

Life Force Buying Club Price Comparison List July 16...all organic

ITEM YOUR PRICE MARKET PRICE

Jazz Apple	2.29 lb	2.69 lb
Pink Lady Apple	2.09 lb	2.49 lb
Avocado 70 ct	1.19 ea	1.49 e
Banana	1.19 lb	1.39 lb
Blueberries	5.49 lb	6.19 lb
Strawberries	5.19 lb	5.49 lb
Cantaloupe	1.09 lb	1.29 lb
Galia Melon	2.39 lb	
Rainier Cherries	8.59 lb	
Medjool Dates	5.39 lb	6.39 lb
Red Grapes	3.39 lb	3.89 lb
Ruby Grapefruit	2.09 lb	2.49 lb
Lemons	1.99 lb	2.39 lb
Limes	1.79 lb	2.59 lb
Altaulfo Mango	1.39 ea	1.69 e
Tommy Atkins Mango	1.89 ea	2.19 e
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	1.29 ea	
Pineapple	1.69 lb	1.99 lb
Santa Rosa Plums	6.09 lb	
Pluots	2.39 lb	2.89 lb
Bio-dyn Raisins	4.19 lb	4.89 lb
Pixie Tangerine	2.99 lb	3.49 lb
Seeded Watermelon	2.29 lb	

Green Beans	3.29 lb	3.79 lb
Red Beets	1.99 lb	2.39 lb
Broccoli	2.99 lb	3.49 lb
Brussels Sprouts	4.29 lb	4.99 lb
Local Green Cabbage	1.09 lb	1.39 lb
Red Cabbage	1.79 lb	2.09 lb
Carrots	1.49 lb	1.79 lb
Cauliflower	1.89 lb	2.29 lb
Celery	1.19 lb	1.39 lb
Cucumber	2.09 lb	2.49 lb
Fresh 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
Walla Walla Onion	1.69 lb	1.89 lb
Snap Peas	5.59 lb	5.59 lb
Green Peppers	3.69 lb	3.99 lb
Jalapeno Peppers	5.29 lb	6.69 lb
Russet Potato	1.29 lb	1.49 lb
Yellow Potatoes	1.59 lb	1.79 lb
Sweet Potato	2.29 lb	2.69 lb
Baby Spinach	6.09 lb	7.19 lb
Spring Mix	6.99 lb	7.99 lb
Butternut	2.09 lb	2.39 lb
Zucchini Squash	2.09 lb	2.49 lb
Rainbow Cherry Toms	3.39 ea	
Slicing Tomatoes	4.29 lb	4.59 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	8.99 ea
12 oz Sour Cream	2.59 ea
Whole Milk Kalona 1/2g	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