

Life Force Buying Club

Price Comparison List

July 9...all organic

ITEM	YOUR PRICE	MARKET PRICE
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Granny Smith Apple	1.79 lb	2.09 lb
Jazz Apple	2.29 lb	2.69 lb
Pink Lady Apple	2.09 lb	2.49 lb
Avocado 70 ct	1.29 ea	1.49 e
Banana	1.09 lb	1.29 lb
Blueberries	4.89 pt	5.39 pt
Strawberries	4.39 lb	4.69 lb
Cantaloupe	1.19 lb	1.39 lb
Medjool Dates	5.39 lb	6.39 lb
Red Grapes	2.09 lb	2.49 lb
Ruby Grapefruit	2.09 lb	2.49 lb
Lemons	2.29 lb	2.59 lb
Limes	1.79 lb	2.09 lb
Satsuma Mandarins	2.79 lb	3.19 lb
Altaulfo Mango	1.29 ea	1.49 e
Tommy Atkins Mango	1.29 ea	1.49 e
Yellow Nectarines	1.19 ea	
Cara Cara Orange	2.59 lb	2.99 lb
Heritage Navel	2.09 lb	2.49 lb
Valencia Orange	1.79 lb	2.09 lb
Yellow Peaches	.99 ea	
Durondeau Pear	1.99 lb	2.29 lb
Pineapple	1.69 lb	1.99 lb
Pluots	2.39 lb	2.89 lb
Bio-dyn Raisins	4.19 lb	4.89 lb
Pixie Tangerine	2.69 lb	3.09 lb
Seedless Watermelon	1.59 lb	

Baby Arugula	6.69 lb	7.79 lb
Green Beans	2.79 lb	3.19 lb
Red Beets	1.99 lb	2.39 lb
Broccoli	2.99 lb	3.39 lb
Brussels Sprouts	5.59 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	3.29 lb	
Celery	1.19 lb	1.39 lb
Cucumber	1.69 lb	1.89 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
Yellow Onion	1.29 lb	1.49 lb
Vadalia Onion	1.59 lb	1.79 lb
Walla Walla Onion	1.69 lb	1.99 lb
Local Snap Peas	5.49 lb	6.39 lb
Green Peppers	3.69 lb	3.99 lb
Jalapeno Peppers	5.29 lb	6.69 lb
Red Peppers	3.29 lb	3.79 lb
Russet Potato	1.19 lb	1.49 lb
5#	5.00 ea	6.00 e
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
Local Zucchini Squash	2.69 lb	3.09 lb
Rainbow Cherry Toms	3.39 ea	
Slicing Tomatoes	3.79 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 16 oz	11.95
8 oz	6.95
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
Gallon	6.99 ea
5% Yogurt 24 oz	4.19 ea
Mild Cheddar 8oz	4.99 ea
Sharp Cheddar	7.44 lb
Colby Jack 8oz	4.99 ea
Whole Milk Mozz	5.39 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
Wisco Pop	2.39 ea
Wisco Sparkling Water	1.39 ea
Buhl Water	1.00 ea
Coconut Water small	2.19 ea
Coconut Water lg can	2.69 ea
Virgil's Pop	1.99 ea
Dean's Kombucha	3.89 ea
Superior Switchel	3.89 ea
All Pies	7.00 ea