

BargainBabe.com's Nitty Gritty Grocery List

August 2009

Meat	Stock up at this price or less.	Buy if you need up to this price. Otherwise wait.
Whole chicken	Up to \$.89/lb	\$1.29/lb
Pork chops	\$1.50/lb	\$2.00/lb
Ground turkey	\$2.50/lb	\$3.00/lb
Ground beef	\$1.00/lb-\$2.00/lb	\$2.00/lb-\$3.00/lb
Chicken breast	\$1.50/lb	\$2.00/lb
Dairy		
Milk (organic)	\$5.50/gal	\$6.00/gal
Milk (regular)	\$2/gal	\$2.50/gal
Eggs	\$1.50/doz	\$2.00/doz
Yogurt (32 oz)	\$2.50	\$3.50lb
Butter (4 sticks)	\$2.00	\$2.50
Staples		
Flour (5lb)	\$2.50	\$3.00
Sugar	\$.50/lb	\$.75/lb
Brown sugar (16 oz)	\$.89	\$1.19
Rice (white)		
Black beans (16 oz)	\$.79	\$.99
Walnuts	\$4.00/lb	\$5.00/lb
Cereal	\$1.50/box	\$2.00/box
Cranberry juice (64 oz)	\$2.50	\$3.00
Bread	\$2.00	\$2.50
Pasta	\$.99/lb	\$1.19/lb
Vegetables/Fruit		
Carrots	\$.59/lb	\$.79/lb
Potatoes (5 lb)	\$2.50	\$3.50
Lettuce		
Green peppers	\$.89/lb or \$.50 each	\$1.19/lb or \$1 each
Broccoli	\$1.00/bunch	\$1.49/bunch
Onions	\$.39/lb	\$.79/lb
Garlic	\$.50/head	\$.75/head
Apples	\$.99/lb	\$1.59/lb
Bananas	~\$.25 ea	~\$.50 ea

