Phase 1 Food	Mostly Organic	Super Markets
avocados	\$1.48	\$1.48
bell pepper	\$0.70	\$1.64
berries - strawberries	\$3.99	\$2.98
black olives - sliced	\$1.19	\$1.12
butter	\$2.89	\$2.68
carrots - 2lb bag	\$2.39	\$1.28
chicken - 1.17 lbs	\$7.01	\$4.18
coconut milk	\$3.98	\$4.28
cucumber	\$0.95	\$0.78
eggs	\$2.89	\$4.08 (org)/ \$1.38
frozen fruit	\$8.58	\$7.98
frozen veggies	\$2.69	\$1.28
green apples	\$2.05	\$1.62
ground beef - 1lb	\$6.89	\$2.48
lemons	\$0.49	\$0.49
limes	\$0.66	\$0.20
nuts - almonds	\$2.99	\$2.72
onion	\$0.74	\$0.56
pesto	\$3.50	\$4.48
quinoa	\$4.15	\$4.94
romaine lettuce	\$1.00	\$1.99
salsa	\$2.99	\$3.62
spinach	\$1.99	\$2.18
tomatoes	\$2.99	\$1.42
tuna	\$2.98	\$1.28
veggie broth	\$1.99	\$2.98
yogurt	\$3.49	\$3.48
Bag Credit	\$(0.10)	
<b>TOTAL</b> (unavailable items excluded)	\$77.54	\$64.12
creamy buckwheat	\$3.19	N/A
stevia - liquid	\$10.59	N/A: powdered stevia
TOTAL	\$91.32	\$64.12
Green Highlight = lower price		

## Conclusion:

\*Buying mostly organic is only \$12.04 higher than supermarkets, comparing available Phase 1 items

\*People can eat Phase 1 even if they only have supermarkets in town \*Even shopping at health food stores you can eat Phase 1 on a budget

\*Prices will vary depending on city and local sales
\*Packaged items chosen at supermarkets were Phase 1 friendly

BREAKFAST			
Frittata	oggs		
rritiata	eggs		
	veggies		
Scrambled Eggs and "Grit	eggs		
	creamy buckwheat		
<b>Creamy Berry Buckwheat</b>	creamy buckwheat		
	frozen berries		
	coconut milk		
	butter		
	stevia		
	CCCVIG		
Smoothie	frozen berries		
	coconut milk		
	yogurt		
	cninach		
	spinach		
	stevia		
LUNCH			
Dinner Leftovers			
Tuna Salad	veggies		
	spinach		
	lemon		
	olive oil		
Chicken Salad	chicken		
	yogurt		
	almonds		
	Apple Cider Vinegar		
	avocado/spinach		
	, ,		
Smoothie	frozen berries		
	coconut milk		
	yogurt		
	spinach		
	stevia		
	CCCVIG		
DIMMED			X
DINNER			

Taco Salad	beef		
raco Salaa	quinoa		
	spinach		
	olives		
	onion		
	tomatoes		
	avocado		
	salsa		
Pesto Quinoa	quinoa		
	veggie broth		
	chicken		
	pesto		
	frozen veggies		
Breakfast for Dinner	see breakfast optior	ns above	
SNACKS			
Apple & Nuts			
Smoothie			
<b>Popscicles from Smooth</b>	ie		
Yogurt, Fruit, Nuts			
			×