

<b>Phase 1 Food</b>	<b>Mostly Organic</b>	<b>Super Markets</b>
avocados	\$1.48	\$1.48
bell pepper	\$0.70	\$1.64
berries - strawberries	\$3.99	\$2.98
black olives - sliced	\$1.19	\$1.12
butter	\$2.89	\$2.68
carrots - 2lb bag	\$2.39	\$1.28
chicken - 1.17 lbs	\$7.01	\$4.18
coconut milk	\$3.98	\$4.28
cucumber	\$0.95	\$0.78
eggs	\$2.89	\$4.08 (org)/ \$1.38
frozen fruit	\$8.58	\$7.98
frozen veggies	\$2.69	\$1.28
green apples	\$2.05	\$1.62
ground beef - 1lb	\$6.89	\$2.48
lemons	\$0.49	\$0.49
limes	\$0.66	\$0.20
nuts - almonds	\$2.99	\$2.72
onion	\$0.74	\$0.56
pesto	\$3.50	\$4.48
quinoa	\$4.15	\$4.94
romaine lettuce	\$1.00	\$1.99
salsa	\$2.99	\$3.62
spinach	\$1.99	\$2.18
tomatoes	\$2.99	\$1.42
tuna	\$2.98	\$1.28
veggie broth	\$1.99	\$2.98
yogurt	\$3.49	\$3.48
Bag Credit	\$(0.10)	
<b>TOTAL (unavailable items excluded)</b>	<b>\$77.54</b>	<b>\$64.12</b>
creamy buckwheat	\$3.19	N/A
stevia - liquid	\$10.59	N/A: powdered stevia
<b>TOTAL</b>	<b>\$91.32</b>	<b>\$64.12</b>
<i>Green Highlight = lower price</i>		
<b>Conclusion:</b>		
*Buying mostly organic is only \$12.04 higher than supermarkets, comparing available Phase 1 items		
*People can eat Phase 1 even if they only have supermarkets in town		
*Even shopping at health food stores you can eat Phase 1 on a budget		
*Prices will vary depending on city and local sales		
*Packaged items chosen at supermarkets were Phase 1 friendly		



