	ea
	Lemons	\$0	ea
	Lettuce: Bagged	\$2	
	Lettuce	\$1	Red or Green Leaf Bunch
	Lettuce: Iceberg	\$1	ea
	Limes	\$0	ea
	Mango	\$1	ea
	Mushrooms, 8 oz	\$2	ea
	Onions, 3-lb bag	\$2	
	Oranges	\$1	lb
	Peaches /Nectarines	\$1	lb
	Pears	\$1	lb
	Pineapple	\$2	ea
	Plums	\$1	lb
	Potatoes, 5-lb bag	\$2	
	Spinach, bag	\$2	ea
	Spinach (at Costco)	\$5	organic, 1 lb clamshell
	Squash: Zucchini, Yellow, etc	\$1	lb
	Strawberries, 16 oz	\$2	ea
	Tomatoes: Beefsteak, Vine etc	\$1	lb
	Tomatoes: Cherry, 8oz	\$1	ea
	Watermelon: Precut	\$0	lb
	Watermelon: Whole, Seedless	\$3	ea

notes:



Meat & Fish	*notes price with coupon & sale		
	Bacon, 1-lb pack	\$2	ea
	Bacon, 1-lb pack*	\$2	ea
	Beef: Brisket	\$2	lb
	Beef: Corned Beef Brisket	\$2	lb
	Beef: Spareribs	\$2	lb
	Beef: Standing Rib Roast (Prime Rib)	\$6	lb
	Beef: Steaks (Ribeye, Sirloin)	\$5	lb
	Beef: Ground	\$2	lb
	Beef: Roast (Chuck, Tip)	\$2	lb
	Chicken: canned	\$1	
	Chicken: canned*	\$1	
	Chicken: Breast, bone-in (Split)	\$1	lb
	Chicken: Breast, boneless	\$2	lb
	Chicken: Legs	\$1	lb
	Chicken: Thighs, bone-in, w/ skin	\$1	lb
	Chicken: Thighs, boneless, skinless	\$1	lb
	Chicken: Whole (Fryer)	\$1	lb
	Chicken: Wings	\$1	lb
	Fish: Catfish, fresh/frozen	\$3	lb
	Fish: Cod, fresh/frozen	\$5	lb
	Fish: Mahi (Wild Caught), fresh/frozen	\$5	lb
	Fish: Salmon (Farm Raised), fresh/frozen	\$5	lb
	Fish: Salmon (Wild Caught), fresh/frozen	\$7	lb
	Fish: Swordfish, fresh/frozen	\$6	lb
	Fish: Tilapia (Farm raised), fresh/frozen	\$3	lb
	Fish: Tilapia (Wild Caught), fresh/frozen	\$5	lb
	Fish: Tuna, fresh/frozen	\$5	lb
	Ham: whole, spiral, bone-in	\$1	lb
	Ham: Deli Meat	\$4	lb
	Hot Dogs	\$1	
	Hot Dogs*	\$1	
	Pork: Spareribs	\$1	lb
	Pork: Chops	\$2	lb
	Pork: Roast (Butt or Shoulder)	\$1	lb
	Pork: Tenderloin	\$2	lb
	Pork: Whole Loin	\$2	lb
	Shrimp: 40-50 ct, wild caught	\$4	lb
	Shrimp: 36-40 ct, wild caught	\$5	lb
	Shrimp: 36-40 ct, frozen	\$4	lb
	Turkey: Breast, deli	\$4	lb
	Turkey: Breast, fresh/frozen	\$2	lb
	Turkey: Ground	\$1	lb
	Turkey: Tenderloin	\$4	lb

notes:

	Turkey: Whole, frozen	\$1	lb
	Turkey: Whole, fresh	\$1	lb
Grocery	*notes price with coupon & sale		
	Applesauce: 6-pack	\$1	
	Applesauce: 6-pack*	\$0	
	Applesauce: small jar	\$1	
	Applesauce: small jar*	\$0	
	Asparagus: canned	\$2	
	Baby Food Jars	\$0	
	Baby Food Jars*	\$0	
	Baby Food Jars, organic	\$1	
	Baby Food Jars, organic*	\$0	
	Beans: canned	\$0	
	Beans: bag (pinto, black, white, navy)	\$1	
	Bread: French	\$1	
	Bread: loaf	\$1	
	Bread: Hamburger/Hot Dog Buns	\$1	
	Brownie Mix	\$1	
	Brownie Mix*	\$0	
	Cake Mix	\$1	
	Cake Mix*	\$0	
	Cereal	\$2	
	Cereal*	\$1	
	Chicken: canned	\$1	
	Chicken: canned*	\$1	
	Chocolate Chips, 16 oz	\$2	
	Chips	\$2	
	Chips*	\$1	
	Coffee, 1 lb gourmet	\$6	(Folgers, Dunkin, etc)
	Coffee, 1 lb gourmet*	\$5	(Folgers, Dunkin, etc)
	Coffee, 8 oz : New England, Eight O'Clock*	\$2	
	Coffee: Kirkland's, 2.5 lbs	\$9	Costco
	Cookies	\$1	
	Cookies*	\$1	
	Crackers	\$1	
	Crackers*	\$1	
	English Muffins*	\$1	
	Flour, 5-lb bag	\$1	
	Jell-O	\$0	
	Juice: canned	\$2	
	Ketchup	\$1	

notes:

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Ketchup*	\$0	
Mashed Potatoes: Boxed	\$1	
Mashed Potatoes: Boxed*	\$-	
Mayonnaise	\$2	
Mayonnaise*	\$2	
Mustard	\$1	
Mustard*	\$-	
Olive Oil, 16-24 oz	\$5	olive or extra virgin
Olive Oil, 16-24 oz*	\$3	olive or extra virgin
Oil	\$2	canola, vegetable, etc
Oil	\$1	canola, vegetable, etc
Olive Oil: Extra Virgin, Kirkland's 2 L	\$10	Costco
Olive Oil: Kirkland's 5 L	\$23	Costco
Pancake Mix	\$2	
Pancake Mix*	\$1	
Pasta	\$1	
Pasta *	\$-	
Popcorn: Boxed	\$1	
Popcorn: Boxed *	\$-	
Popcorn: Kernal	\$2	
Salad Dressing	\$1	
Salad Dressing*	\$-	
Soft Drinks (12 pack)	\$2	
Soft Drinks (2 liter)	\$1	
Soups, canned	\$1	
Soups, canned*	\$0	
Spaghetti Sauce	\$1	
Spaghetti Sauce*	\$0	
Spices: standard	\$1	(Basil, Oregano, etc)
Sugar: White, 5-lb bag	\$1	
Sugar: Brown, Powdered	\$1	(1-lb box)
Tea Bags	\$2	
Tea Bags*	\$1	
Tomatoes: canned	\$1	
Tomatoes: canned*	\$0	
Tomato Paste	\$1	
Tomato Paste*	\$0	
Tomato Sauce, 15 oz	\$1	
Tomato Sauce, 15 oz*	\$0	
Tortillas: Corn/Flour	\$1	

notes:

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	Tortillas: Corn/Flour	\$1	Aldi
	Tuna: canned	\$1	
	Tuna: canned*	\$-	
	Vegetables: canned	\$0	
	Vegetables: canned*	\$-	
Refrigerated & Frozen	*notes price with coupon & sale		
	Biscuits: canned	\$2	
	Biscuits: canned*	\$0	
	Biscuits: frozen	\$2	
	Biscuits: frozen*	\$1	
	Butter: Quarters	\$1	
	Butter: Quarters*	\$1	
	Butter: Tubs	\$1	
	Butter: Tubs*	\$-	
	Cheese (8oz block)	\$2	
	Cheese (8oz block)*	\$1	
	Cheese (Sandwich Slices)	\$1	
	Cheese (Sandwich Slices)*	\$1	
	Cheese (Shredded)	\$1	
	Cheese (Shredded)*	\$1	
	Cheese: Cream Cheese	\$1	
	Cheese: Cream Cheese*	\$-	
	Coffee Creamer, 16 oz*	\$-	
	Eggs (1 dozen)	\$1	Aldi
	Eggs (1 dozen)	\$1	
	Eggs (1 dozen)*	\$1	
	French Fries: Frozen	\$2	
	French Fries: Frozen*	\$1	
	Frozen Dinners	\$1	
	Frozen Dinners*	\$1	
	Frozen Vegetables	\$1	small box
	Frozen Vegetables*	\$-	small box
	Frozen Fruit	\$2	
	Frozen Fruit*	\$1	
	Frozen Potatoes	\$1	
	Frozen Potatoes*	\$1	
	Frozen Vegetables	\$1	
	Frozen Vegetables*	\$-	
	Ice Cream	\$2	
	Ice Cream*	\$2	
	Milk (gallon)	\$2	
	Orange Juice, half gallon	\$2	(brand name)
	Orange Juice, half gallon*	\$1	(brand name)

notes:

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	Pizza*	\$2	
	Potatoes: frozen*	\$1	
	Potatoes: mashed, fresh/frozen*	\$2	
	Potatoes: fresh/refrigerated*	\$0	
	Sour Cream	\$1	
	Sour Cream*	\$-	
	Yogurt, 4-pk*	\$-	
Paper & Cleaning	*notes price with coupon & sale		
	Air Freshener*	\$-	
	Anti-Bacterial Soap*	\$-	
	Bags: Freezer	\$1	
	Bags: Freezer*	\$1	
	Bags: Sandwich	\$1	
	Bags: Sandwich*	\$-	
	Bags: Storage	\$1	
	Bags: Storage*	\$0	
	Bleach	\$1	
	Bleach*	\$-	
	Cling Wrap	\$1	
	Cling Wrap*	\$1	
	Detergent: Dishwashing	\$2	
	Detergent: Dishwashing*	\$1	
	Dishwashing Soap	\$1	
	Dishwashing Soap*	\$0	
	Detergent: Laundry	\$4	32 oz
	Detergent: Laundry*	\$3	32 oz
	Dryer Sheets	\$2	
	Dryer Sheets*	\$1	
	Foil: 80 feet	\$2	
	Foil: 80 feet*	\$1	
	Glass Cleaner	\$1	
	Glass Cleaner*	\$0	
	Paper Towel: single roll	\$2	
	Paper Towel: single roll*	\$0	
	Paper Towels (8 pack)	\$5	
	Paper Towels (8 pack)*	\$4	
	Surface Cleaner	\$1	
	Surface Cleaner*	\$0	
	Toilet Bowl Cleaner	\$1	
	Toilet Bowl Cleaner*	\$0	
	Toilet Paper - Target Price per roll	\$0	
	Toilet Paper (4-pack)	\$2	

notes:

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	Toilet Paper (4-pack)*	\$1	
	Toilet Paper (9-12 roll)	\$4	
	Toilet Paper (9-12 roll)*	\$3	
	Trash Bags, 50 ct.	\$5	
	Trash Bags: Kirkland 200 ct	\$11	Costco
	Trash Bags, 50 ct.	\$4	
Personal Care	*notes price with coupon & sale		
	Antacid	\$1	
	Antacid*	\$-	
	Anti-Bacterial Soap*	\$-	
	Band-Aids	\$1	
	Band-Aids*	\$-	
	Cold/Allergy Medicine (name brand), 5 ct*	\$-	Claritin, Zyrtec, Allegra
	Cold/Allergy Medicine (name brand), 24-30 ct*	\$11	Claritin, Zyrtec, Allegra
	Cold/Allergy Medicine (name brand), 90 ct *Costco	\$30	Claritin, Zyrtec, Allegra
	Cold/Allergy Medicine (store brand), 5 ct	\$2	
	Cough Drops	\$1	
	Cough Drops*	\$-	
	Deodorant	\$1	
	Deodorant*	\$-	
	First Aid Cream	\$1	
	First Aid Cream*	\$-	
	Floss	\$1	
	Floss*	\$-	
	Lotion	\$2	
	Lotion*	\$-	
	Mouthwash	\$1	
	Mouthwash*	\$-	
	Pain Reliever	\$3	
	Pain Reliever*	\$-	
	Petroleum Jelly	\$2	
	Petroleum Jelly*	\$-	
	Razors	\$3	
	Razors*	\$-	
	Shampoo/Conditioner	\$2	
	Shampoo/Conditioner*	\$-	
	Shaving Cream	\$1	
	Shaving Cream*	\$-	
	Soap: Bar	\$1	
	Soap: Bar*	\$-	
	Soap: Body Wash	\$1	

notes:

	Soap: Body Wash*	\$-	
	Toothbrush	\$1	
	Toothbrush*	\$-	
	Toothpaste	\$1	
	Toothpaste*	\$-	
	Vitamins*	\$-	
Organics and Natural	*notes price with coupon & sale		
	Beef: Ground, organic	\$4	lb
	Beef: Roast, organic	\$4	lb
	Blueberries, organic, pint	\$3	
	Butter, organic, 1 lb	\$3	
	Cereal, organic (Cascadian Farms/Kashi)	\$2	
	Cereal, organic (Cascadian Farms/Kashi)*	\$2	
	Cheese: block, organic 8-oz*	\$5	
	Chicken: thighs or drumsticks, organic	\$2	lb
	Chicken: breast, organic	\$5	lb
	Cream Cheese, organic*	\$2	
	Eggs, cage-free, grass fed, dozen	\$2	
	Eggs, cage-free, grass fed, dozen*	\$1	
	Eggs, farm fresh	\$3	
	Eggs, organic	\$3	
	Fish: Mahi-Mahi, wild-caught	\$6	lb
	Fish: Salmon, wild-caught	\$5	lb
	Lettuce, organic, 1 lb	\$3	
	Milk, organic, gallon	\$5	
	Milk, organic, gallon*	\$5	
	Milk, organic, half-gallon	\$3	
	Milk, organic, half-gallon*	\$2	
	Milk: Almond, Coconut, Soy half-gallon	\$2	
	Milk: Almond, Coconut, Soy half-gallon*	\$1	
	Nuts: raw pumpkin, organic	\$3	Whole Foods
	Nuts: raw sunflower, organic	\$3	Whole Foods
	Peanut Butter, natural	\$2	
	Peanut Butter, organic	\$4	
	Spinach, organic, 1 lb	\$3	
	Strawberries, organic, 16 oz	\$2	
	Tomatoes: Canned, paste, sauce*	\$-	
	Wheat Berries: Red, Hard or Soft White	\$2	lb
	Wheat Berries: Red, Hard or Soft White	\$25	50-lb bag
	Whipping Cream, organic, pint	\$3	
	Chicken: whole, organic	\$3	lb

notes:

*Costco			Every day low price
	Baby Formula: Enfamil, 36 oz	\$32	
	Baby Formula: Isomil, 34 oz	\$28	
	Baby Formula: Similac, 34 oz	\$23	
	Baby Wipes: Huggies, 1000 ct	\$23	
	Baby Wipes: Kirkland's, 900 ct	\$19	
	Balsamic Vinegar (Kirkland) 1L bottle	\$11	
	Batteries: Kirkland's AAA 48 ct.	\$13	
	Batteries: Duracell AA, 36 ct.	\$14	
	Batteries: Duracell AAA, 24 ct.	\$11	
	Batteries: Duracell C, 12 ct.	\$11	
	Batteries: Duracell D, 12 ct	\$11	
	Batteries: Kirkland's AA , 48 ct.	\$10	
	Beef: Chuck Roast	\$3	lb
	Beef: Ground 88% lean	\$2	lb
	Beef: Round Tip Roast	\$2	lb
	Beef: Strip Steak	\$6	lb
	Blue Agave Nectar, organic (2-23.5 oz)	\$7	
	Bread: Healthy Life, 2 loafs	\$4	
	Butter: Quarters, 4 lb.	\$7	
	Capers, 32 oz	\$6	
	Carrots: organic, 10 lb-bag	\$6	
	Cheese: Brie, 19.6 oz (Presidente's)	\$6	
	Cheese: Feta, 2.5 lb block	\$9	\$3.30/lb
	Cheese: Goat, 10.5 oz roll	\$6	
	Cheese: Parmesan, 2-1.5lb bags	\$15	
	Chicken: Thighs, boneless, skinless	\$1	lb
	Chicken: Whole Fryer	\$1	lb
	Chicken: Whole Fryer, organic	\$2	lb
	Chicken: boneless breast, frozen (10-lb bag)	\$24	\$2.37lb
	Chicken: Tenderloins	\$2	lb
	Chocolate Chips, 72 oz	\$9	
	Coffee: Kirkland's, 2.5 lbs	\$9	
	Cold/Allergy Medicine: Claritin, 90 ct	\$30	
	Deli Meats (pre-packaged): Black Forest Ham	\$3	lb
	Deli Meats (pre-packaged): Prosciutto, 12 oz	\$8	
	Deli Meats (pre-packaged): Turkey	\$4	lb
	Diapers: Huggies Pull-ups 80-88 ct, size 2-4T	\$29	
	Diapers: Huggies, size 2 258 ct	\$40	
	Diapers: Huggies, size 3 224 ct	\$40	
	Diapers: Huggies, size 4 200 ct	\$40	
	Diapers: Huggies, size 5 176 ct	\$40	
	Diapers: Huggies, size 6 144 ct	\$40	
	Diapers: Kirkland's, size 1-2 216 ct	\$30	

notes:

Diapers: Kirkland's, size 3 208 ct	\$40	
Diapers: Kirkland's, size 4 186 ct	\$40	
Diapers: Kirkland's, size 5 168 ct	\$40	
Diapers: Kirkland's, size 6 135 ct	\$40	
Eggs: Eggland's Best (18 count)	\$3	
Fish: Salmon, fresh	\$7	lb
Fish: Tilapia, fresh	\$5	lb
Flour: All-Purpose, 25 lb bag	\$6	
Flour: Bread, 50 lb bag	\$13	
Flour: Self-Rising, 25 lb bag	\$7	
Garlic, minced 48 oz	\$3	
Yoplait Gogurt Simple, 32 ct	\$8	no color/ preservatives
Honey, 5-lb	\$10	
Hummus, 32 oz (Hannah, Sabra)	\$6	
Juice: Grape (Newman's) 2-oversized jugs (96 oz)	\$7	
Lettuce: Romaine Hearts (6-pack)	\$3	
Lettuces: Organic Spinach & Leaf, 1 lb	\$4	
Lettuces: Spinach, 2.5 lb bag	\$5	
Milk: 2%, gallon	\$2	
Milk: skim, gallon	\$2	
Milk: whole, gallon	\$2	
Nuts: Almonds, (3-lbs)	\$10	
Nuts: Pecans (2.5 lbs)	\$8	
Nuts: Pine Nuts (1.5 lbs)	\$24	
Nuts: Walnuts (2.5 lbs)	\$12	
Olive Oil: Extra Virgin, Kirkland's 2 L	\$10	
Olive Oil: Kirkland's 5 L	\$23	
Pancake Syrup, 2-64 oz bottles	\$6	
Peanut Butter: organic, 2-28 oz jars	\$8	
Pizza: Kirkland	\$10	
Pork: Shoulder	\$1	lb
Pork: Tenderloin	\$3	lb
Rice: Jasmine, 25 lb bag	\$16	
Rice: Long Grain, 25 lb bag	\$8	
Roasted Red Pepper, 35 oz jar	\$4	
Spices: Oregano, organic 2.5 oz	\$3	
Spices: Basil, organic 2.5 oz	\$3	
Strawberries, fresh 2 lb	\$6	
Sun Dried Tomatoes (in oil), 32 oz	\$8	
Tortilla Chips, 40 oz	\$5	
Trash Bags: Kirkland 200 ct	\$11	
Turkey Bacon (3 packs)	\$5	
Water, 35 ct bottled	\$4	
Yeast (Red Star), 32 oz	\$4	

notes:

*Costco-Organic / Natural			Every day low price
	Adam & Eve Fruitables Juice Boxes	\$9	32-6.75 oz
	Adam & Eve Juice Boxes	\$7	36-6.75oz
	Adam & Eve Organic Juice Boxes	\$10	27-6.75 oz
	Almond Butter, 26 oz	\$6	
	Annie's Organic Fruit Snacks, 24 pouch	\$10	
	Baby Spinach, organic, 1 lb	\$4	
	Blue Agave Nectar, organic (2-23.5 oz)	\$7	
	Brown Rice Crisp, Rice Works	\$6	
	Butter, organic, 2 lbs	\$7	
	Carrots: organic, 10 lb-bag	\$6	
	Chicken: Whole Fryer, organic	\$2	lb
	Chips: Brown Rice Chips, 14 oz	\$5	
	Chips: Food Should Taste Good, multi grain tortilla	\$6	
	Chips: Tortilla, organic, 42 oz: Kirklands	\$5	
	Diced Tomatoes, organic: Kirkland	\$8	8 - 14.5 oz cans
	Eggs: Eggland's Best (18 count)	\$3	
	Golden Ground Flaxseed, organic, 40 oz	\$9	
	Honey, 5-lb	\$10	
	Instant Oatmeal, organic, 55 ct	\$10	
	Kirkland 100% Juice Boxes	\$9	36-5.75 oz
	Kirkland 2% Organic Chocolate Milk	\$12	18-8.25oz
	Lettuce-Greens, organic, 1 lb	\$4	
	Maple Syrup 100%, 32 oz: Kirkland	\$14	
	Milk, organic, 3-1/2 gallons: Kirklands	\$9	
	Peanut Butter: organic, 2-28 oz jars	\$8	
	Polaner Fruit Spread, sugar free	\$6	3-13.5 oz
	Quinoa, organic, 4 lbs	\$9	
	Rice Dream Rice Milk, organic	\$17	12-32 oz
	Salsa, organic, 65oz: Kirklands	\$6	
	Soy Milk, organic, 12-32oz	\$12	
	Spices: Basil, organic 2.5 oz	\$3	
	Strawberry Spread, organic, 42 oz	\$7	
	Tomato Paste, organic: Contadina	\$7	6 - 28 oz cans
	Tomato Sauce, organic: Contadina	\$7	12 - 15 oz cans
*Aldi			Every day low price
	Bacon Bits, real	\$1	
	Baking Mix, 40 oz	\$2	
	Bananas	\$0	
	Beans: canned (black, refried, pinto)	\$0	
	Bread: Wheat, sliced loaf	\$1	

notes:

	Bread: White, sliced loaf	\$1	
	Bread: Ham/Hot Dog Buns	\$1	
	Broccoli, fresh	\$1	
	Butter, quarters, 1-lb	\$1	
	Butter: Margarine (Imperial)	\$1	
	Cabbage, head	\$1	
	Carrots, bag	\$1	
	Carrots: Baby, bag	\$1	
	Cauliflower	\$2	
	Cheerios	\$2	
	Cheese: Parmesan	\$2	
	Cheese: Shredded, 16-oz	\$2	
	Cheese: Sliced Deli , 9 oz	\$1	
	Chicken: Whole/Roaster/ Fryer, frozen	\$1	lb
	Chicken Broth	\$1	
	Chocolate Chips, 16 oz	\$2	
	Chips: Organic Blue Tortilla	\$2	
	Chips: Pretzels	\$2	
	Chips: Tortillas	\$1	
	Coffee	\$3	
	Crackers: Bread (Ritz)	\$2	
	Crackers: Saltine	\$1	
	Drink Mix, Fit & Active brand	\$2	
	Eggs (large dozen)	\$1	
	Fiber Bars	\$2	
	Fish: Tilapia, frozen, 16 oz	\$5	
	Flour (5lb bag)	\$1	
	Green Beans, fresh	\$1	
	Hot Sauce/Picante	\$1	
	Jelly/Jams, assorted	\$1	
	Jelly: grape	\$1	
	Jelly: strawberry jam	\$1	
	Juice: Apple	\$1	
	Ketchup, 32oz	\$1	
	Laundry Detergent	\$2	
	Lettuce: Baby Butter	\$2	
	Lettuce: Romaine Hearts (4)	\$2	
	Mac & Cheese	\$0	
	Milk, gallon	\$2	
	Mustard: Dijon/Honey	\$1	
	Oatmeal, 42 oz	\$2	
	Oil: Canola, Vegetable	\$2	
	Oil: Corn	\$2	
	Oil: Extra Virgin Olive Oil	\$4	
	Onions, 3-lb bag	\$1	

notes:

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	Peanut Butter	\$1	
	Pickles, sweet	\$1	
	Pie Crust	\$2	
	Pie Crust: Graham Cracker	\$2	
	Pineapple, fresh	\$1	
	Pudding mix	\$0	
	Rice, instant	\$1	
	Rice: Long Grain, 16 oz	\$1	
	Salad Dressing: Ranch, Italian	\$1	
	Salsa (Fridge section)	\$2	
	Sandwich bags	\$2	
	Self Rising Flour, 5-lb bag	\$2	
	Soup: Cream of Chicken, Mushroom	\$1	
	Soup: Onion, mix pouch	\$1	
	Soup: Tomato	\$0	
	Sour Cream	\$1	
	Spaghetti noodles	\$2	
	Spaghetti Sauce, meat	\$1	
	Spices: basil, oregano, etc.	\$1	
	Stuffing mix	\$1	
	Sugar: Brown, 32 oz	\$1	
	Sugar: White, 5-lb	\$2	
	Sweetened Condensed Milk	\$1	
	Syrup: Maple	\$1	
	Tomato Paste	\$0	
	Tomato Sauce	\$0	
	Tomatoes: diced/rotel	\$0	
	Tortillas: Corn & Flour	\$1	
	Turkey Bacon	\$2	
	Vegetables: canned	\$0	
	Walnuts	\$5	
	Yogurt, 32 oz	\$2	
	Yogurt, single serve cups	\$0	
*Sam's Club			Every day low price
	Avocado	\$5	5 ct
	Baby Formula: Enfamil, 41.8 oz	\$34	
	Baby Formula: Members Mark, 48 oz	\$22	
	Baby Formula: Similac Advance, 34 oz	\$27	
	Baby Wipes: Huggies, 720 ct	\$16	
	Baby Wipes: Members Mark, 720 ct	\$13	
	Baby Wipes: Pampers, 480 ct	\$10	
	Bagel Crisps, NY Style, 22 oz	\$5	
	Bananas	\$1	3 lb

notes:

Berry Mix, dried	\$7	14 oz
Blueberries, dried	\$7	16 oz
Blueberries, fresh	\$7	2 lb
Blackberries	\$5	18 oz
Batteries: Members Mark AAA 48 ct.	\$13	
Batteries: Members Mark AA 48 ct.	\$10	
Batteries: Energizer AA, 24 ct.	\$10	
Batteries: Energizer AA, 48 ct.	\$18	
Beef: Chuck Roast	\$3	lb
Beef: Ground 88% lean	\$3	lb
Beef: Round Tip Roast	\$2	lb
Butter: Quarters, 4 lb.	\$7	
Carrots: organic mini, 5 lb-bag	\$5	
Carrots: Bolthouse Farms, 5 lb bag	\$3	
Cheese: Brie, block	\$7	lb
Cheese: Brie, roll, 12 oz	\$7	
Cheese: Feta	\$4	lb
Cheese: Goat, 16 oz	\$7	
Cheese: Parmesan	\$5	lb
Chicken: Thighs, boneless, skinless	\$2	lb
Chicken: Whole Fryer	\$1	lb
Chicken: boneless breast, fresh	\$2	lb
Chicken: boneless breast, frozen (10-lb bag)	\$23	
Chicken: Tenderloins	\$2	lb
Coffee: Members Mark, 40 oz	\$10	
Crackers: Crunch Master, multi-grain, gluten free, 20 oz	\$7	
Deli Meats (pre-packaged): Black Forest Ham, 22 oz	\$6	
Deli Meats (pre-packaged): Turkey, 22 oz	\$7	
Diapers: Huggies Pull-ups 80-88 ct, size 2-4T	\$29	
Diapers: Huggies, size 2 264 ct	\$36	
Diapers: Huggies, size 3 204 ct	\$36	
Diapers: Huggies, size 4 176 ct	\$38	
Diapers: Huggies, size 5 156 ct	\$38	
Diapers: Huggies, size 6 129 ct	\$36	
Diapers: Members Mark Premium, size 1-2 216 ct	\$30	
Diapers: Members Mark Premium, size 3 200 ct	\$32	
Diapers: Members Mark Premium, size 4 176 ct	\$32	
Diapers: Members Mark Premium, size 5 158 ct	\$32	
Diapers: Members Mark Premium, size 6 135 ct	\$32	
Diapers: Pampers, Swaddlers size 1-2, 252 ct 80-88 ct, size 2-4T	\$36	
Diapers: Pampers, Cruisers size 3 160 ct	\$36	
Diapers: Pampers, Cruisers size 4 140 ct	\$36	
Diapers: Pampers, Cruisers size 5 124 ct	\$36	
Diapers: Pampers, Cruisers size 6 100+C545 ct	\$36	
Eggs: Eggland's Best (18 count)	\$3	

notes:

Fish: Salmon, fresh	\$8	lb
Fish: Tilapia, fresh	\$5	lb
Flour: All-Purpose, 25 lb bag	\$6	
Garlic, minced, 3lb	\$5	
Grapes, 3lb	\$5	
Honey, 80 oz	\$10	
Kettle Chips, 18 oz	\$4	
Lettuce: Romaine Hearts (6-pack)	\$4	
Lettuces: Spinach, 2.5 lb bag	\$4	
Milk: Fat free, gallon	\$2	
Milk: 2%, gallon	\$3	
Milk: skim, gallon	\$2	
Milk: whole, gallon	\$3	
Milk: Horizon Chocolate Milk boxes, 18/8oz	\$14	
Nuts: Almonds, 48 oz	\$10	
Nuts: Pecans, 32 oz	\$10	
Nuts: Pine Nuts, 15 oz	\$14	
Nuts: Walnuts, 48 oz	\$12	
Olive Oil: Extra Virgin, Members Mark, 3 L	\$15	
Olive Oil: Member's Mark 3 L	\$14	
Potatoes, 10 lb	\$2	
Pork: Tenderloin	\$3	lb
Pretzel Crisps, 23 oz	\$6	
Raisins: Sunmaid, 2, 2lb box	\$6	
Spices: Oregano, 5 oz	\$3	
Spices: Basil, 5.5 oz	\$3	
Stacy's Pita Chips, Simply Naked, 24 oz	\$5	
Strawberries, fresh 2 lb	\$4	
Spring Mix: Organic Girl, 1 lb	\$4	
Tortilla Chips, 2-3 lb bag	\$6	
Veggie Straws, Sensible Portions, 20 oz	\$5	
Watermelon, seedless	\$6	

notes:

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