

# Real Food

## BUDGET GROCERY PRICE LIST

FROM CRAFTYCOIN.COM



Many people think that eating real, whole foods is too expensive. I disagree! By sticking to this price list, I'm able to stay within my \$70 weekly grocery budget for two adults, all while buying healthy, natural food. If the product I want isn't this price or less, I won't buy it that week! I live in Chicago and understand that prices vary across cities, so my intent with this price list is to give you a starting point to help guide you as you seek out the best grocery deals in your area!

### THE MAXIMUM PRICE I'LL PAY FOR:

#### MEAT & DELI

- Chicken
  - Breast (boneless/skinless): \$2.99/lb
  - Legs: \$1.99/lb
  - Thighs: \$1.49/lb
  - Quarters: \$1.49/lb
  - Whole: \$1.19/lb
- Beef
  - Ground: \$2.99/lb
  - Steak: \$5.49/lb
- Pork
  - Chops: \$1.99/lb
  - Shoulder: \$2.49/lb
- Seafood
  - Shrimp: \$5.99/lb
  - Scallops: \$9.99/lb
- Chicken Sausage: \$3.99/12oz package
- Nitrate Free Bacon: \$3.99/lb
- Prosciutto: \$3.99/4oz (\$16/lb)

#### DAIRY & REFRIGERATED

- Eggs: \$1.79/dozen
- Grass Fed Butter: \$3.19/8oz or \$6.38/lb
- Grass Fed Cheese: \$5.99/lb
- Grass Fed Milk: \$4.59/half gallon
- Grass Fed Greek Yogurt: \$3.49/16oz
- Guacamole: \$3.99/lb
- Sprouted Bread (such as Ezekiel): \$4.29/20oz loaf

#### FRUITS

- Apples: \$.99/lb
- Bananas: \$.39/lb
- Berries
  - Strawberries: \$1.99/lb
  - Blueberries: \$1.99/pint
  - Raspberries: \$1.99/6oz
  - Blackberries: \$1.99/6oz
- Clementines: \$3.99/3lb
- Grapes: \$1.50/lb
- Lemons: \$.69 each
- Limes: \$.50 each
- Oranges: \$1.99/lb

#### VEGETABLES

- \$.99/lb for:
  - Broccoli
  - Cauliflower
  - Kale
  - Lettuce
  - Peppers, all varieties
  - Sweet Potatoes
  - Tomatoes, Roma/Vine/Beefsteak
  - Zucchini
- Asparagus: \$2.99/lb
- Avocados: \$1.25 each
- Carrots, Baby: \$1.00/16oz bag
- Carrots, Whole: \$.65/lb
- Celery: \$1.00/bunch
- Garlic: \$2.99/lb
- Ginger: \$3.99/lb
- Mushrooms: \$1.50/8oz container or \$3.00/lb
- Onions, Red: \$.89/lb
- Onions, Yellow: \$.69/lb
- Potatoes, Russet: \$.69/lb
- Spinach: \$2.25/8oz bag or \$4.50/lb
- Tomatoes, Grape/Cherry: \$2.00/pint or 10.5oz

BE SURE TO CHECK BACK ON [CRAFTYCOIN.COM](http://CRAFTYCOIN.COM) FOR THE MOST UP TO DATE LIST!

CURRENT AS OF 7/14/2015

## PANTRY

- Tuna (only tuna, salt, olive oil or water): \$1.49/can
- Salsa (no added sugar!): \$1.69/16oz jar
- Pasta Sauce (no added sugar!): \$2.99/26oz jar
- Tomato Sauce: \$.50/8 oz can
- Tomato Paste: \$.39/6oz can
- Tabasco Sauce: \$1.39/2oz
- Ketchup (real sugar, no HFCS): \$2.49/20oz bottle
- Mustard, Dijon: \$1.79/12oz
- Vinegar
  - White: \$.99/16oz
  - Apple Cider: \$.99/32oz
- Honey (raw): \$.30/oz (\$6.49/22oz)
- Maple Syrup (pure): \$.56/oz (\$4.50/8oz)
- Olive Oil
  - Extra Virgin: \$.23/oz (\$3.99/17oz bottle)
  - Extra Light Tasting: \$.26/oz (\$4.49/17oz bottle)
- Coconut Oil: \$.37/oz (\$5.99/16oz jar)
- Coconut Flour: \$2.99/lb
- Coconut Milk (full fat): \$1.99/14oz can
- Nuts, Almonds/Cashews/Pecans: \$4.99/lb
- Sunflower Seeds: \$1.99/lb
- Chia Seeds: \$.56/oz (\$2.99/5.3oz bag)
- Popcorn Kernels: \$1.99/lb
- Corn Tortillas: \$.39/12 pack
- Peanut Butter (natural, only peanuts & salt): \$2.99/16oz jar
- Chocolate Chips: \$2.29/12oz bag
- Unsweetened Cocoa Powder: \$.28/oz (\$2.49/9oz container)
- Oats: \$.05/oz (\$2.29/42oz container)
- Applesauce (natural, no sugar added): \$1.50/6 pack (24oz total)
- Larabar: \$1.39 each
- Seltzer Water: \$2.99/12 pack

**\*NOTE:** THESE ARE THE ITEMS I BUY REGULARLY AS PART OF WHAT I CONSIDER A CLEAN, UNPROCESSED DIET. MOST ITEMS ON THIS LIST ARE PALEO-FRIENDLY, WITH THE EXCEPTION OF THOSE THAT ARE ITALICIZED. GRASS FED BUTTER IS ACCEPTED BY MOST PALEO PEOPLE AS A GOOD SOURCE OF FAT. WHEN BUYING ANYTHING PACKAGED, I MAKE SURE TO READ THE INGREDIENT LABEL. IF THERE ARE ANY INGREDIENTS LISTED THAT I'M NOT FAMILIAR WITH, I WON'T BUY IT. I ALSO NEVER BUY ANYTHING WITH HIGH FRUCTOSE CORN SYRUP AKA HFCS (WHICH COINCIDENTALLY ELIMINATES MOST PROCESSED FOODS), AND I LIMIT PURCHASING ANYTHING WITH ADDED SUGARS, EVEN IF IT'S NATURAL.