

Life Force Buying Club

Price Comparison List

May 28...all organic

ITEM	YOUR PRICE	MARKET PRICE
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Ambrosia Apple	1.59 lb	1.79 lb
Jazz Apple	2.09 lb	2.49 lb
Pink Lady Apple	1.69 lb	1.89 lb
Avocado 60 ct	1.19 ea	1.49 e
Banana	1.19 lb	1.39 lb
Blueberries	5.29 pt	6.19 pt
Strawberries	5.69 lb	5.99 lb
Cantaloupe	1.09 lb	1.29 lb
Medjool Dates	5.39 lb	6.39 lb
Star Ruby Grapefruit	1.89 lb	2.19 lb
Lemons	1.79 lb	2.09 lb
Altaulfo Mango	1.39 ea	1.69 e
Tommy Atkins Mango	1.89 ea	2.19 e
Blood Orange	2.89 lb	3.39 lb
Cara Cara Orange	2.69 lb	2.99 lb
Heritage Navel	2.09 lb	2.49 lb
Valencia Orange	1.19 lb	1.39 lb
Peaches	3.09 lb	3.59 lb
Durondeau Pear	1.99 lb	2.29 lb
Pineapple	1.89 lb	2.09 lb
Bio-dyn Raisins	4.19 lb	4.89 lb
Pixie Tangerine	2.99 lb	3.49 lb
Seeded Watermelon	.99 lb	1.19 lb

Asparagus	6.29 lb	
Green Beans	3.29 lb	3.79 lb
Broccoli	2.69 lb	3.09 lb
Brussels Sprouts	4.29 lb	4.99 lb
Green Cabbage	1.59 lb	1.89 lb
Red Cabbage	1.79 lb	2.09 lb
Carrots	1.49 lb	1.79 lb
Cauliflower	2.19 lb	2.59 lb
Celery	1.19 lb	1.39 lb
Cucumber	1.19 lb	1.39 lb
Peeled Garlic	8.99 lb	9.99 lb
Crimini Mushroom	4.19 lb	5.39 lb
Red Onion	1.59 lb	1.79 lb
Vadalia Onion	1.59 lb	1.79 lb
Snap Peas	5.59 lb	5.59 lb

Snow Peas	5.29 lb	6.29 lb
Green Peppers	3.49 lb	3.99 lb
Jalapeno Peppers	5.29 lb	6.69 lb
Red Potato	1.29 lb	1.49 lb
5#	6.00 ea	6.49 ea
Russet Potato	1.29 lb	1.49 lb
Yellow Potatoes #2	.89 lb	1.19 lb
Sweet Potato	2.29 lb	2.69 lb
Romaine Hearts	3.19 ea	3.69 e
Baby Spinach	6.09 lb	7.19 lb
Spring Mix	6.99 lb	7.99 lb
Butternut	2.09 lb	2.39 lb
Delicata Squash	2.49 lb	2.89 lb
Zucchini Squash	1.89 lb	2.19 lb
Slicing Tomatoes	3.89 lb	4.59 lb
Turmeric	14.39 lb	16.89 lb

Eggs	4.39 doz	
Butter	7.59 lb	
Sprouted Bread	3.95 lb	
Sprouted Buns	4.19 lb	
Blue Corn Chips	5.09 lb	
Red Hot Blue Chips	4.09 lb	
Yellow Corn Chips	6.09 lb	
Honey	10.00 pt	
Maple Syrup	11.95 pt	
8 oz Cream	2.59 ea	
16 oz Cream	4.69 ea	
32 oz Cream	6.59 ea	
12 oz Sour Cream	2.59 ea	
Whole Milk Kalona1/2g	4.99 ea	
5% Yogurt 24 oz	4.19 ea	
Sharp Cheddar	7.44 lb	
Colby Jack 8oz	4.99 ea	
Whole Milk Mozz	4.99 lb	
Parmesan	5.59 lb	
Sprouted Tofu	2.99 ea	
Rolled Oats	1.69 lb	
Whole Wheat Flour	1.00 lb	
Heritage White Flour	1.50 lb	
Tahini	8.95 lb	
Coconut Milk	4.09 ea	
Virgin Coconut Oil	8.00 pt	
Ex-Virgin Olive Oil	7.00 pt	
High Oleic Sunflower Oil	4.00 pt	