

Item	Quantity	Costco Price	Price Per Unit	Comparison Price	Comparison Store	Monthly Quantity	Savings at Costco
Dairy							
Babybel cheese	28 pack	\$9.99	\$.36 each	\$.50 each	Trader Joe's	18 pack	\$2.52
Butter, Kerrygold	24 oz.	\$6.99	\$4.66/lb.	\$6.38/lb.	Trader Joe's	1 pound	\$1.72
Butter, Kirkland	4 lbs.	\$7.79	\$1.95/lb.	\$2.99/lb.	Trader Joe's	1 pound	\$1.04
Cheese, Kerrygold Dubliner	2.18 lbs.	\$12.99	\$5.95/lb.	\$6.49/lb.	Trader Joe's	2 pounds	\$1.08
Cheese, Colby Jack sliced (organic)	1.5 lbs.	\$8.99	\$5.99/lb.	\$9.32/lb.	Whole Foods	1/2 pound	\$1.67
Milk, conventional	1 gal.	\$2.49	\$2.49/gal.	\$3.79/gal.	Trader Joe's	6 gallons	\$7.80
Milk, organic	3 half gals.	\$11.99	\$4.00/half gal.	\$3.79/half gal.	Stop and Shop	6 gallons	\$0.00
Eggs, organic	2 dozen	\$6.99	\$3.50/dozen	\$4.29/dozen	Stop and Shop	6 dozen	\$4.74
Produce							
Bananas, organic	3 lbs.	\$1.99	\$.66/lb.	\$.99/lb	Stop and Shop	8 pounds	\$2.64
Berries, frozen mixed (organic)	3 lbs.	\$10.49	\$3.50/lb.	\$3.49/lb.	Trader Joe's	1 pound	\$0.00
Blueberries, frozen (wild)	4 lbs.	\$9.59	\$2.39/lb.	\$3.72/lb.	Stop and Shop	1 pound	\$1.33
Carrots, organic	10 lbs.	\$7.99	\$.80/lb.	\$.89/lb.	Trader Joe's	3 pounds	\$0.27
Medjool dates	2 lbs.	\$8.99	\$4.49/lb.	\$4.49/lb.	Trader Joe's	1 pound	\$0.00
Mixed Vegetables, organic (frozen)	5 lbs.	\$6.79	\$1.36/lb.	\$2.49/lb.	Whole Foods	1/2 pound	\$0.57
Meat & Seafood							
Chicken breasts, organic	4 lbs.	\$23.96	\$5.99/lb.	\$7.49/lb.	Trader Joe's	2 pounds	\$3.00
Chicken thighs, organic	4 lbs.	\$17.16	\$4.29/lb.	\$4.99/lb.	Trader Joe's	2 pounds	\$1.40
Chicken, whole organic	5 lbs.	\$12.45	\$2.49/lb.	\$2.69/lb.	Trader Joe's	5 pounds	\$1.00
Ground beef, organic	4 lbs.	\$16.99	\$4.24/lb.	\$6.99/lb.	Trader Joe's	2 pounds	\$5.50
Haddock, Wild Caught	1.75 lbs.	\$15.55	\$8.99/lb.	\$14.99/lb.	Whole Foods	1/2 pound	\$3.00
Grocery							
Almonds	3 lbs.	\$12.99	\$4.33/lb.	\$4.98/lb.	Trader Joe's	1 pound	\$0.65
Applesauce	36 3.9 oz. containers	\$9.99	\$.28/container	\$.33/container	Stop and Shop	8 containers	\$0.40
Baking powder	5 lbs.	\$10.99	\$.14/oz.	\$.33/oz.	Stop and Shop	2 ounces	\$0.38
Brown rice, organic	12 lbs.	\$13.99	\$1.16/lb.	\$1.65/lb.	Trader Joe's	1 pound	\$0.49
Carrot juice, organic	3 qts.	\$7.39	\$.08/oz.	\$.13/oz.	Stop and Shop	1 quart	\$1.70
Chia seeds, organic	2 lbs.	\$13.99	\$7.00/lb.	15.06/lb.	Trader Joe's	half pound	\$4.03
Chicken stock, organic	6 32 oz. containers	\$11.59	\$.06/oz.	.08/oz.	Stop and Shop	4 quarts	\$2.56
Cinnamon	10.7 oz.	\$2.59	\$.24/oz.	\$1.33/oz.	Trader Joe's	half ounce	\$0.54
Coconut oil, organic	54 oz.	\$15.99	\$.30/oz.	\$.37/oz.	Trader Joe's	32 ounces	\$2.24
Coconut water	4.16 qts.	\$15.59	\$3.75/qt.	\$5.50/qt.	Whole Foods	1 quart	\$1.75
Honey	72 oz.	\$11.89	\$.17/oz.	\$.21/oz.	Trader Joe's	12 ounces	\$0.48
Jam, strawberry organic	42 oz.	\$6.99	\$.17/oz.	\$.21/oz.	Trader Joe's	one pound	\$0.64
Maple syrup	1 qt.	\$12.79	\$.40/oz.	\$.53/oz.	Trader Joe's	one quart	\$4.16
Mary's Gone GF Crackers	20 oz.	\$7.69	\$.38/oz.	\$.58/oz.	Stop and Shop	one pound	\$3.20

Happy Squeeze Fruit/Veggie Twist (organic)	12 3.5 oz. containers	\$9.99	\$.24/oz.	\$.52/oz.	Amazon	14 ounces	\$3.78
Hazelnuts	2 lbs.	\$12.49	\$6.25/lb.	\$5.99/lb.	Trader Joe's	half pound	\$0.00
Oats, Quaker	10 lbs.	\$7.89	\$.05/oz.	\$.11/oz.	Stop and Shop	42 ounces	\$2.52
Olive oil, organic	68 oz.	\$14.99	\$.22/oz.	\$.39/oz.	Stop and Shop	17 ounces	\$2.89
Peanut butter, Kirkland	80 oz.	\$10.99	\$.14/oz.	\$.16/oz.	Trader Joe's	one pound	\$0.32
Pecans	2 lbs.	\$12.59	\$6.30/lb.	\$7.98/lb.	Trader Joe's	half pound	\$0.84
Potato chips, organic	2 lbs.	\$4.79	\$2.40/lb.	\$8.00/lb.	Stop and Shop	one pound	\$5.60
Pretzels, whole grain, organic	28 oz.	\$5.99	\$2.56/lb.	\$6.40/lb.	Amazon	one pound	\$3.84
Pumpkin puree	3 29 oz. cans	\$5.97	\$.07/oz.	\$.17/oz.	Stop and Shop	one pound	\$1.60
Quinoa, organic	4 lbs.	\$13.49	\$3.37/lb.	\$4.99/lb.	Trader Joe's	one pound	\$1.62
Quinoa rice blend, organic	3 lbs.	\$9.99	\$.21/oz.	\$.26/oz.	Amazon	one pound	\$0.80
Salsa, organic	76 oz.	\$7.69	\$.10/oz.	\$.19/oz.	Trader Joe's	two pounds	\$2.88
Salt	30 oz.	\$2.79	\$.09/oz.	\$.25/oz.	Trader Joe's	4 ounces	\$0.64
Sugar, organic	10 lbs.	\$8.49	\$.85/lb.	\$1.74/lb.	Trader Joe's	1 pound	\$0.89
Tomatoes, oven-dried organic	35 oz.	\$8.99	\$.26/oz.	\$.59/oz.	Stop and Shop	1 pound	\$5.28
Tomato paste, organic	72 oz.	\$5.99	\$.08/oz.	\$.23/oz.	Stop and Shop	12 ounces	\$1.80
Tomato sauce, organic	12 15 oz. cans	\$7.59	\$.04/oz.	\$.11/oz.	Stop and Shop	60 ounces	\$4.20
Tomatoes, diced organic	8 14.5 oz. cans	\$5.99	\$.05/oz.	\$.15/oz.	Stop and Shop	56 ounces	\$5.60
Tortilla chips, organic	40 oz.	\$4.99	\$1.99/lb.	\$2.69/lb.	Trader Joe's	2 pounds	\$1.40
Tuna, Wild Planet	30 oz.	\$14.99	\$.50/oz.	\$.90/oz.	Stop and Shop	10 ounces	\$4.00
Vanilla beans	10 beans	\$11.99	\$1.19/bean	\$2.00/bean	Trader Joe's	1 bean	\$0.81
Vanilla extract	16 oz.	\$6.99	\$.44/oz.	\$1.25/oz.	Trader Joe's	4 ounces	\$3.24
Vinegar, white	1.32 gals.	\$3.19	\$.04/oz.	\$.05/oz.	Stop and Shop	8 ounces	\$0.00
Walnuts	3 lbs.	\$18.79	\$6.26/lb.	\$7.49/lb.	Trader Joe's	1 pound	\$1.23
Yeast	2 lbs.	\$4.49	\$.14/oz.	\$1.90/oz.	Stop and Shop	1 ounce	\$1.76
						Save Monthly:	\$120.04
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