

Item	Store	Total Cost	Cost Breakdown
Akmak Crackers	Trader Joes	1.79/20 pack	.09 each
Almond Meal	Trader Joes	3.99/5 cups	.80/cup
Almonds	Trader Joes	4.98/lb.	4.98/lb. (1.25/cup)
Apple Sauce	Target	2.00 for (6) 1/2 cups	.67/cup
Apples, Dried	Trader Joes	2.99/8 ounces	
Apples, Organic	Stop and Shop	4.99/3 lb.	1.66/lb.
Apricots	Trader Joes	2.99/lb.	2.99/lb. (.85/cup)
Arrowroot Starch	Whole Foods	5.99/lb	\$1.71/cup
Asparagus	Stop and Shop	2.99/lb. (30 spears)	5 spears - 1/2 cup
Avocado	Various	1.00 each	1.00 each
Bacon	Stop and Shop	3.99/lb.	.25/slice
Bakers Chocolate	Stop and Shop	2.50/8 oz.	.31/oz.
Baking Powder	Stop and Shop	1.89/12 oz.	.04/tsp.
Baking Soda	Stop and Shop	.99/16 oz.	.01/tsp.
Banana, Organic	Trader Joes	.29 each	.29 each
Bay Leaf	Stop and Shop		.15 each
Blueberries, Fresh	Stop and Shop	2.99/pint	1.50/cup
Blueberries, Frozen	Stop and Shop	2.99/15 oz.	.75/cup
Brie	Stop and Shop	4.99/8 ounces	
Broccoli	Stop and Shop	1.29/lb	1.29/lb.
Brown Rice	Stop and Shop	2.99/2 lbs. (5.5 cups dry)	
Brown Rice Cereal	Whole Foods	3.50/10 oz.	.70/cup
Brown Rice Noodles	Amazon	2.89/8 ounce pack	
Butter	Trader Joes	3.00/lb.	.75/stick
Buttermilk	Stop and Shop	1.89/32 oz.	.47/cup
Carrots, Organic	Trader Joes	.89/lb	.09/carrot
Cashews	Trader Joes	6.99/lb.	6.99/lb.
Cayenne Pepper	Stop and Shop		.20/tsp
Celery	Stop and Shop	\$2/bunch	.16 per stalk
Cheddar Cheese	Stop and Shop	2.50/8 oz.	.31/oz.
Cheddar Cheese, Kerrygold	Costco	5.95/lb.	.37/oz. 1/2 cup grated
Cherries	Stop and Shop	3.99/lb	
Chia seeds	Costco	7.00/lb.	.16/tbs.
Chicken Breast	Stop and Shop	2.99/lb	2.99/lb.
Chicken Broth	Homemade	1.10/10 cups	.11/cup
Chicken, Whole	Stop and Shop	1.69/lb.	
Chicken, Whole (organic)	Costco	2.49/lb.	
Chickpeas	Stop and Shop	1.00/bag	.17 per cup cooked
Chili Peppers, Diced	Trader Joes	.79/4oz.	.79/4 oz.
Chili Powder	Stop and Shop	2.50/2.5 oz.	.10/tsp
Chipotles in Adobo	Amazon	14.22/42 oz.	.06/tsp.
Chocolate, Baker's	Stop and Shop	2.00/8 oz.	.25/oz.

Cinnamon	Aldi	.99/4.25 oz.	.02/tsp.
Cocoa Powder	Trader Joes	1.99/9 oz.	.22/oz. (.88/cup)
Coconut	Whole Foods	3.49/5 cups	.80/cup
Coconut Milk	Whole Foods	3.19/1.75 cups	
Coconut Oil	Trader Joes	5.99/16 oz.	.17/tbs. (2.72/cup)
Corn	Trader Joes	1.29/16 oz.	1.29/16 oz.
Corn Cob	Farm Share	5.00/12	.42 each
Corn Meal (Arrowhead Mills)	Amazon	\$3/32 ounces	.35/cup
Corn tortillas	Trader Joes	1.49/11 ounces (12 torts)	.12 each
Cow's Milk	Various	2.99/gallon	.19/cup
Cranberries	Various	2.50/12 ounces	.83/cup
Cucumber	Farm Share	1.50/lb	.75/cucumber
Cumin	Stop and Shop		.10/tsp.
Dates	Trader Joes	4.49/lb.	.20/date
Dried Cranberries	Trader Joes	1.99/8 oz.	.40/quarter cup
Eggs (cage-free)	Trader Joes	2.99/dozen	.25/egg
Eggplant	Farm Share	1.50/lb.	
Fresh Herbs	Farm Share	\$1/bunch	.12/tbs.
Garlic	Farm Share		.10 per clove
GF Flour Mix	Whole Foods	7.50/10 cups	.75/cup
Ghee	Homemade	1.50/cup	.09/tbs.
Ginger	Stop and Shop	1.99/1.5 oz.	.18/tsp.
Green Beans	Farm Share	2.00/lb.	
Ham	Stop and Shop	5.99/lb.	5.99/lb.
Honey	Roche Bros.	6.99/32 oz.	2.40/cup (.15/tbs.)
Kalamata Olives	Stop and Shop	4.00/8 oz.	.50/ounce
Kale	Farm Share	1.50/bunch	.25/cup chopped
Kombu	Whole Foods		.25/1x2 inch piece
Leeks	Stop and Shop	1.99/bunch	
Lemon	Stop and Shop	2.99/9 pack	.33/lemon
Lentils	Stop and Shop	1.39/lb.	.46/cup
Lettuce	Farm Share	1.50/bunch	.25/cup chopped
Lime	Stop and Shop	.50/each	.50/each
Mango, Frozen	Trader Joes	2.69/24 oz.	5 cups/package
Maple Syrup	Vermont Farm	41.00/gallon	2.56/cup (.16/tbs.)
Mayonnaise	Trader Joes	3.49/16 oz.	.22/oz.
Mushrooms	Stop and Shop	1.67/package	
Nutmeg	Aldi	1.99/1.5 oz.	.13/tsp.
Oats	Whole Foods	1.49/lb.	.14/cup
Olive Oil	Roche Bros.	12.99/101 oz.	.13/oz.
Onion	Stop and Shop	1.49/lb.	.75/onion
Onion Powder	Stop and Shop	3.49/2.62 oz.	.15/tsp.
Oranges	Stop and Shop	\$1 each	\$1 each
Orange Juice	Stop and Shop	3.99/59 oz.	.57/cup

Oregano	Trader Joes	1.99/4.5 oz.	
Paprika	Trader Joes	1.99/1.6 oz.	.13/tsp.
Parmesan	Stop and Shop	8.99/lb	.14/tbs.
Pasta, Whole Grain	Target	1.04/13.25 oz.	.26/cup
Peas	Trader Joes	1.29/package	.26 per 2/3 cup
Pear	Stop and Shop	1.49/lb.	.75 each
Peaches	Stop and Shop	.99/lb.	
Peanut Butter	Trader Joes	2.79/18 oz.	.16/oz.
Peanuts	Trader Joes	3.29/lb.	.82/cup
Pepper, Green	Stop and Shop		\$.99/pepper
Pepper, Red	Stop and Shop		1.50/pepper
Pineapple	Stop and Shop	1.00/28 oz. can	.50/cup
Pomegranate Seeds	Stop and Shop	1 cup/12 tbs.	2.50 each
Popcorn Kernels, Organic	Stop and Shop	2.66/28 oz.	1.30/lb. (.65/cup)
Potatoes	Stop and Shop	3.99/5 lb.	.80/lb.
Potatoes	Farm Share	1.00/lb.	
Pumpkin Puree	Roche Bros.	1.19/15 ounce can	.60/cup
Quinoa, organic	Costco	3.37/lb.	.84/dry cup
Radishes	Farm Share	\$1/bunch	.12 each
Raisins, Organic	Costco	7.99/4 lbs.	.17 per 1/4 cup
Raspberries	Stop and Shop	1.99 per 1/2 pint	1.33 per cup
Rhubarb	Stop and Shop	2.99/lb	
Rice Milk	Trader Joes	2.99/64 oz.	.36/cup
Rice Vinegar	Stop and Shop	2.99/12 oz.	.12/tbs.
Salt	Stop and Shop	2.50/26 oz.	.01/tsp.
Sausage, Nature's Promise	Stop and Shop	3.99/lb.	5 links
Scallions	Stop and Shop	.99/bunch of 8	.12 each
Sesame Oil	Whole Foods	7.99/container	.25/tbs.
Sesame Seeds	Stop and Shop	8 oz/6.49 (online)	.17/tbs.
Shallot	Stop and Shop	.59 each	.15/tbs.
Shortening	Whole Foods	6.99/24 oz.	2.33/cup
Soy Sauce (GF)	Whole Foods	2.79/10 oz.	.14/tbs.
Split Peas	Stop and Shop	1.09/lb.	1.09/lb.
Squash	Stop and Shop		.79/lb
Strawberries	Stop and Shop	2.00/4 cups	.50/cup
Sunflower Seeds	Trader Joes	1.99/lb.	
Sweet Potatoes	Farm Share	1.00/lb.	
Taco Shells	Trader Joes	1.99/12	.17 each
Tapioca Flour	Whole Foods	2.69/lb (5 cups)	.54/cup
Tomatillo Salsa	Trader Joes		.09/tbs
Tomato Paste	Stop and Shop	.50/can (10 tbs.)	.05/tbs.
Tomato Sauce	Stop and Shop	.50/8oz.	
Tomatoes, Roma	Stop and Shop		.50 each
Tomatoes	Farm Share	\$1.50/lb.	

Turkey Breast, Ground	Trader Joes	4.99/lb.	4.99/lb.
Vanilla	Stop and Shop	1.99/1 oz.	.10/tsp.
Vanilla, Homemade	Homemade	.49/oz.	.02/tsp.
Vinegar, Balsamic	Stop and Shop	3.19/8.5 ounces (.17 tbs)	.19/tbs.
Vinegar, White	Stop and Shop	2.99/gallon	.48/cup (.03/T)
Walnuts	Trader Joes	7.49/16 oz.	.50/.25 cup
Watermelon	Farm Share	.50/lb.	.50/3.2 cups
Whole Wheat Bread	Homemade	1.75/loaf	.12/slice
Whole Wheat Flour	Trader Joes	2.99/5 lb.	.15/cup
Xanthan Gum	Stop and Shop	9.99/8 oz.	.20/tsp.
Yeast	Stop and Shop	.59 each	.59/3 tbs.
Yogurt	Homemade	.96/2 cups	.48/cup