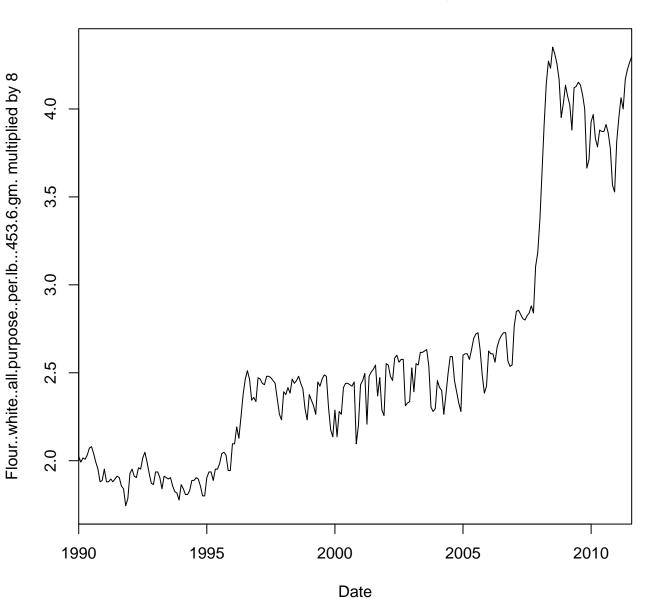
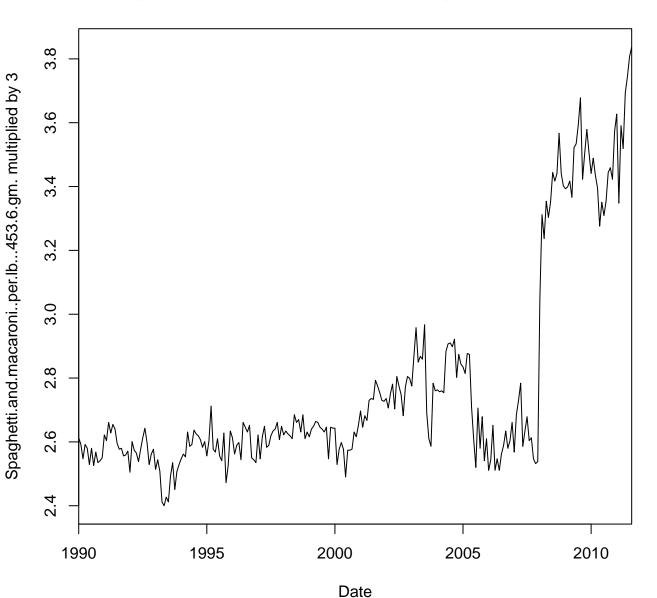
Flour..white..all.purpose..per.lb...453.6.gm. multiplied by 8

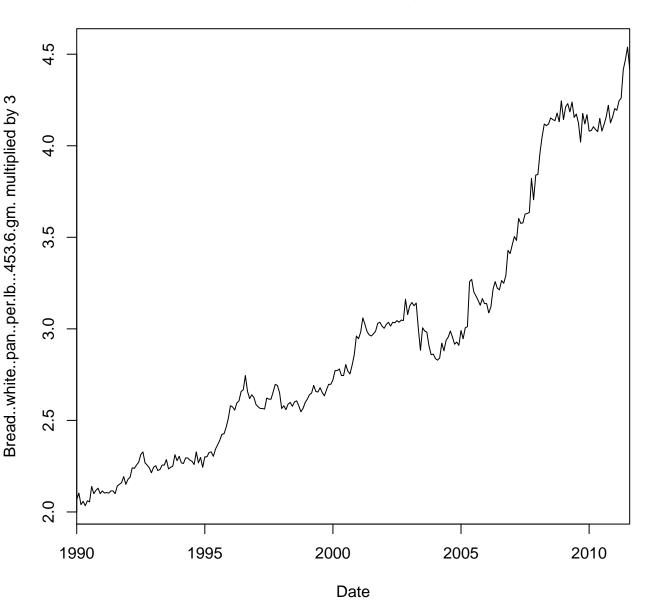




### Spaghetti.and.macaroni..per.lb...453.6.gm. multiplied by 3

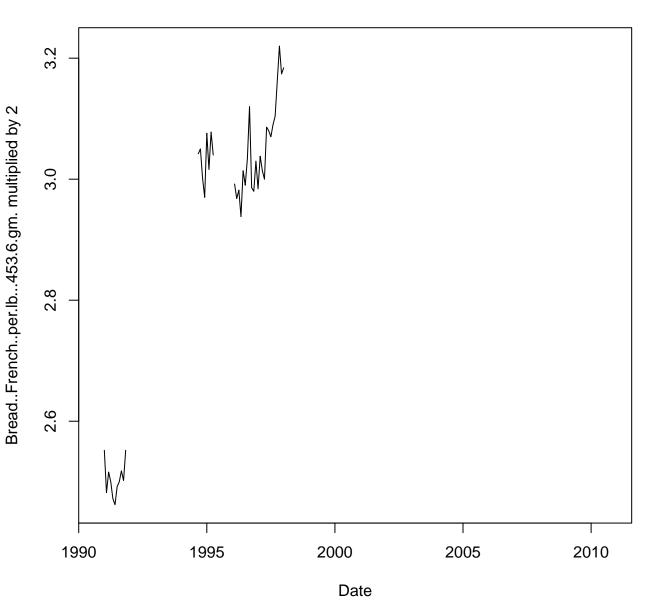


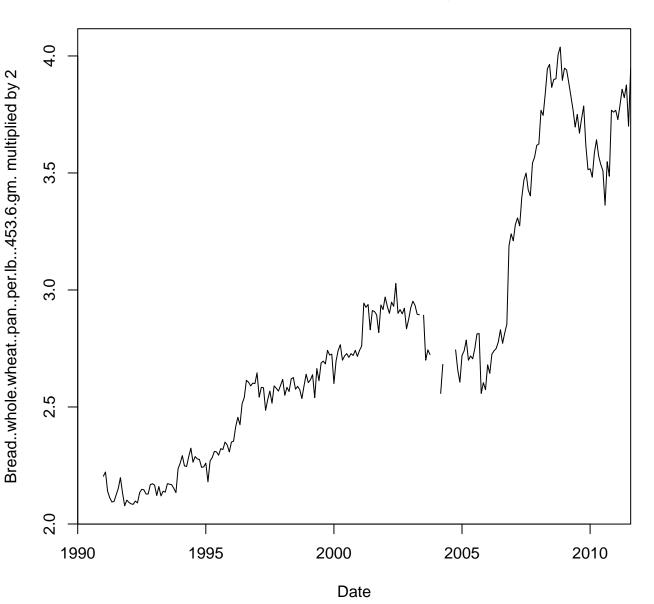
Bread..white..pan..per.lb...453.6.gm. multiplied by 3



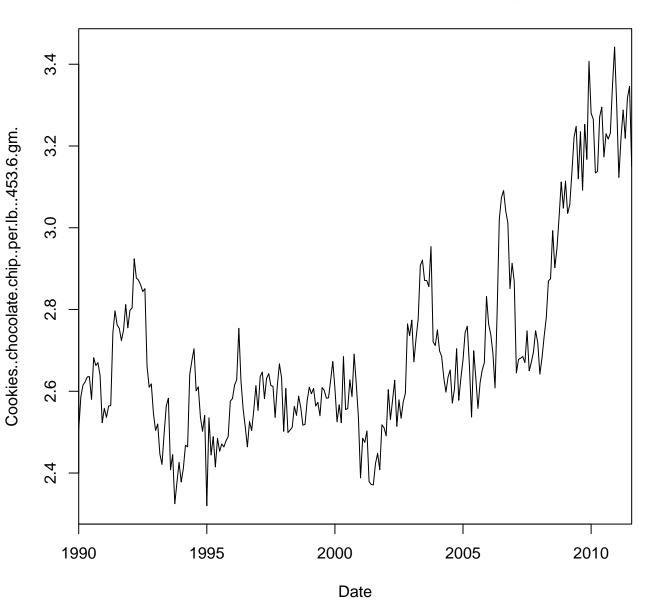
Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

Bread..French..per.lb...453.6.gm. multiplied by 2

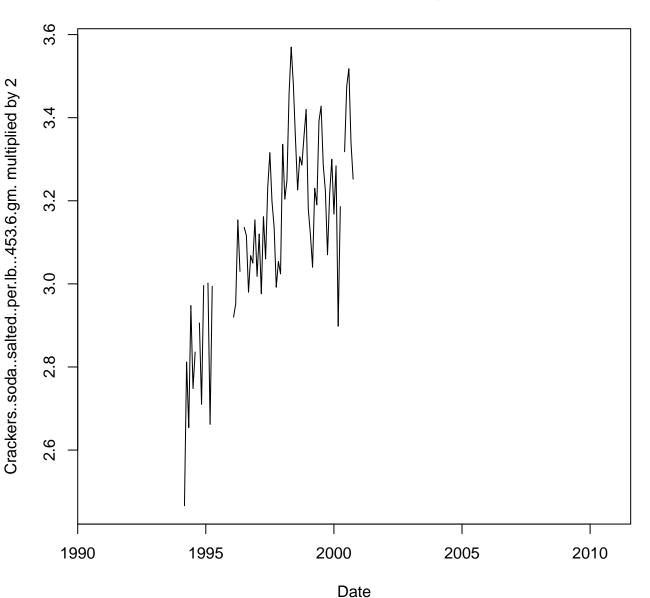




### Cookies..chocolate.chip..per.lb...453.6.gm.



### Crackers..soda..salted..per.lb...453.6.gm. multiplied by 2



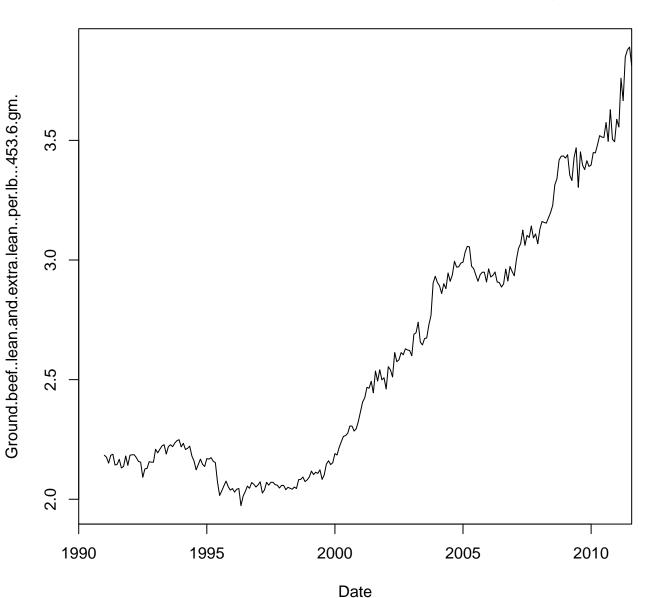
### Ground.chuck..100..beef..per.lb...453.6.gm.

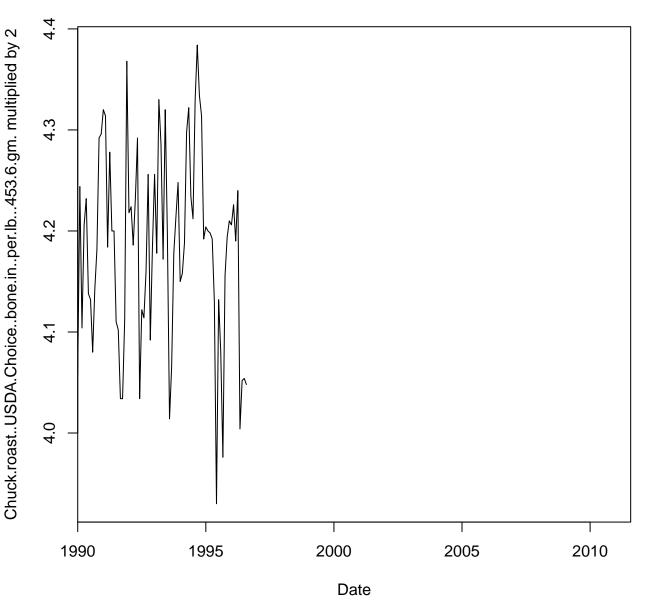


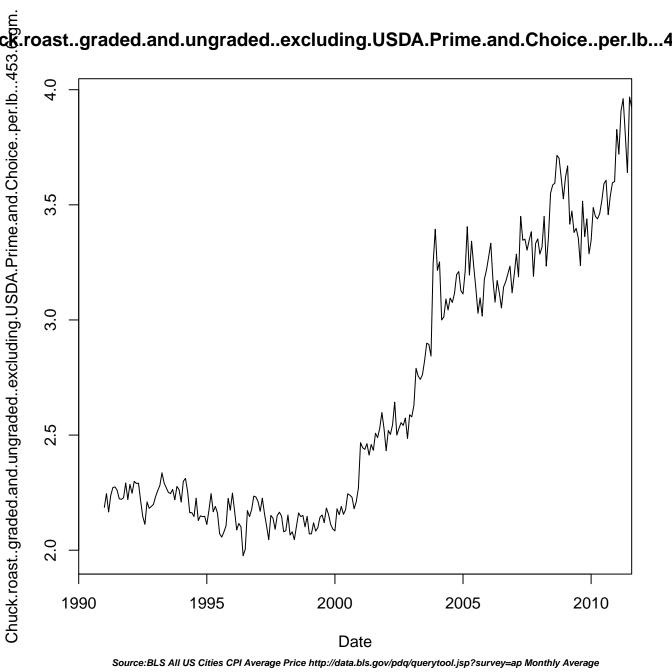
### Ground.beef..100..beef..per.lb...453.6.gm.



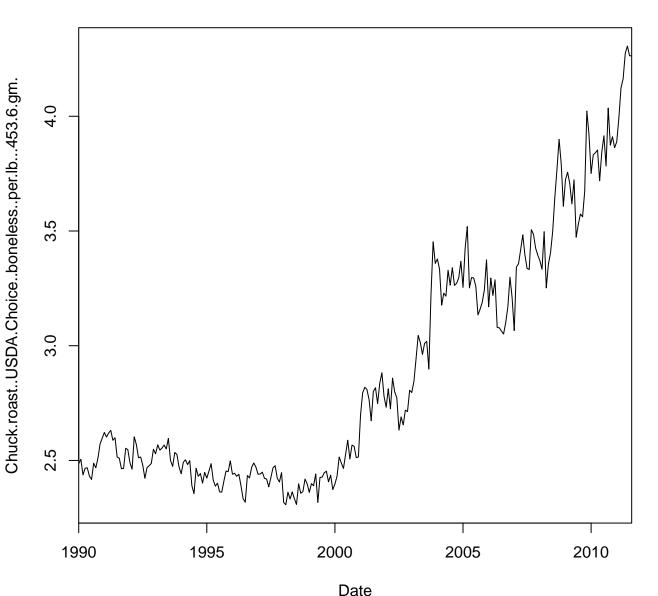
### Ground.beef..lean.and.extra.lean..per.lb...453.6.gm.



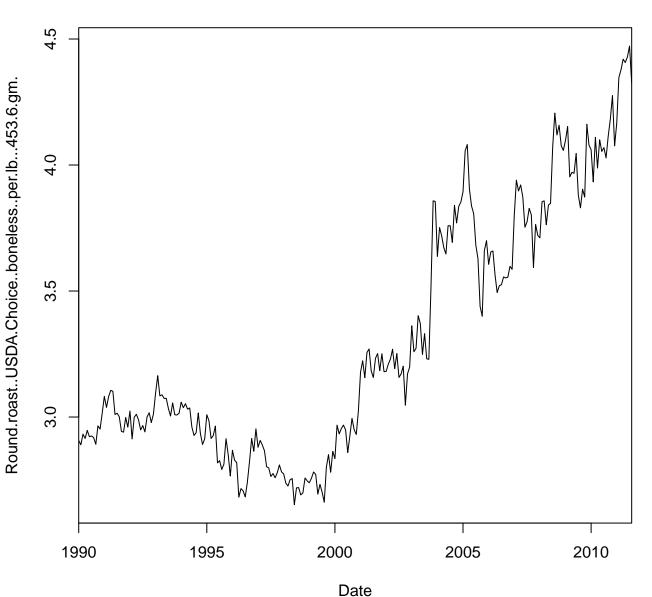


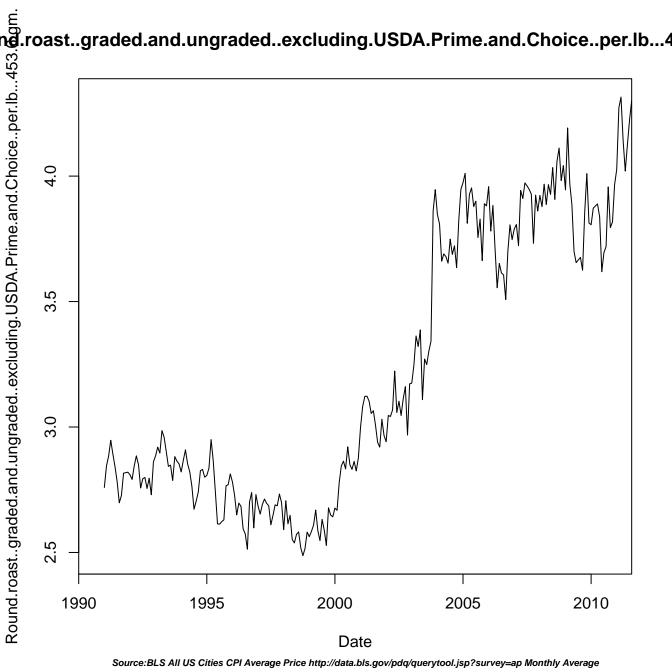


# Chuck.roast..USDA.Choice..boneless..per.lb...453.6.gm.

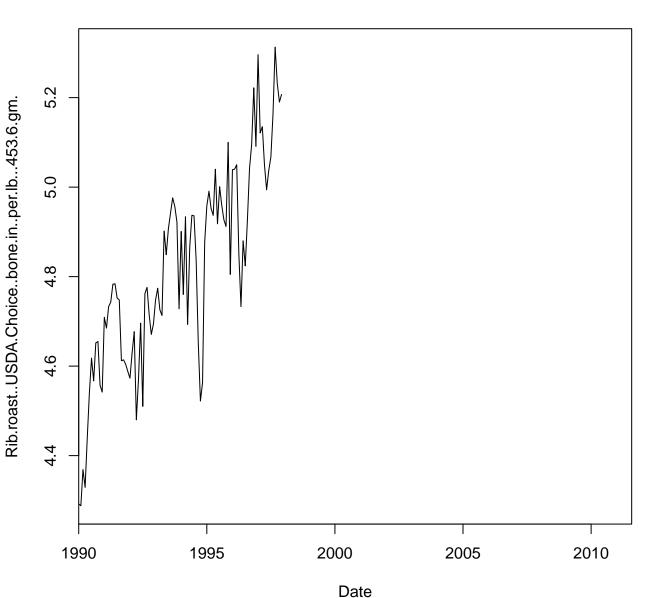


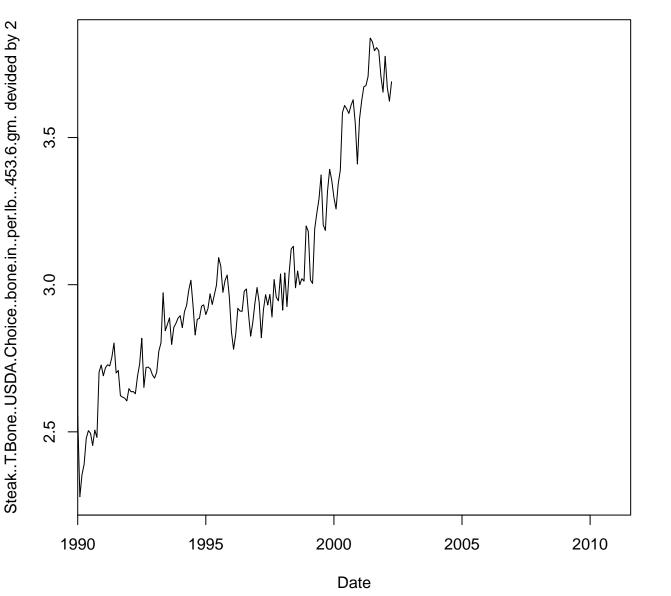
### Round.roast..USDA.Choice..boneless..per.lb...453.6.gm.

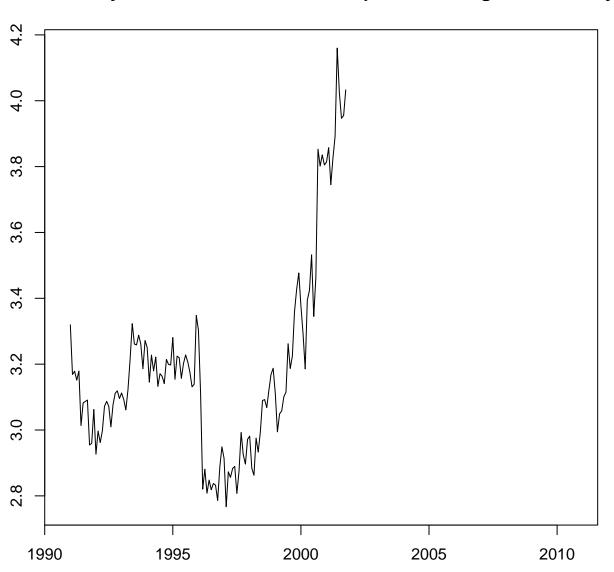




### Rib.roast..USDA.Choice..bone.in..per.lb...453.6.gm.

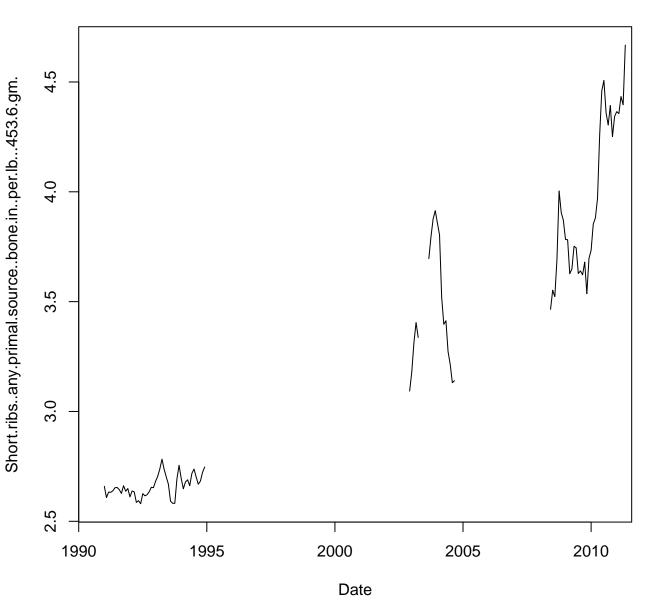




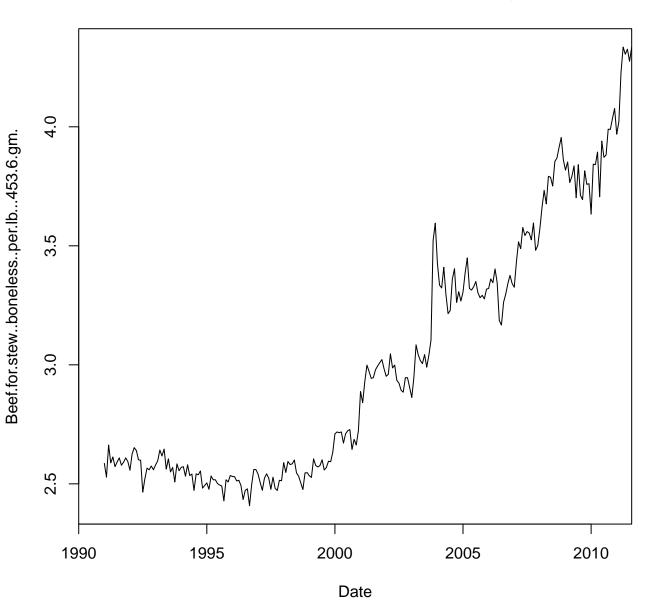


Steak..rib.eye..USDA.Choice..boneless..per.lb...453.6.gm. devided by 2

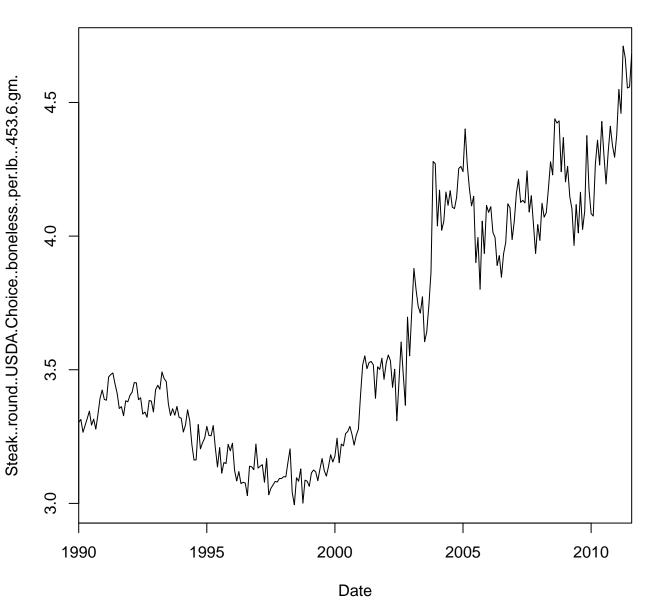
# Short.ribs..any.primal.source..bone.in..per.lb...453.6.gm.

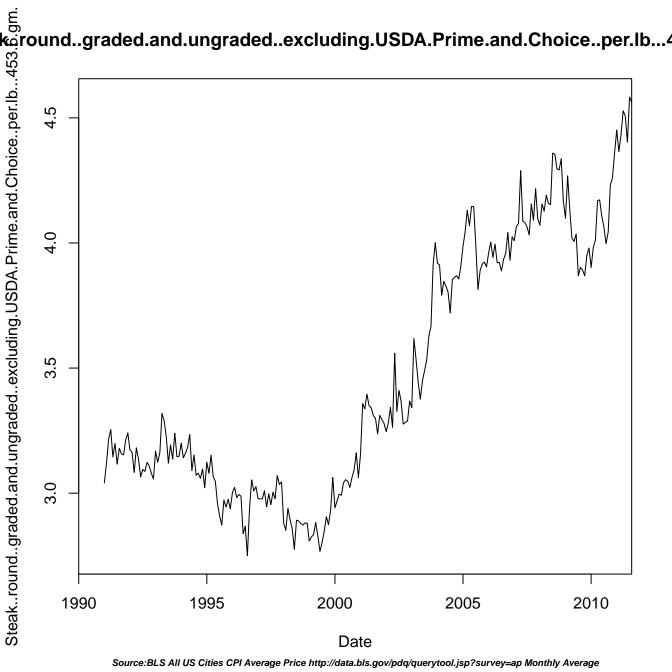


Beef.for.stew..boneless..per.lb...453.6.gm.

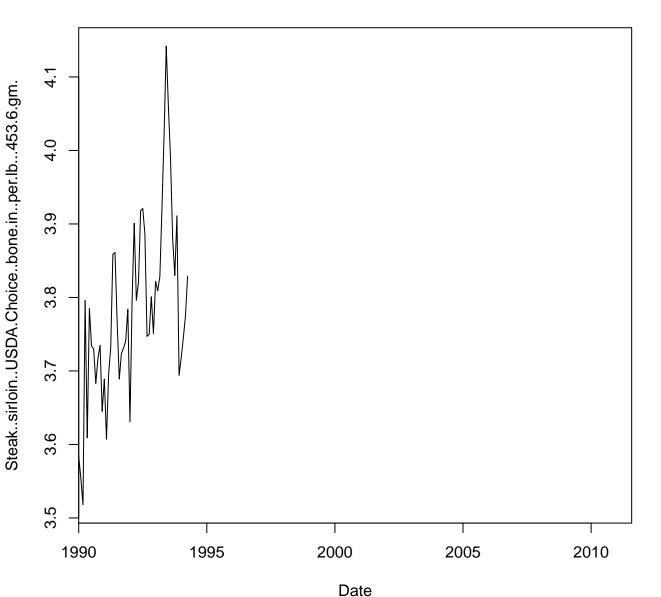


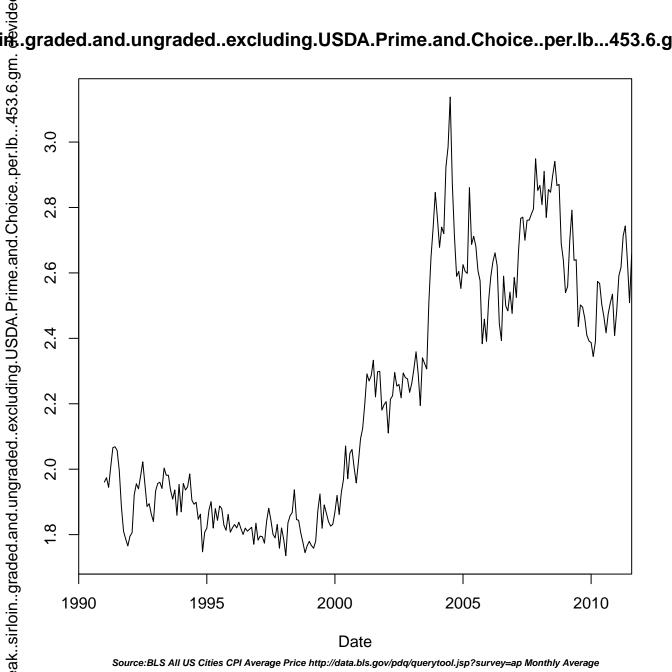
# Steak..round..USDA.Choice..boneless..per.lb...453.6.gm.

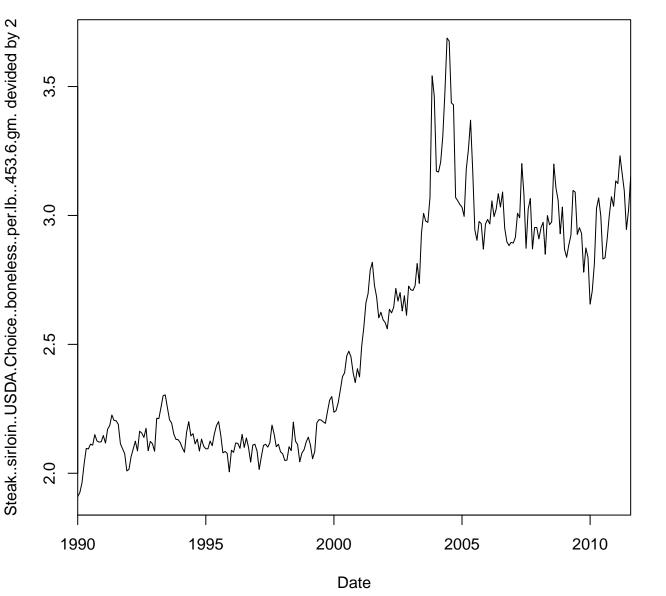




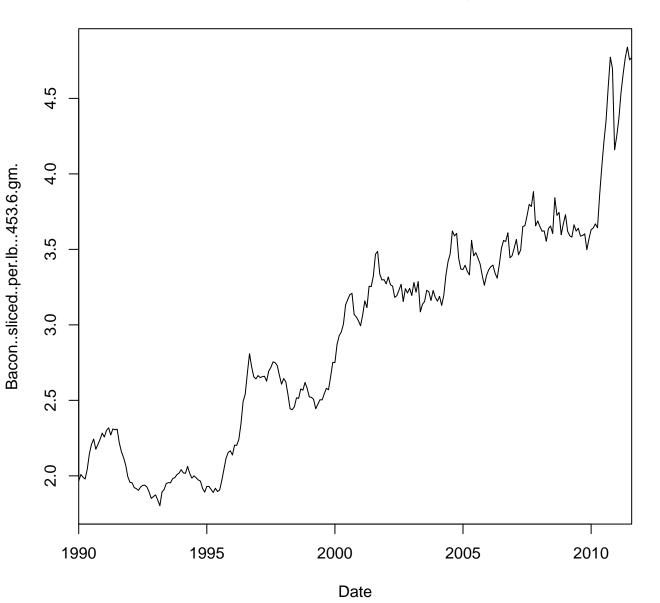
# Steak..sirloin..USDA.Choice..bone.in..per.lb...453.6.gm.



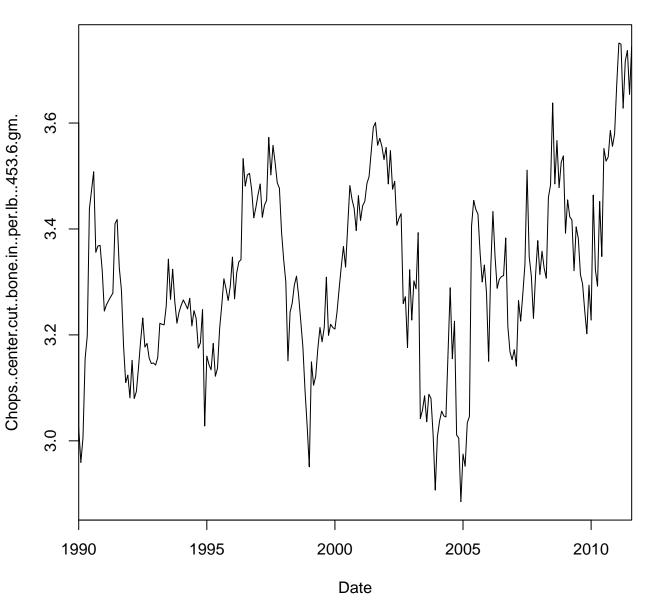




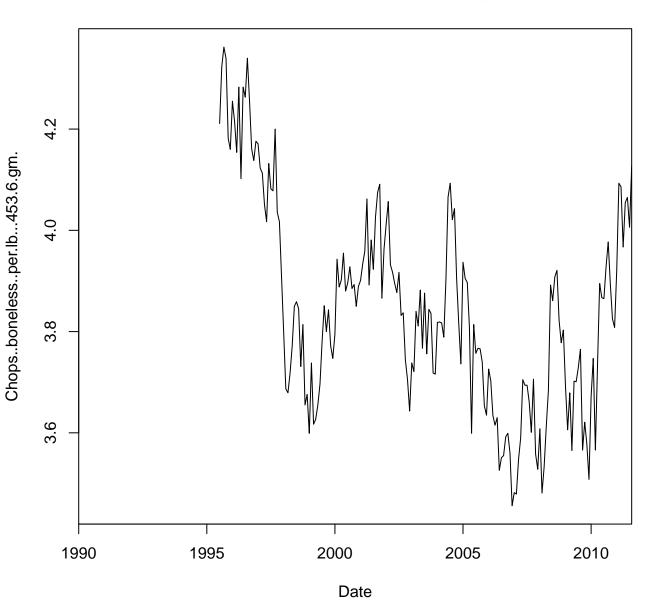
# Bacon..sliced..per.lb...453.6.gm.

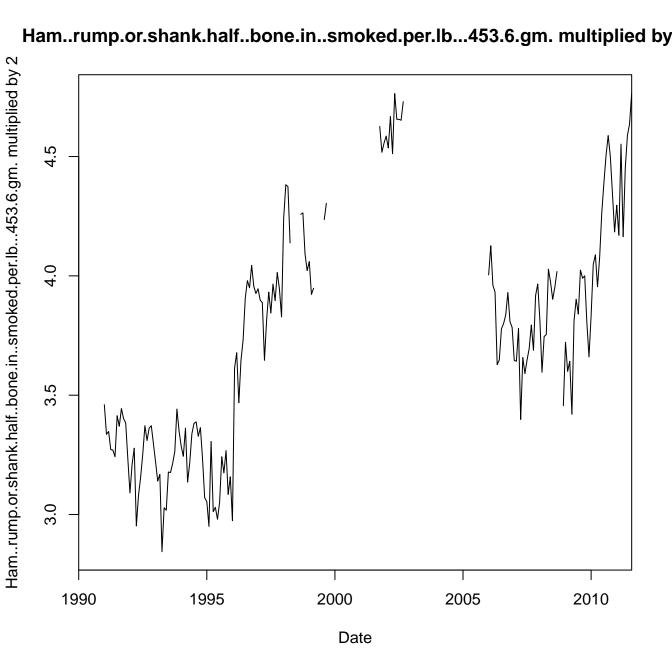


Chops..center.cut..bone.in..per.lb...453.6.gm.



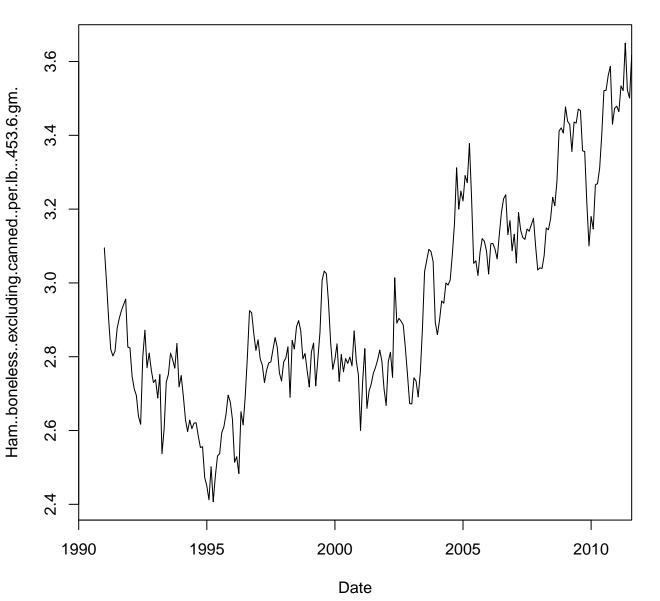
#### Chops..boneless..per.lb...453.6.gm.





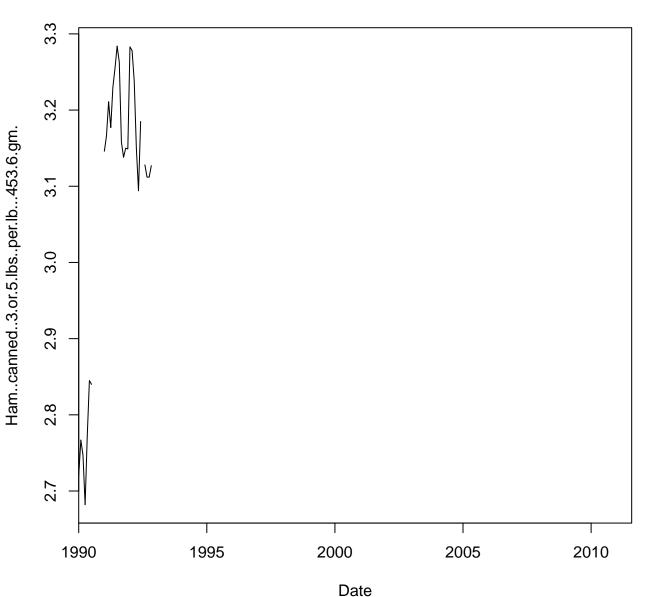
Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

# Ham..boneless..excluding.canned..per.lb...453.6.gm.

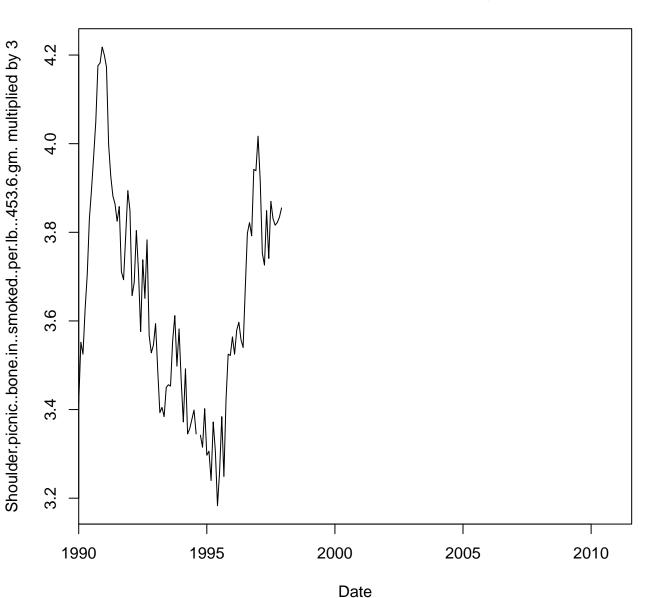


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

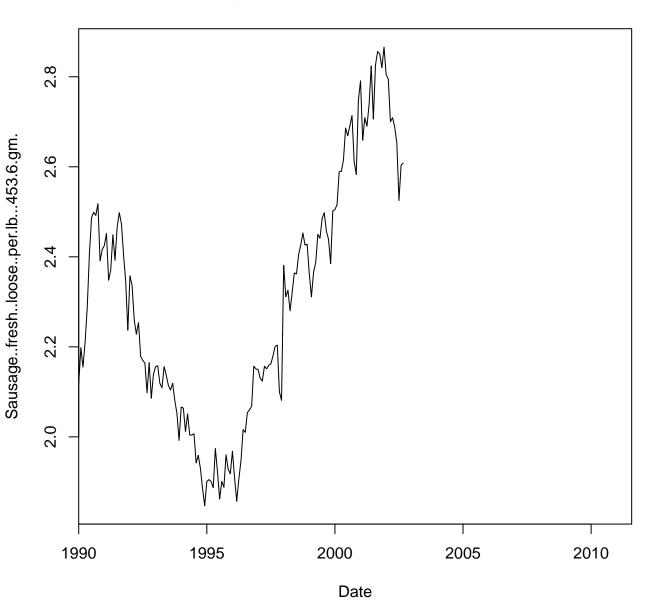
# Ham..canned..3.or.5.lbs..per.lb...453.6.gm.

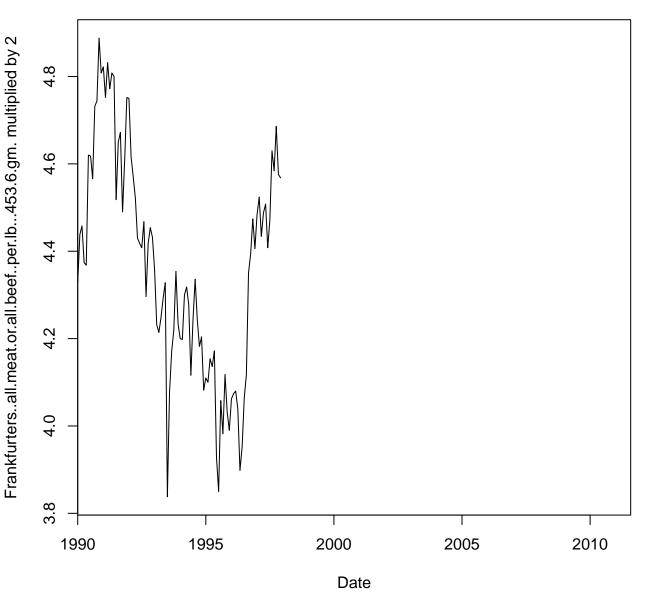


# Shoulder.picnic..bone.in..smoked..per.lb...453.6.gm. multiplied by 3

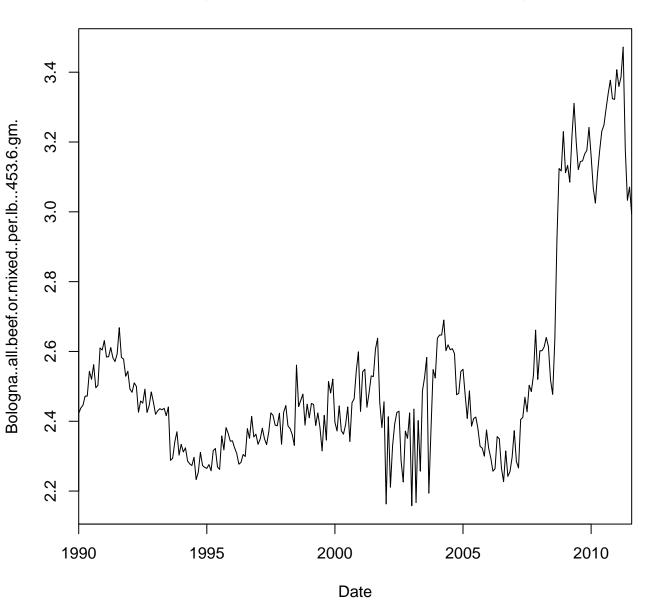


### Sausage..fresh..loose..per.lb...453.6.gm.

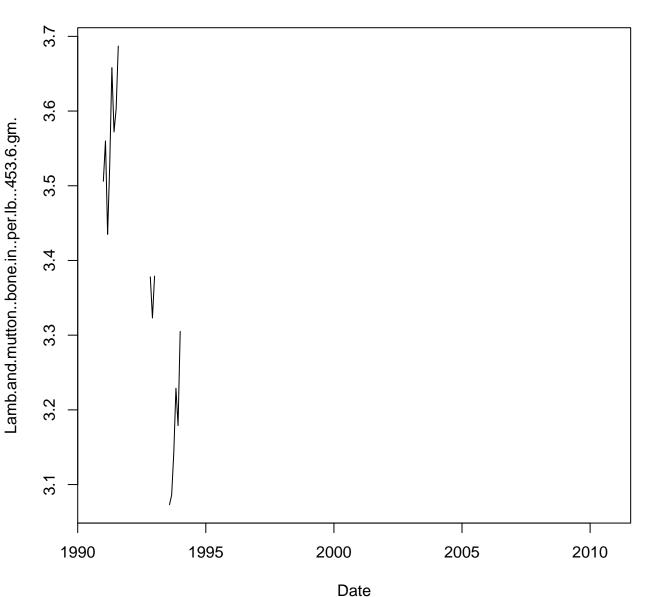




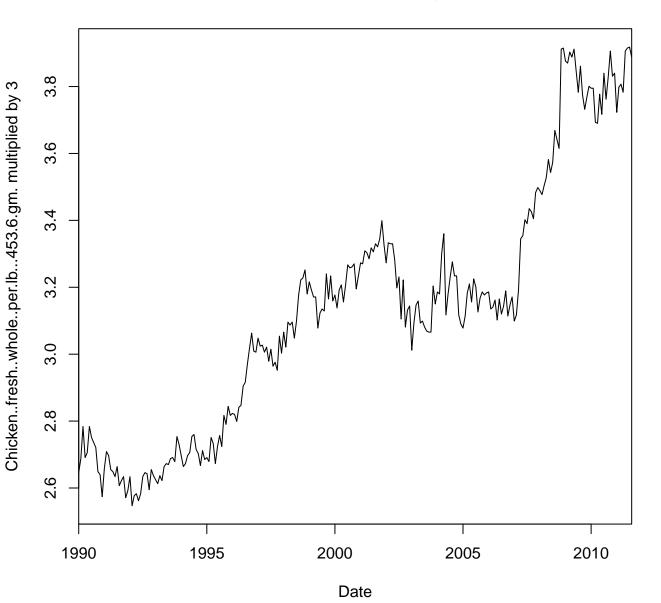
#### Bologna..all.beef.or.mixed..per.lb...453.6.gm.

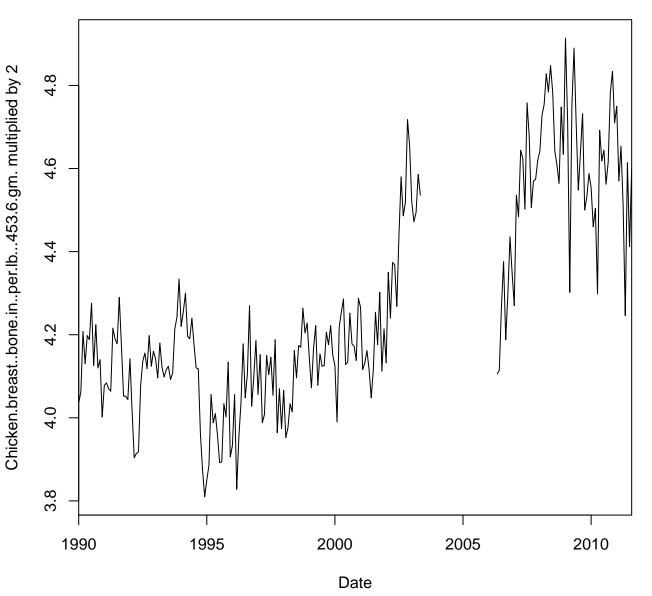


## Lamb.and.mutton..bone.in..per.lb...453.6.gm.

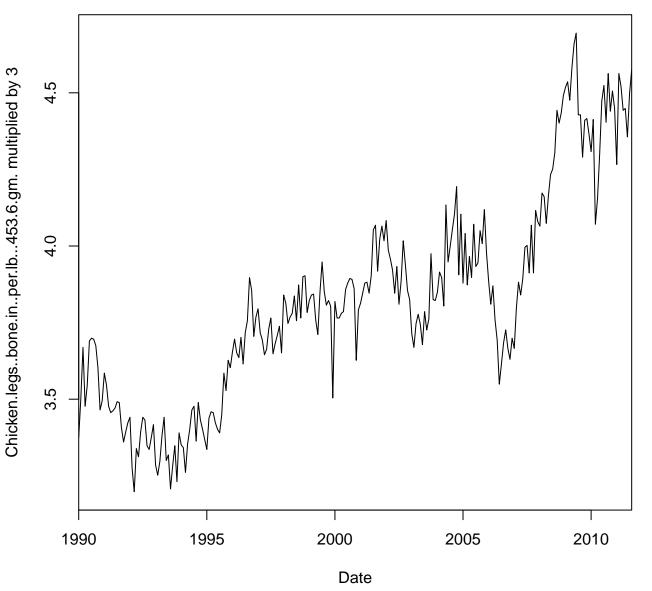


## Chicken..fresh..whole..per.lb...453.6.gm. multiplied by 3

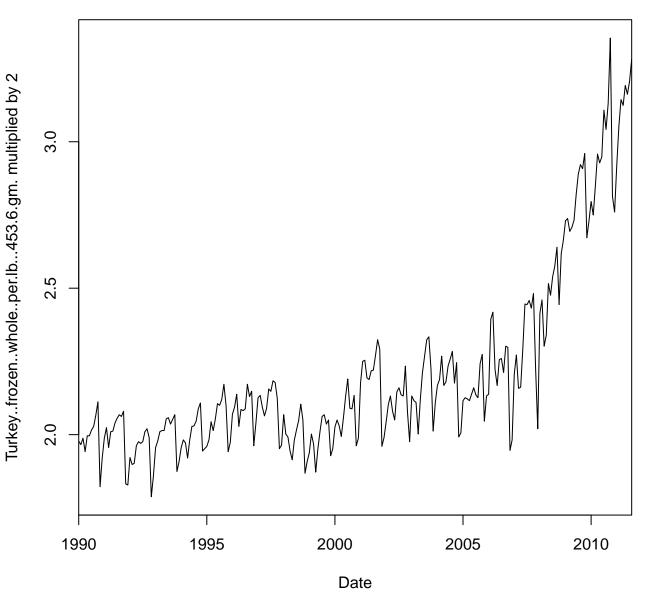




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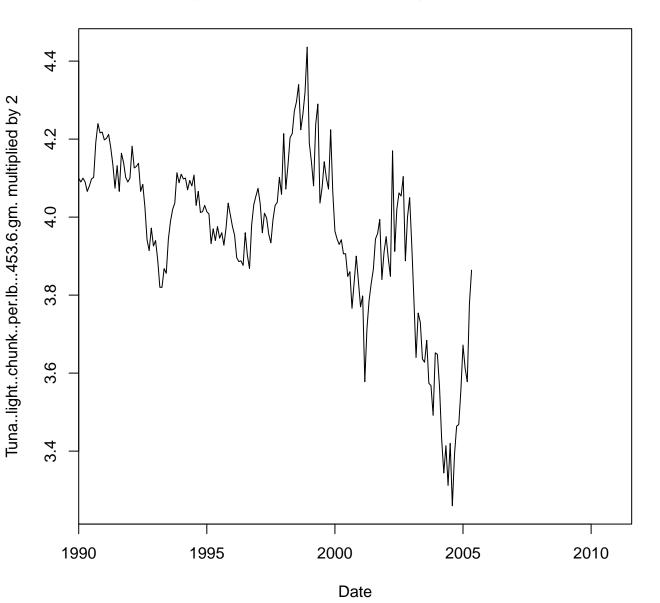


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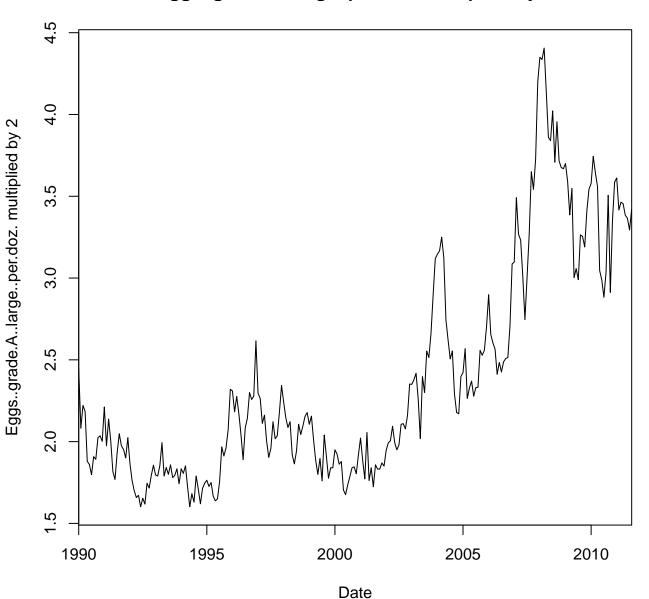


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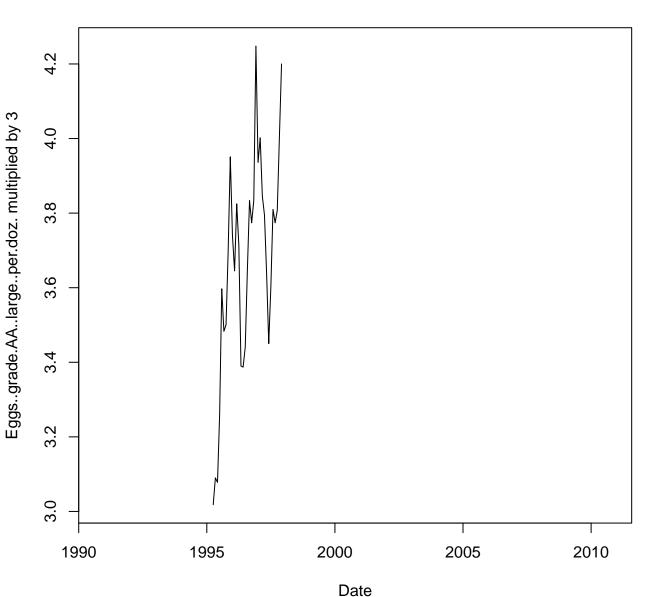
Tuna..light..chunk..per.lb...453.6.gm. multiplied by 2



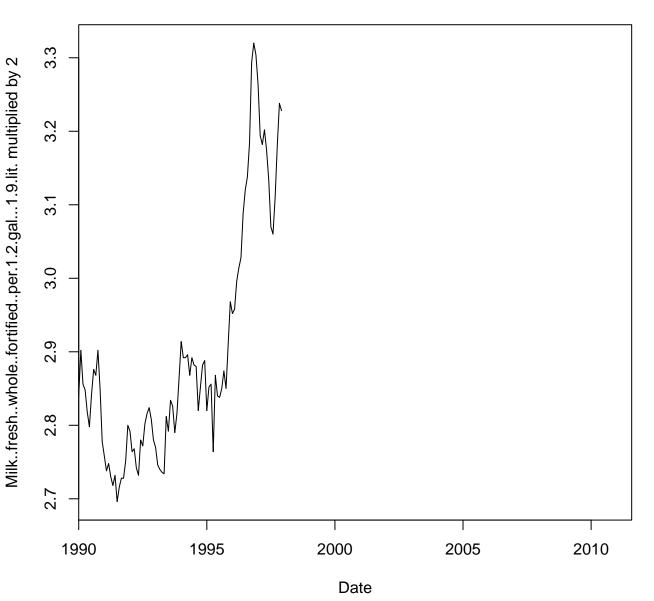
Eggs..grade.A..large..per.doz. multiplied by 2



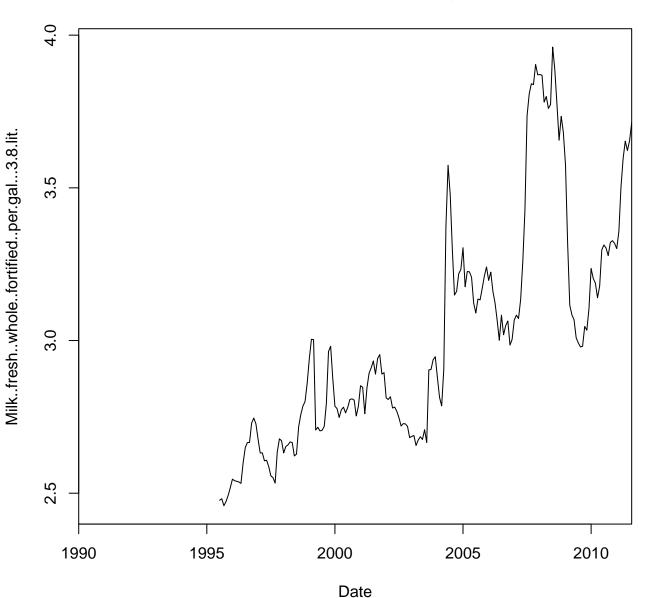
Eggs..grade.AA..large..per.doz. multiplied by 3



#### Milk..fresh..whole..fortified..per.1.2.gal...1.9.lit. multiplied by 2

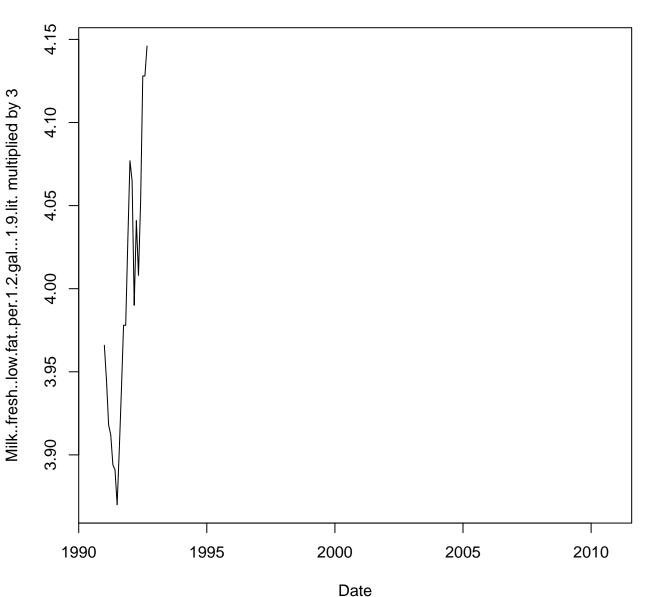


Milk..fresh..whole..fortified..per.gal...3.8.lit.

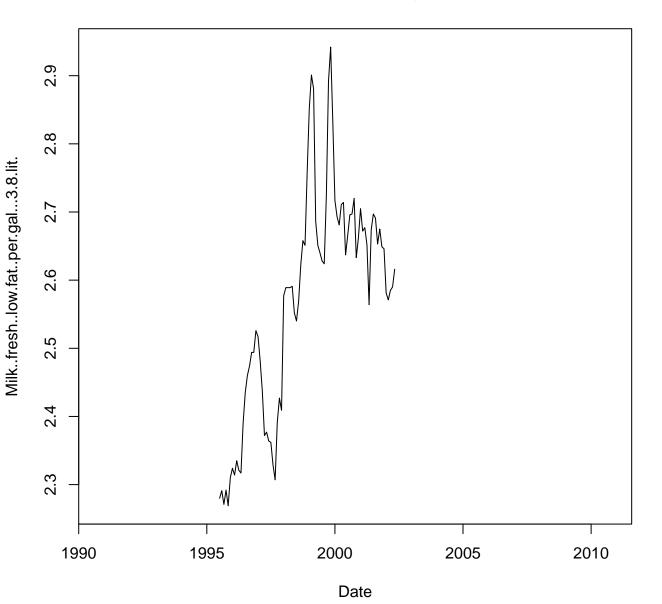


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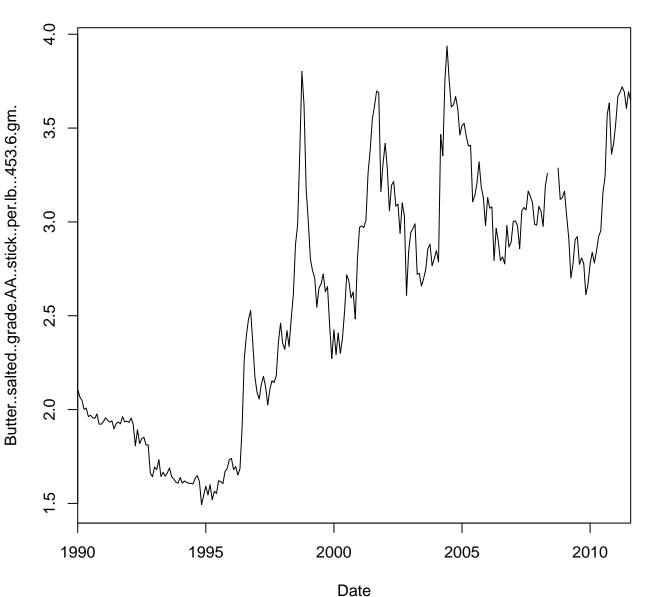
## Milk..fresh..low.fat..per.1.2.gal...1.9.lit. multiplied by 3



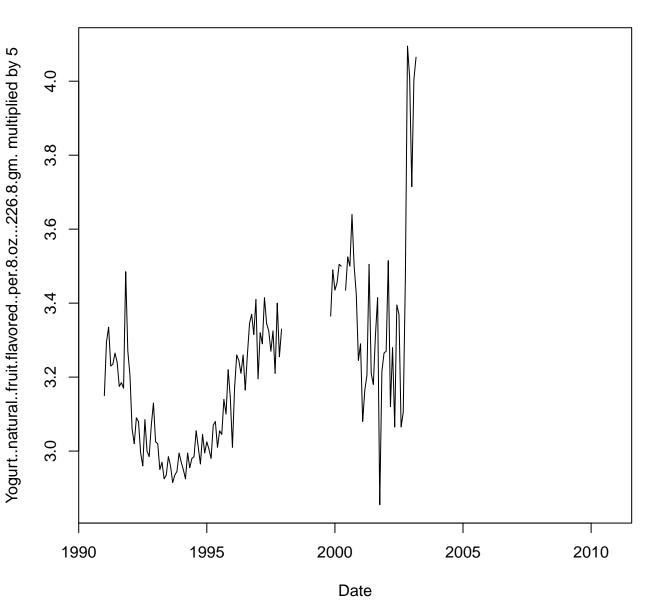
# Milk..fresh..low.fat..per.gal...3.8.lit.



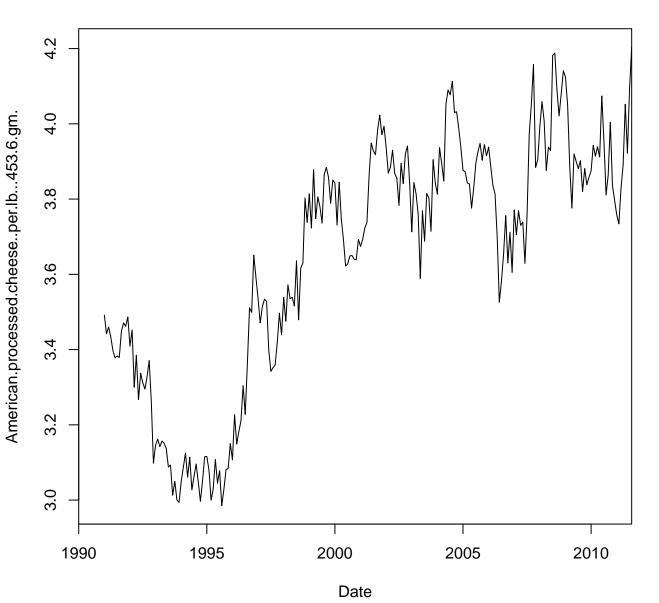
## Butter..salted..grade.AA..stick..per.lb...453.6.gm.



## Yogurt..natural..fruit.flavored..per.8.oz...226.8.gm. multiplied by 5

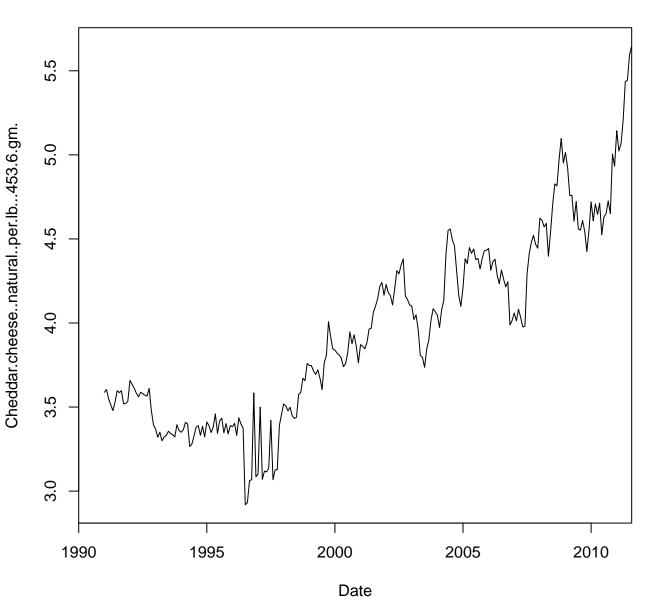


## American.processed.cheese..per.lb...453.6.gm.

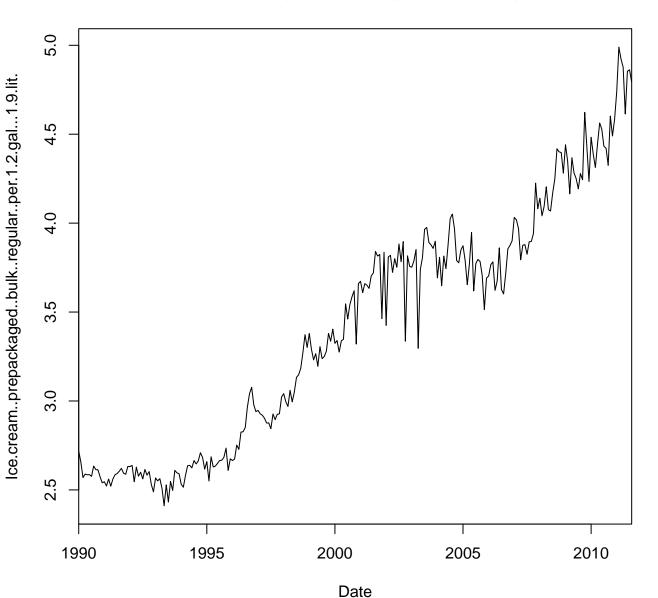


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

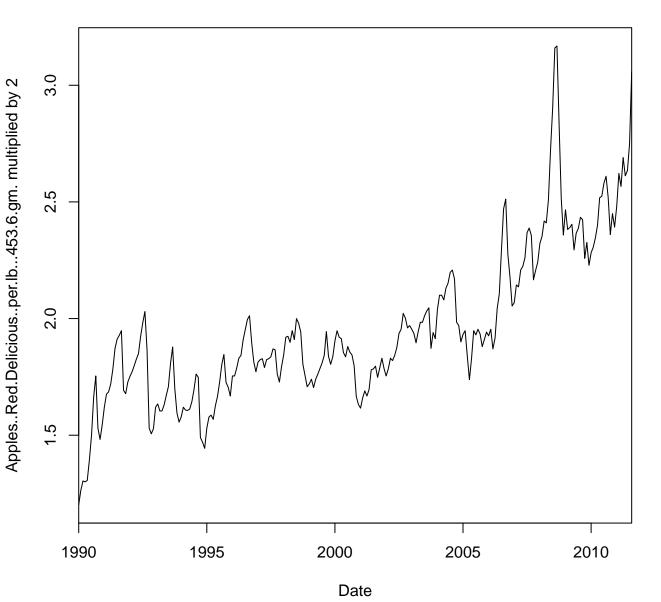
## Cheddar.cheese..natural..per.lb...453.6.gm.



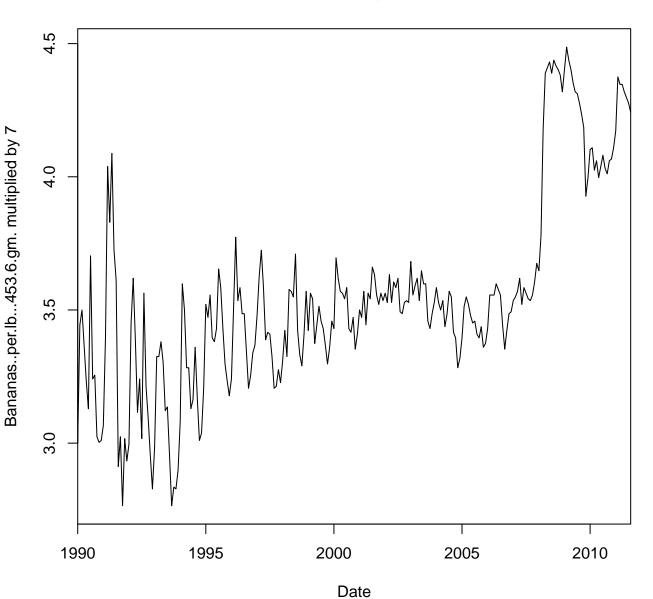
#### Ice.cream..prepackaged..bulk..regular..per.1.2.gal...1.9.lit.



Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

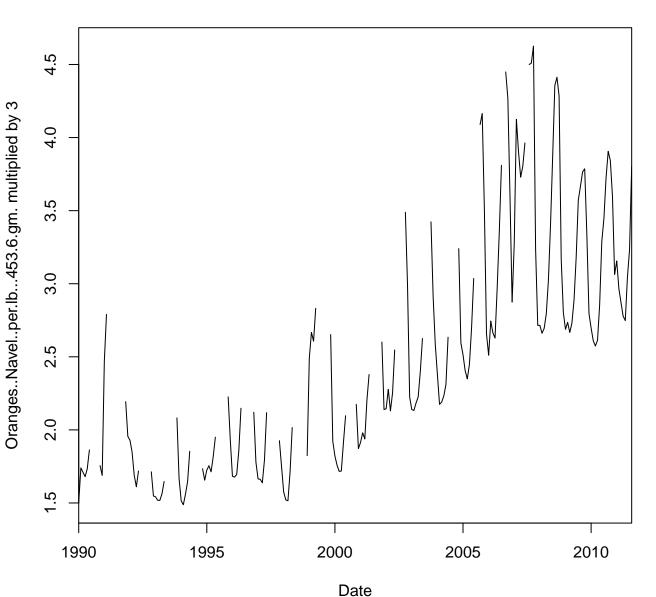


#### Bananas..per.lb...453.6.gm. multiplied by 7

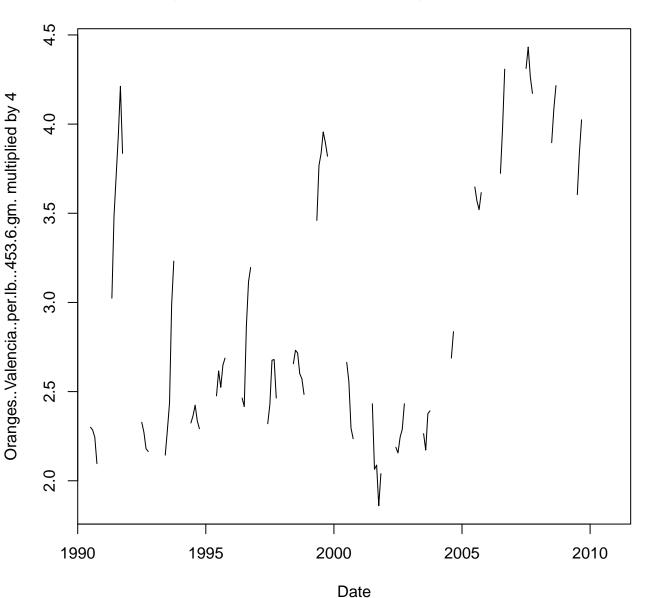


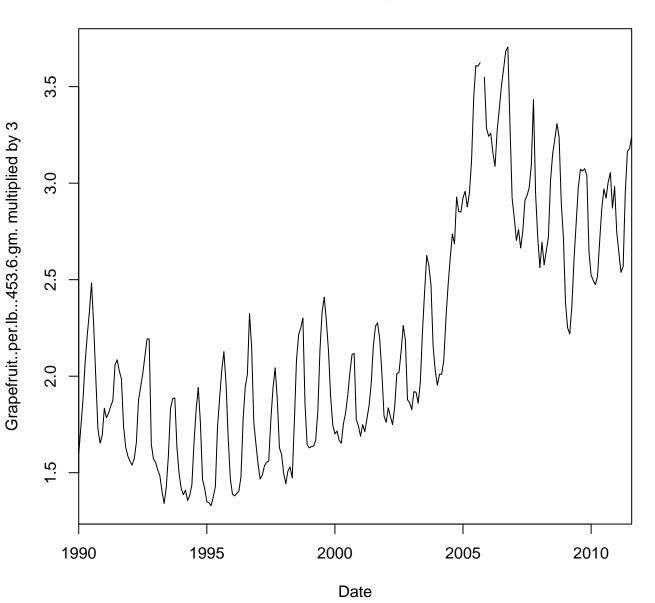
Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

## Oranges..Navel..per.lb...453.6.gm. multiplied by 3

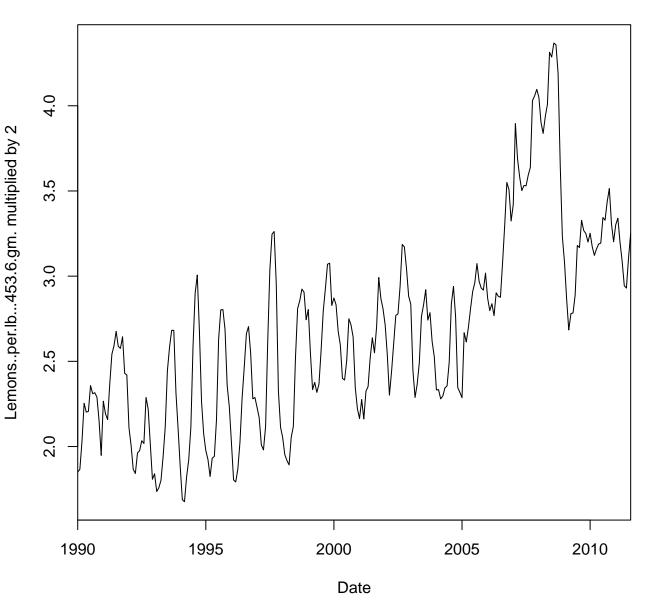


#### Oranges..Valencia..per.lb...453.6.gm. multiplied by 4



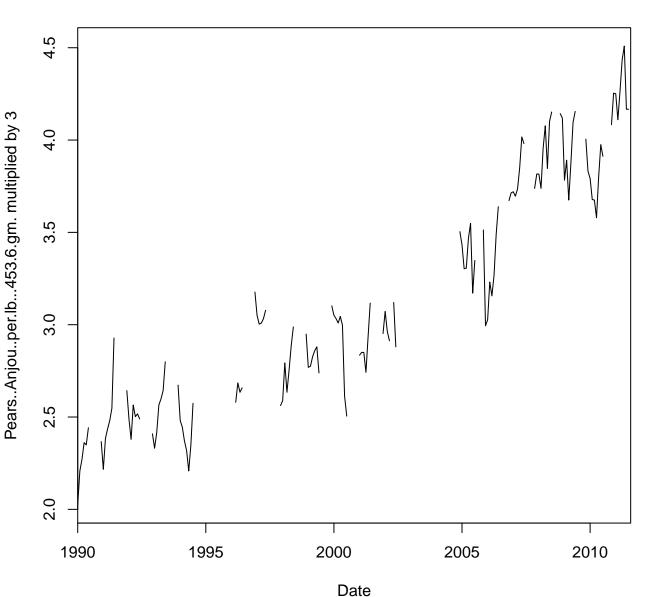


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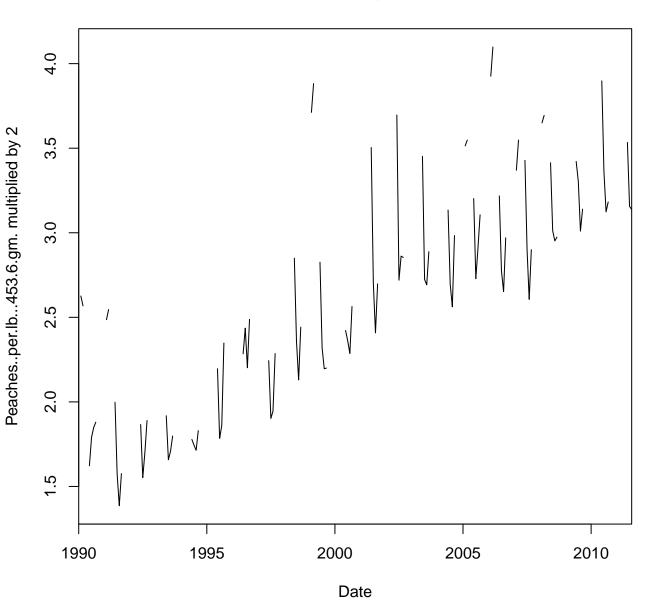


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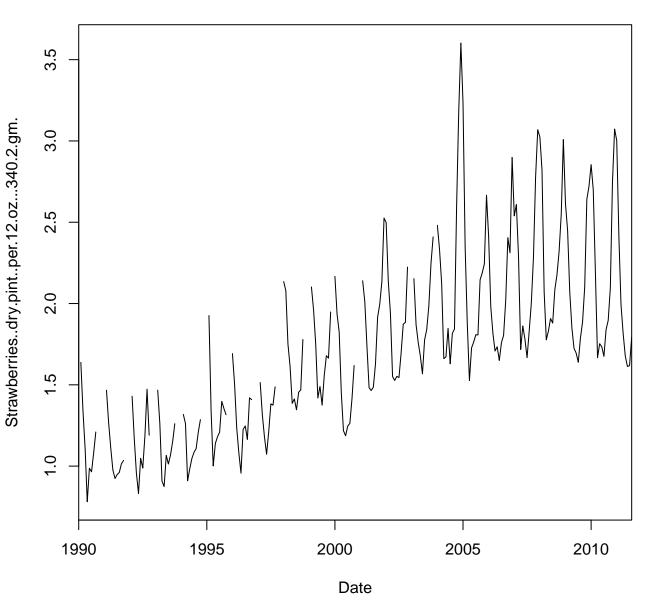
Pears..Anjou..per.lb...453.6.gm. multiplied by 3



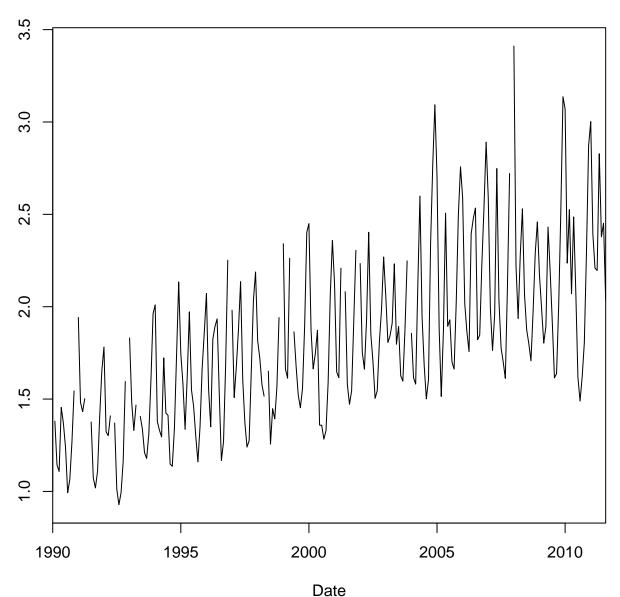
#### Peaches..per.lb...453.6.gm. multiplied by 2



#### Strawberries..dry.pint..per.12.oz...340.2.gm.

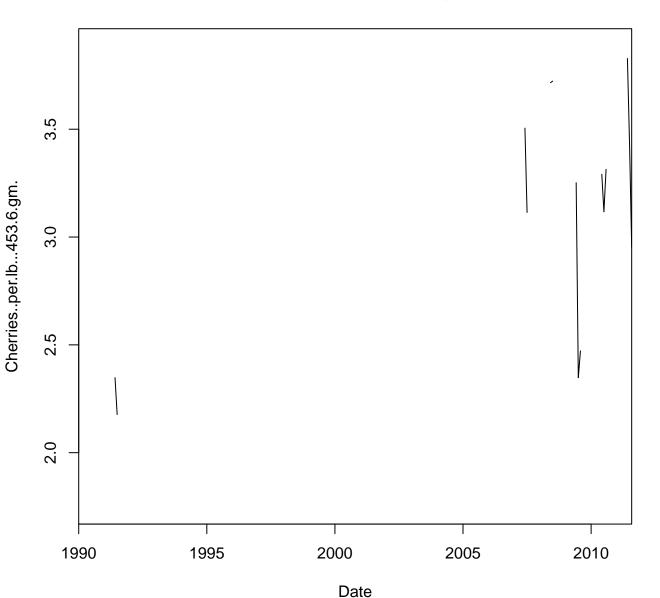


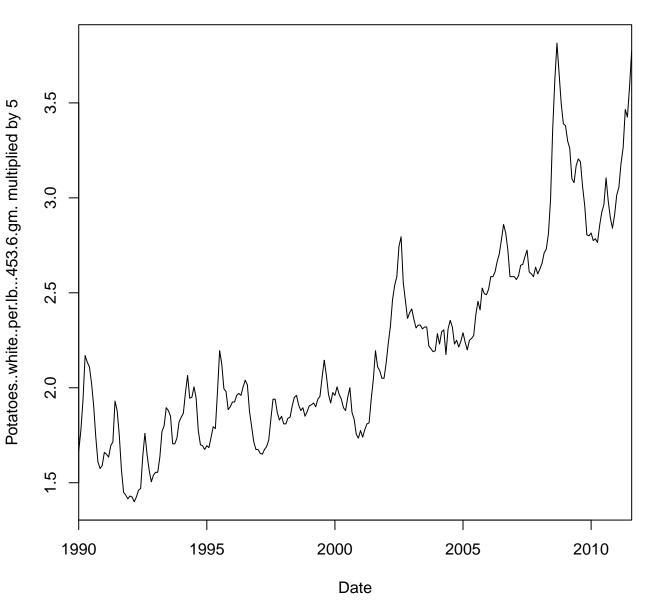
Grapes..Thompson.Seedless..per.lb...453.6.gm.



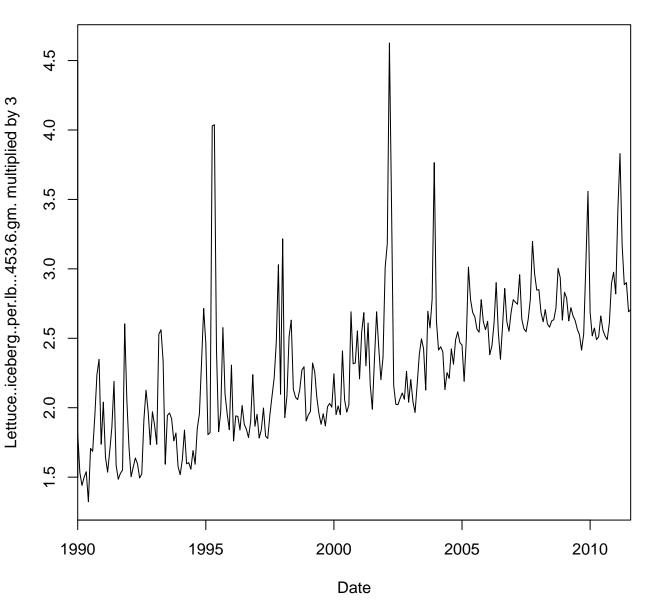
Grapes..Thompson.Seedless..per.lb...453.6.gm.

## Cherries..per.lb...453.6.gm.



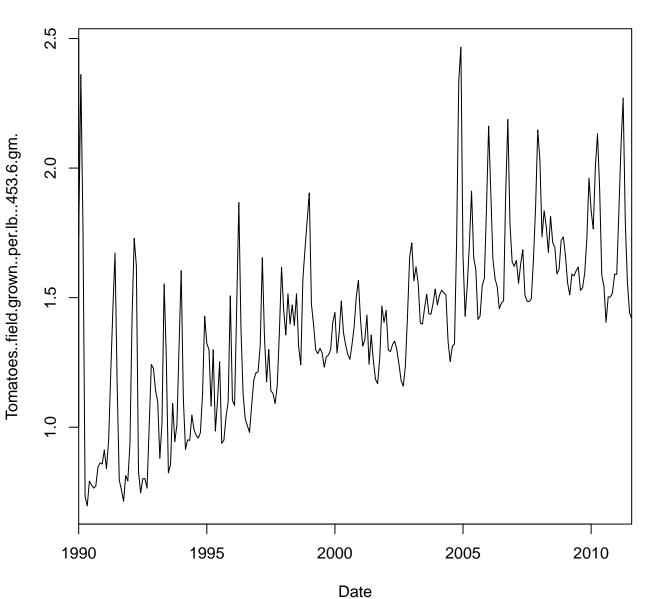


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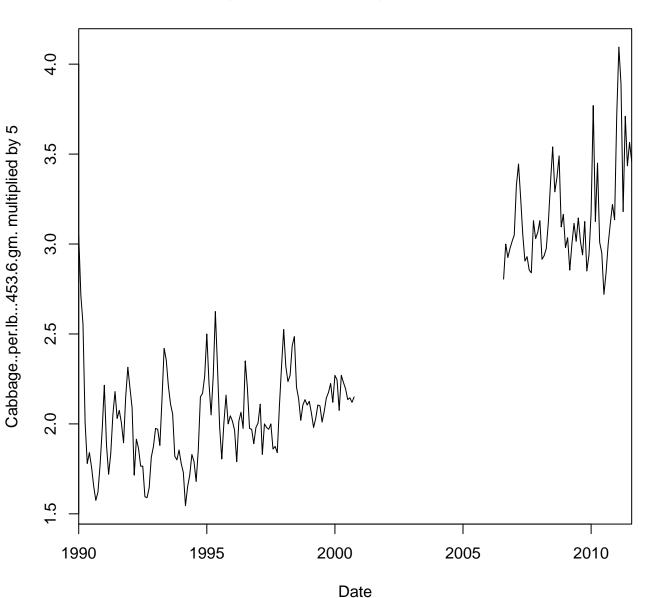


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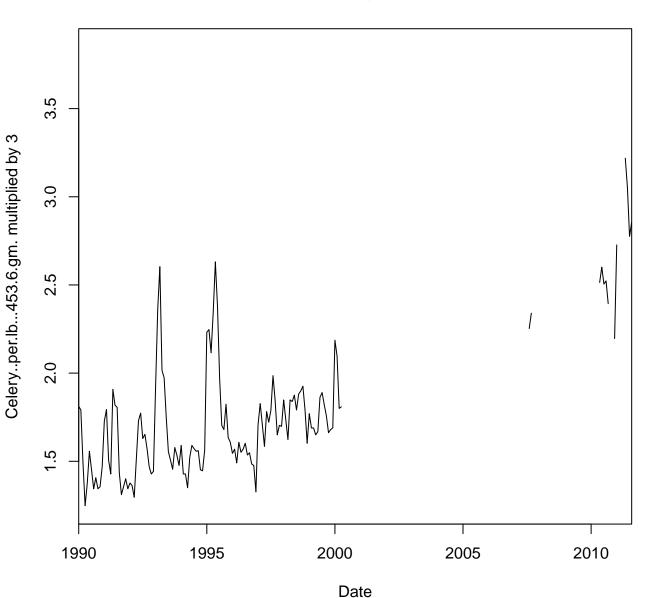
#### Tomatoes..field.grown..per.lb...453.6.gm.



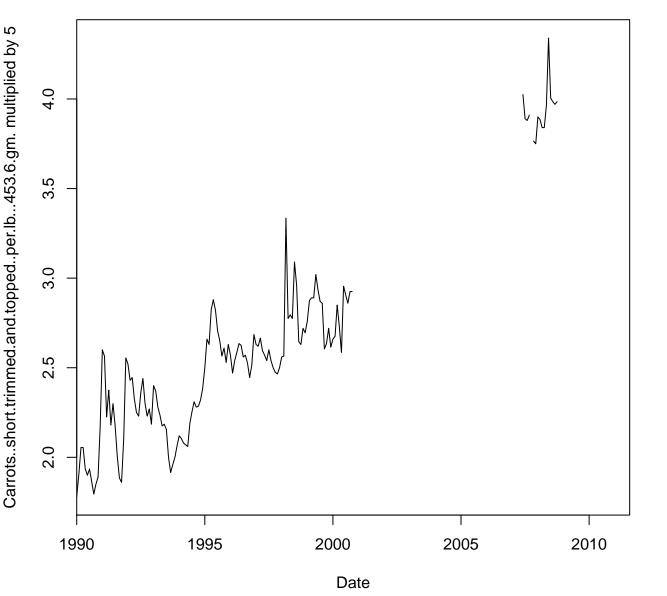
## Cabbage..per.lb...453.6.gm. multiplied by 5



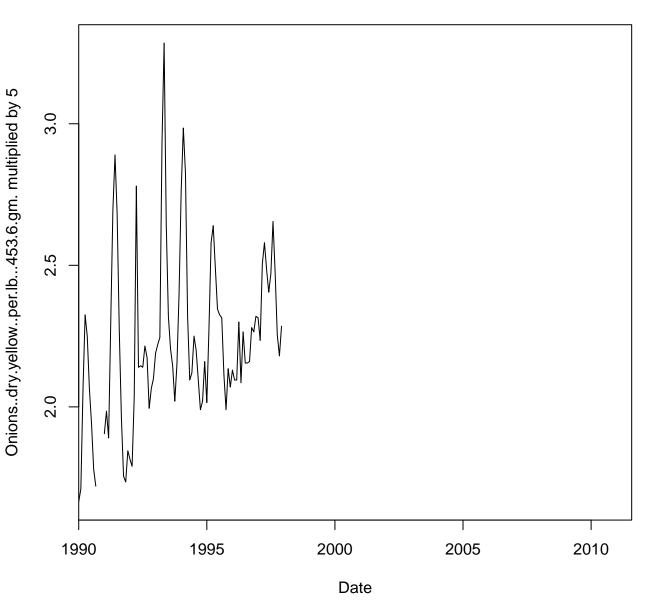
Celery..per.lb...453.6.gm. multiplied by 3



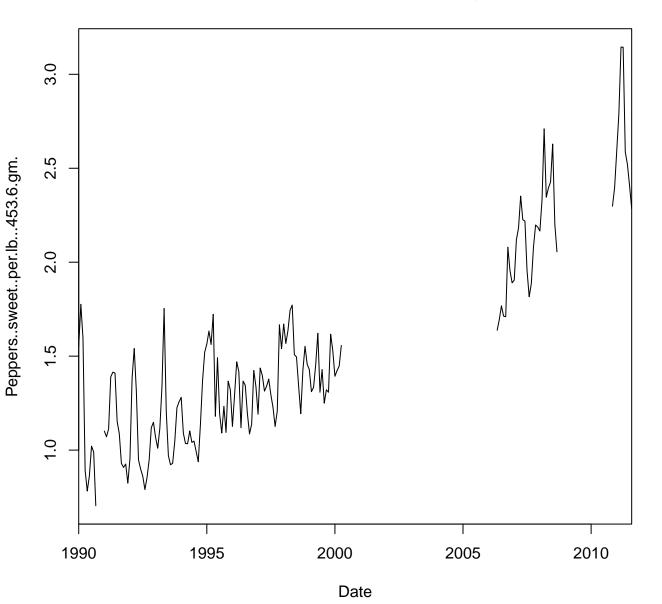
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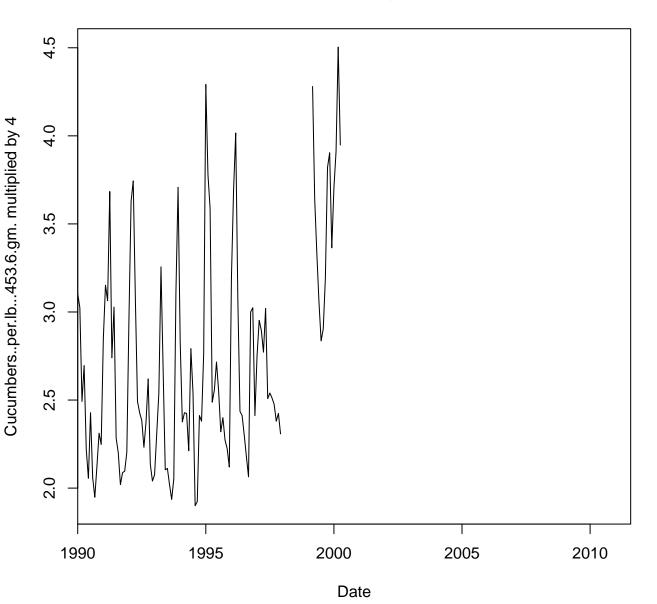
## Onions..dry.yellow..per.lb...453.6.gm. multiplied by 5



# Peppers..sweet..per.lb...453.6.gm.

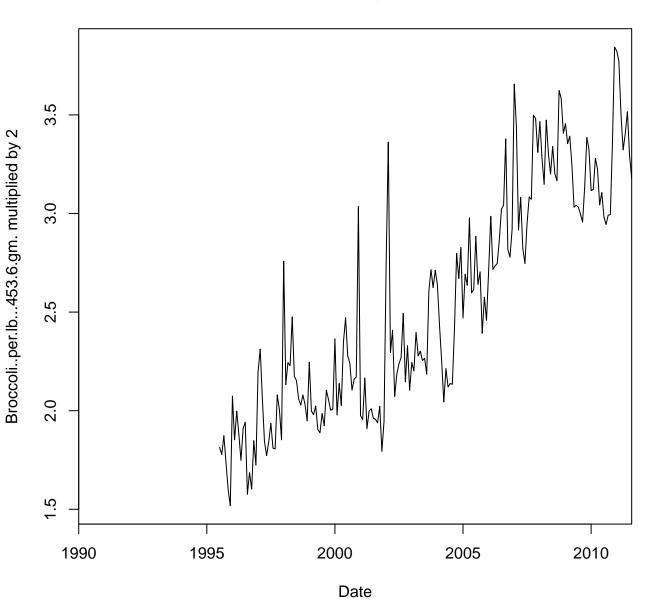


#### Cucumbers..per.lb...453.6.gm. multiplied by 4

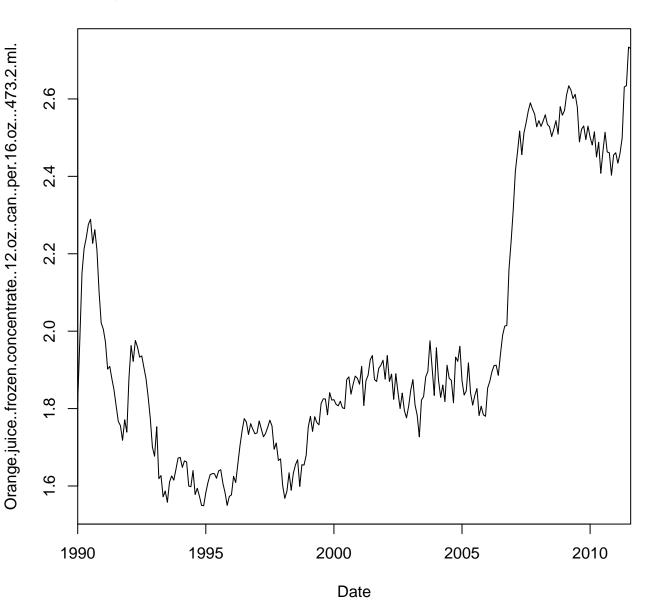


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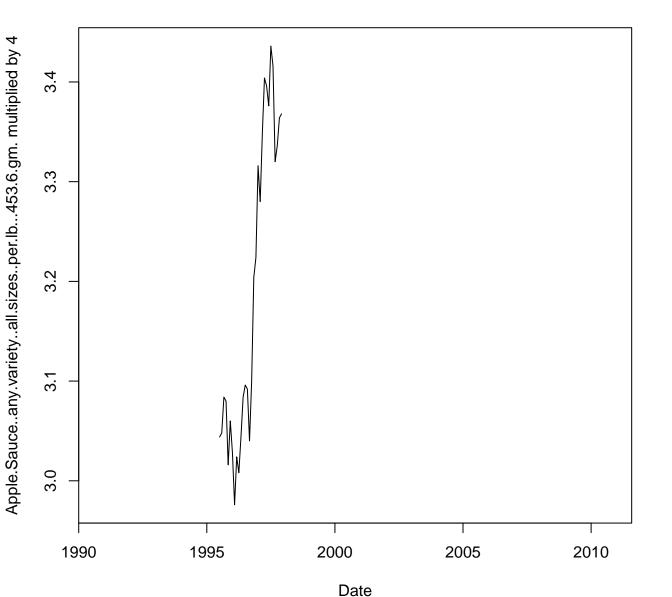
# Broccoli..per.lb...453.6.gm. multiplied by 2



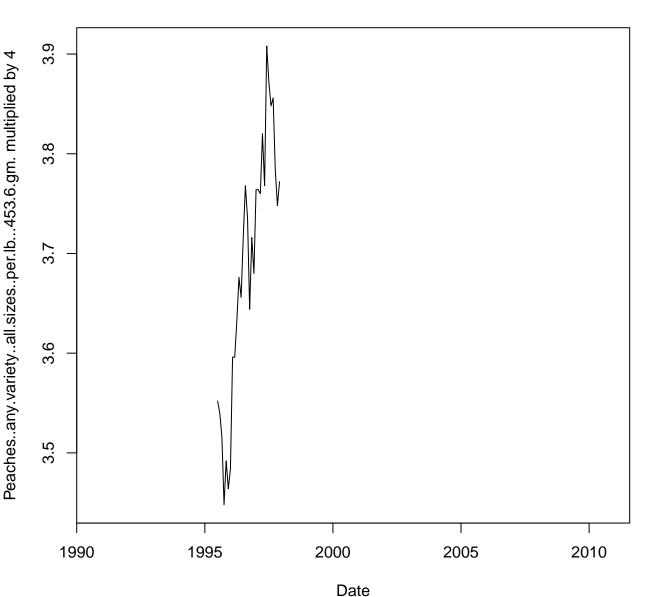
#### Orange.juice..frozen.concentrate..12.oz..can..per.16.oz...473.2.ml.

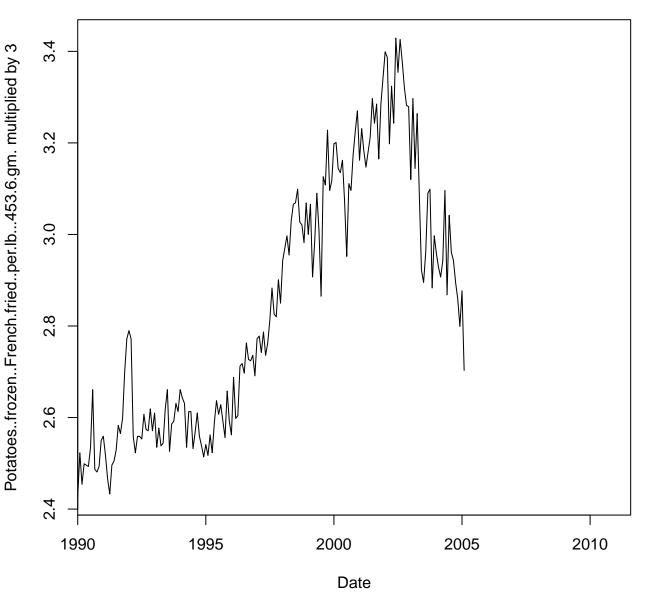


# Apple.Sauce..any.variety..all.sizes..per.lb...453.6.gm. multiplied by 4

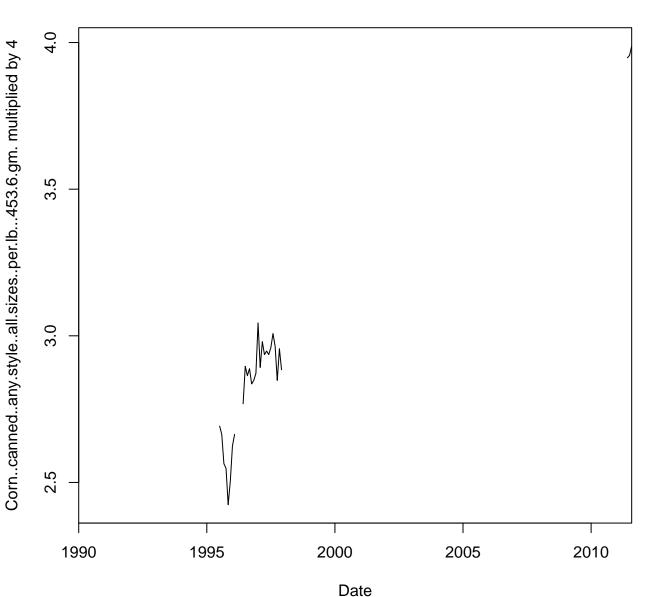


# Peaches..any.variety..all.sizes..per.lb...453.6.gm. multiplied by 4

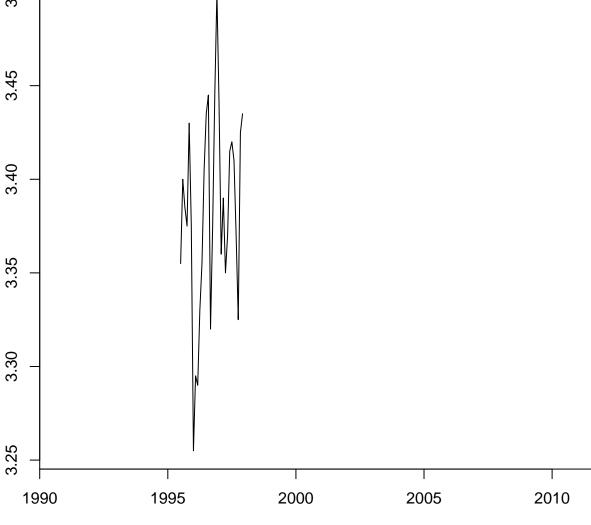




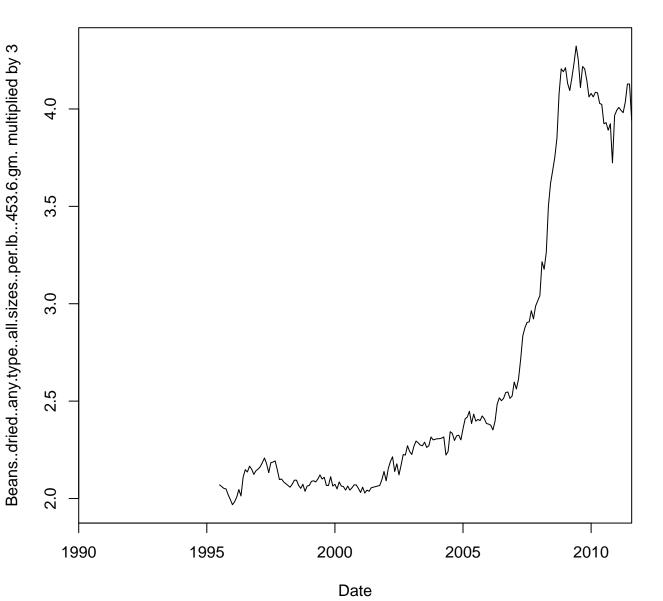
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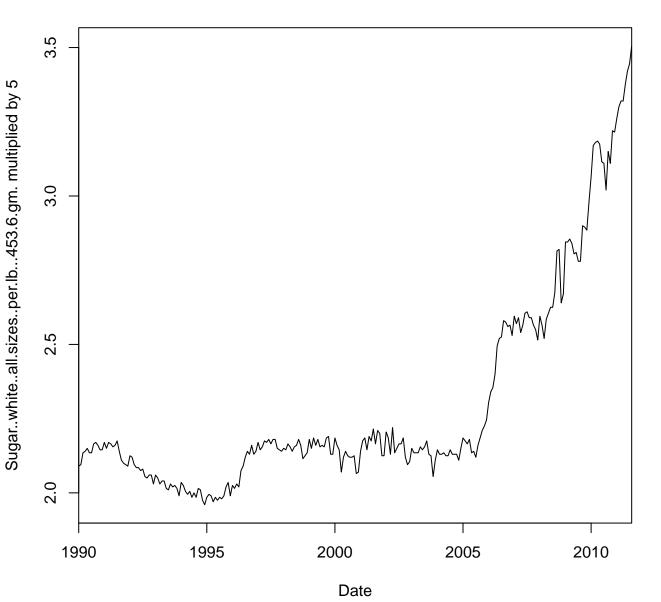


Tomatoes..canned..any.type..all.sizes...per.lb...453.6.gm. multiplied by 5 Tomatoes..canned..any.type..all.sizes...per.lb...453.6.gm. multiplied by 5 3.50 3.45

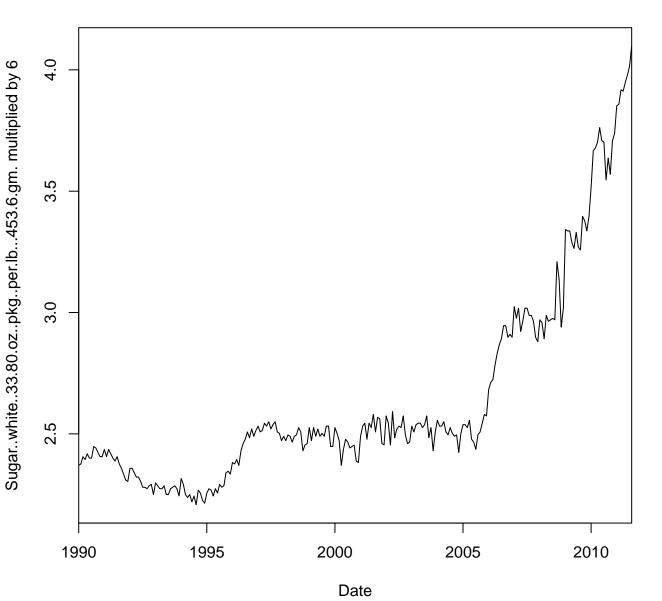


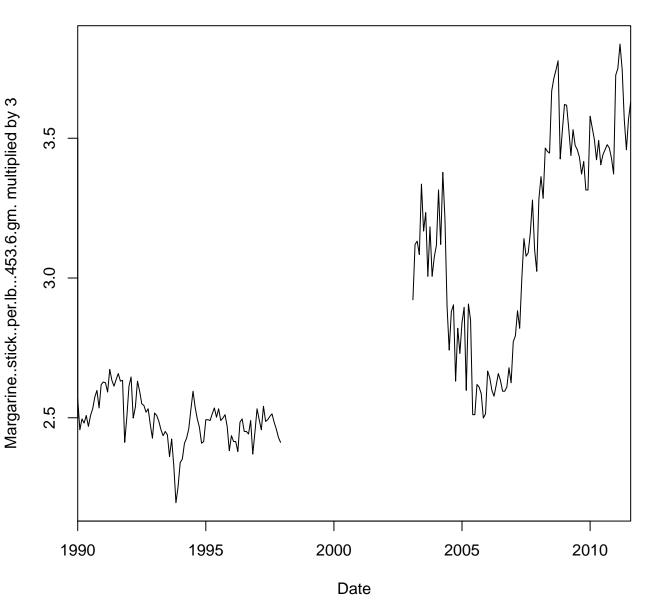
Date



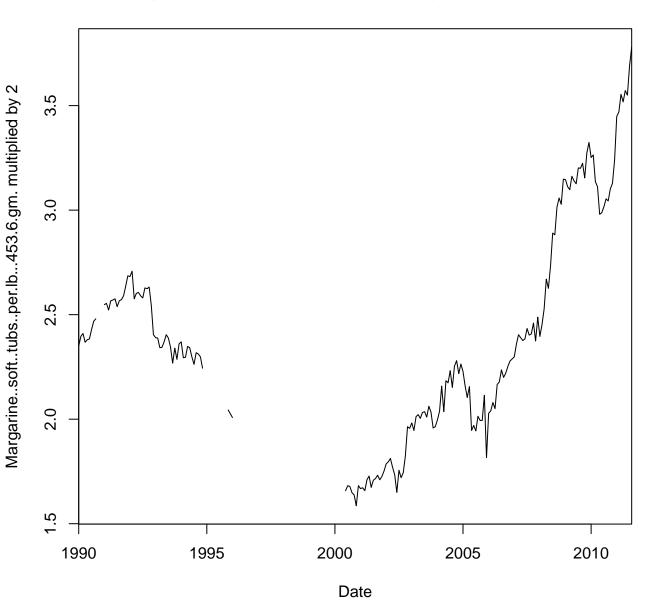


# Sugar..white..33.80.oz..pkg..per.lb...453.6.gm. multiplied by 6

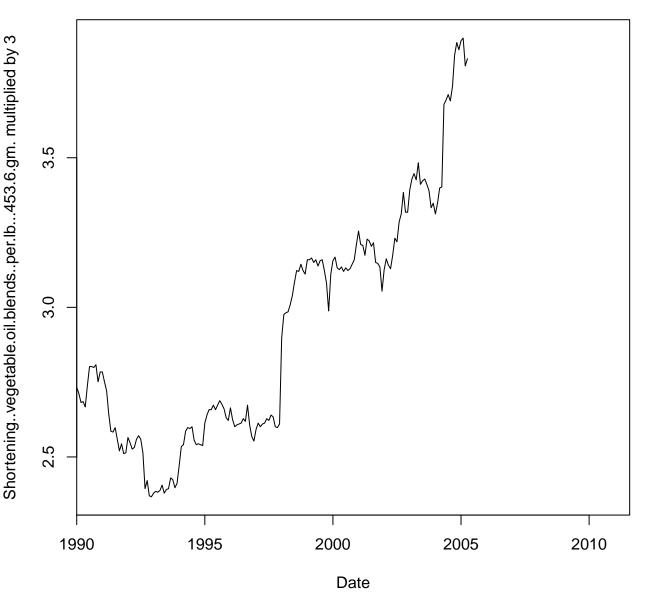


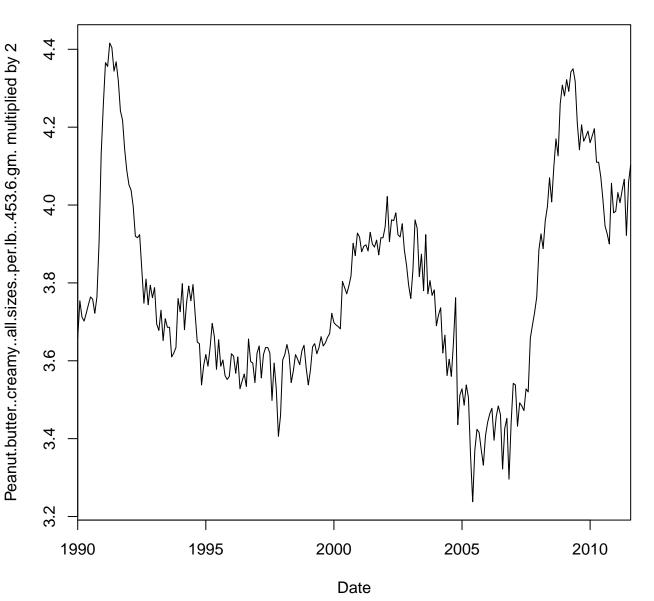


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

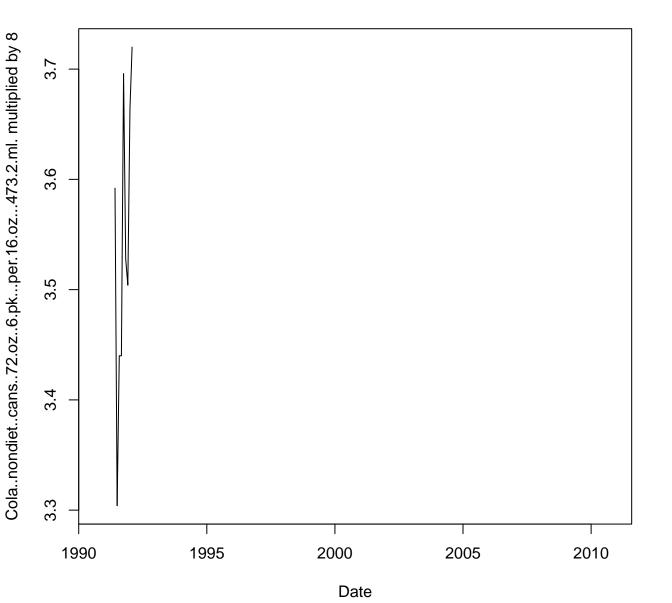


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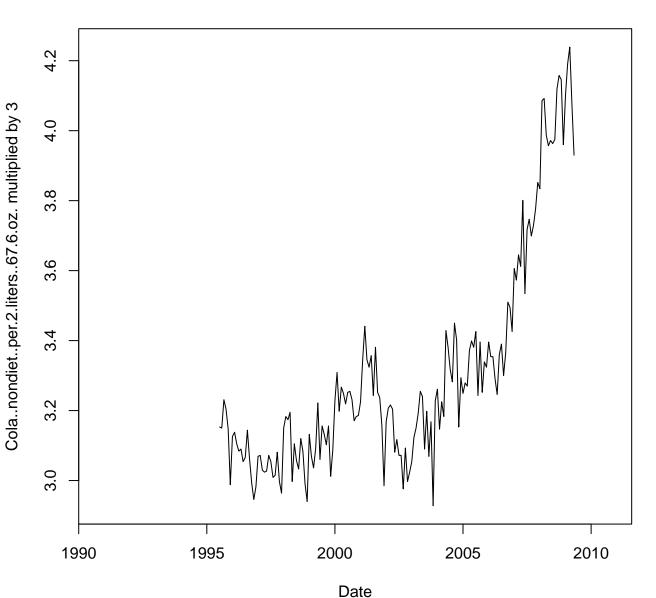




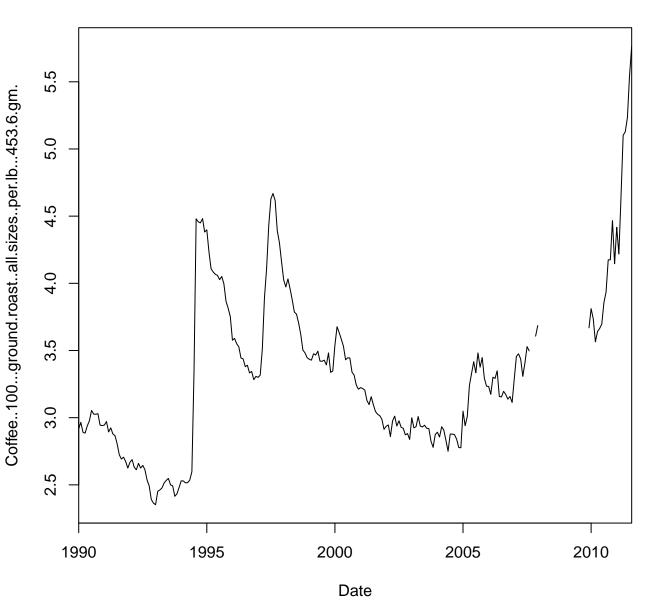
# Cola..nondiet..cans..72.oz..6.pk...per.16.oz...473.2.ml. multiplied by 8

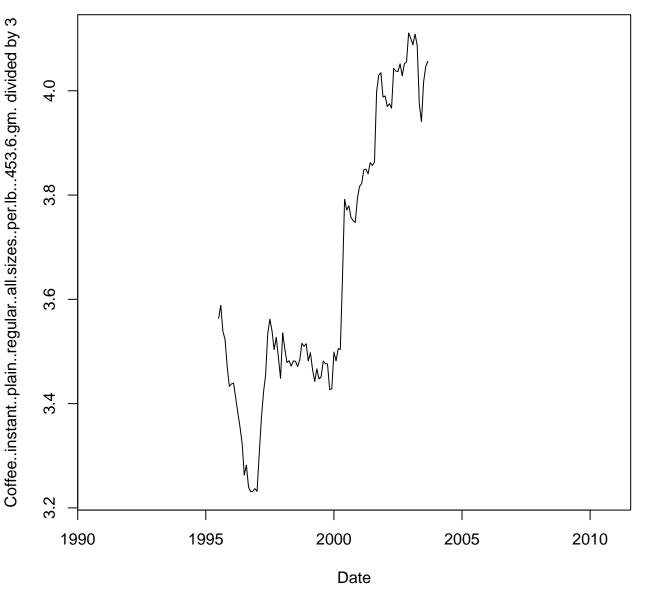


#### Cola..nondiet..per.2.liters..67.6.oz. multiplied by 3

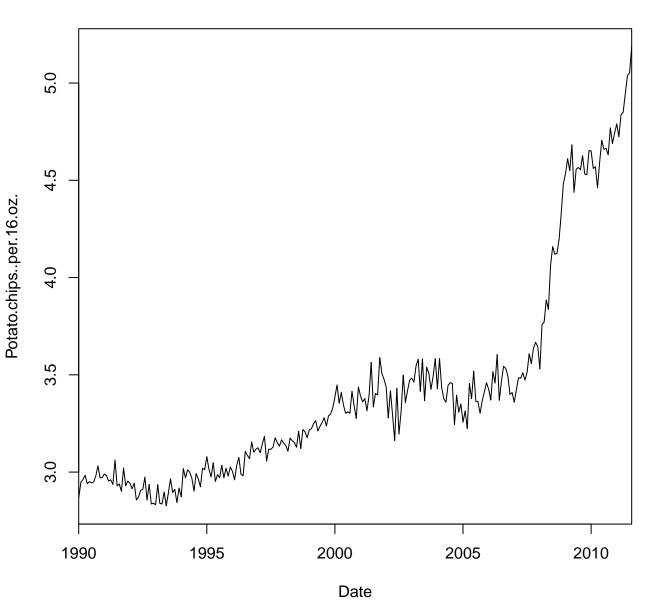


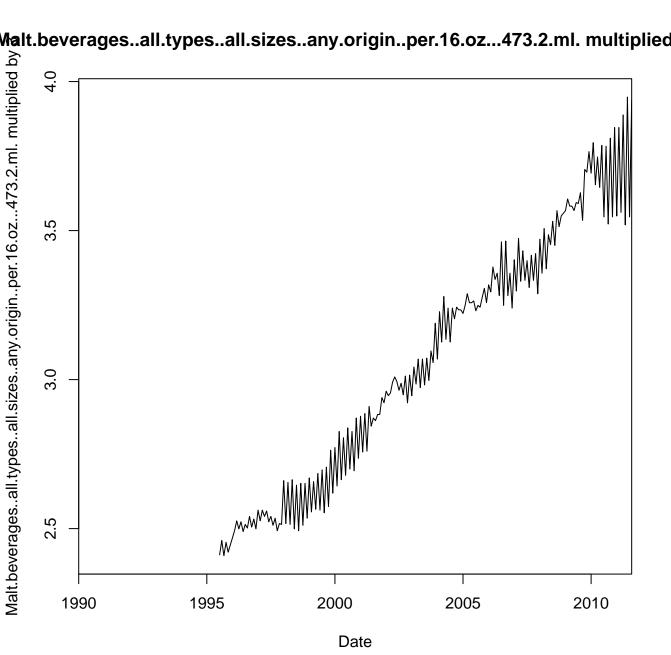
# Coffee..100...ground.roast..all.sizes..per.lb...453.6.gm.



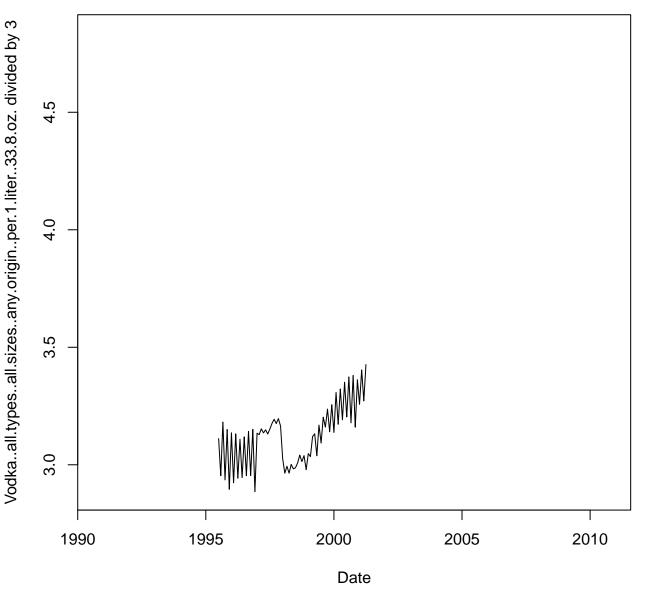


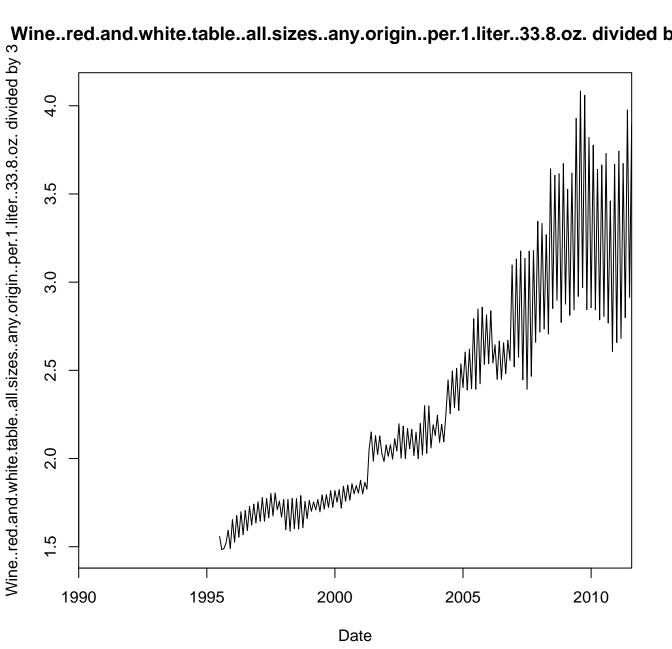
#### Potato.chips..per.16.oz.





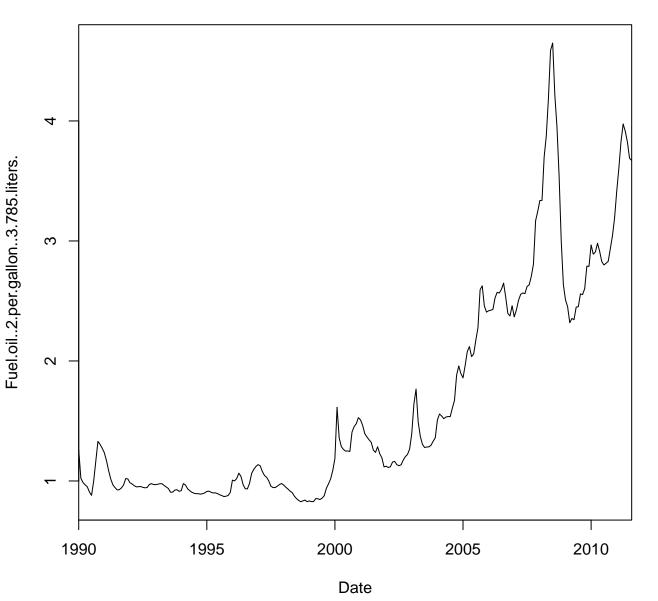
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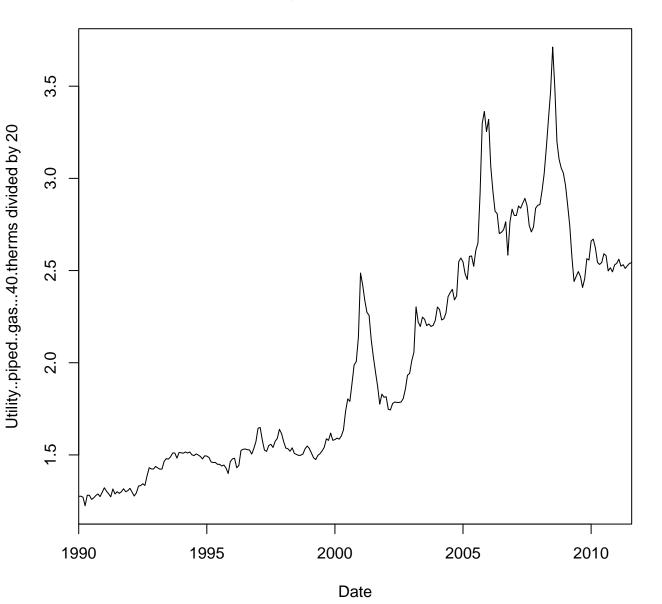


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

Fuel.oil..2.per.gallon..3.785.liters.

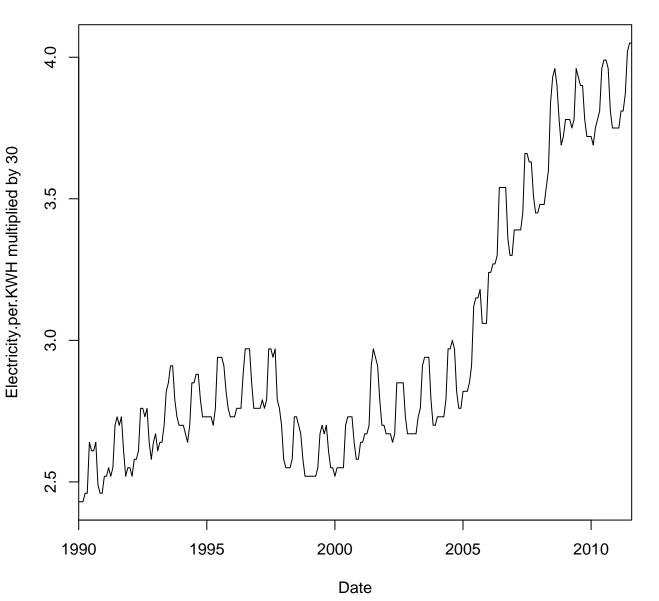


#### Utility..piped..gas...40.therms divided by 20

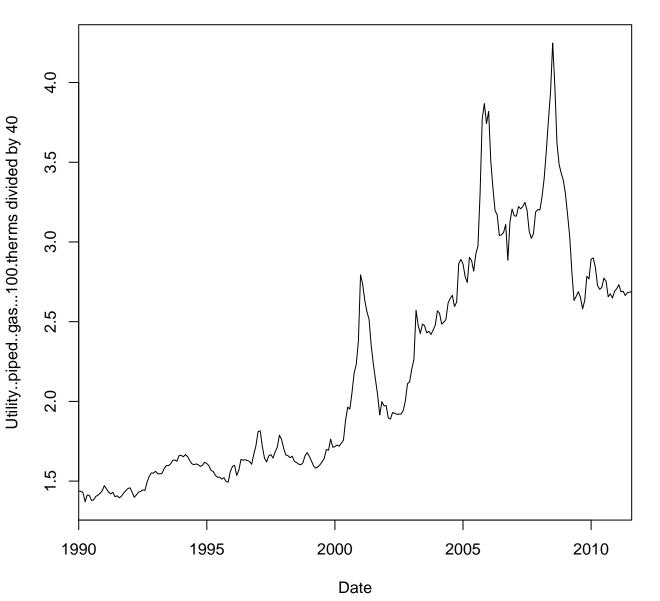


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

#### Electricity.per.KWH multiplied by 30

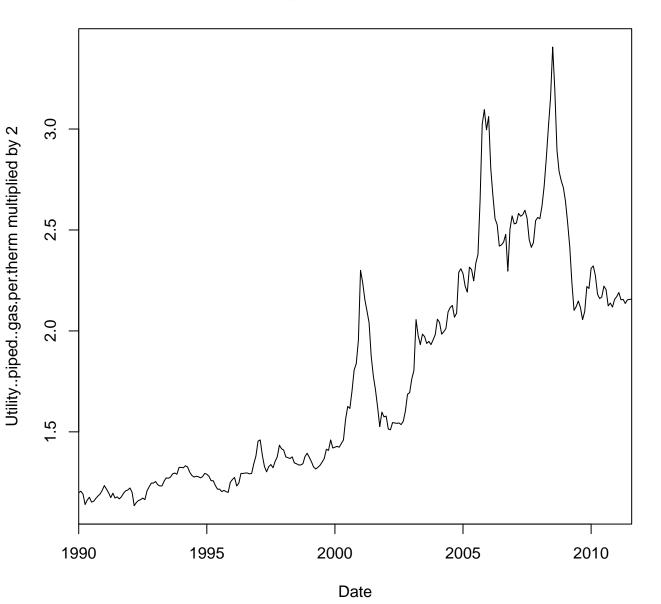


#### Utility..piped..gas...100.therms divided by 40

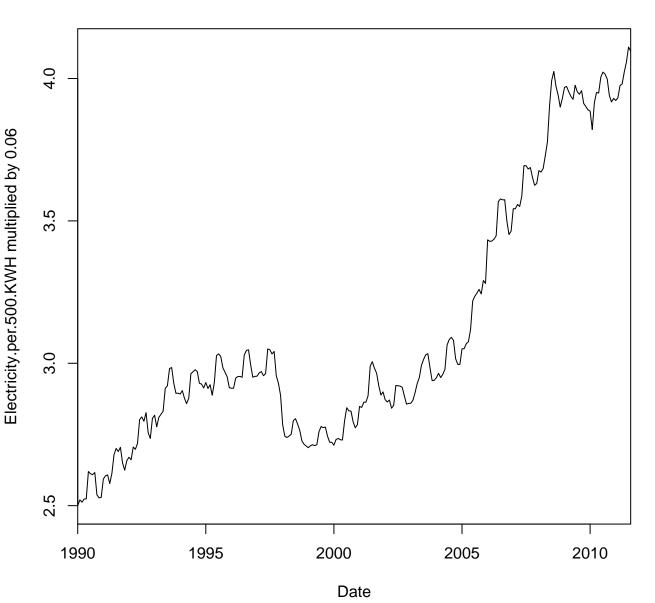


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

# Utility..piped..gas.per.therm multiplied by 2

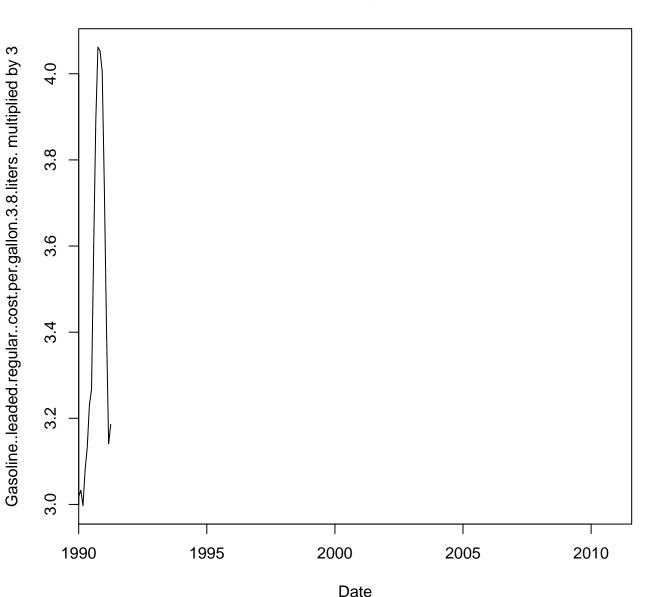


# Electricity.per.500.KWH multiplied by 0.06

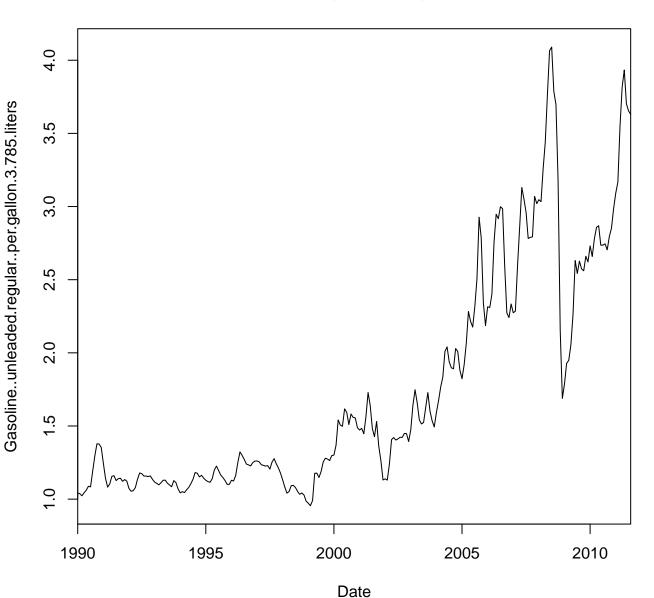


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

# Gasoline..leaded.regular..cost.per.gallon.3.8.liters. multiplied by 3

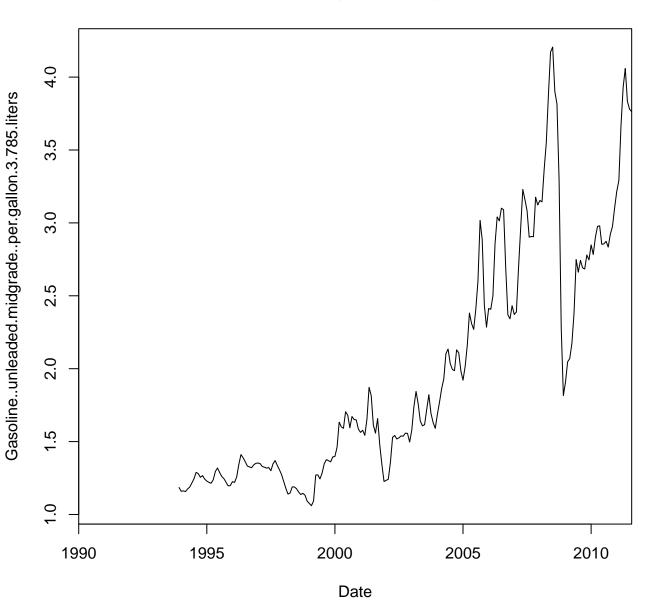


# Gasoline..unleaded.regular..per.gallon.3.785.liters

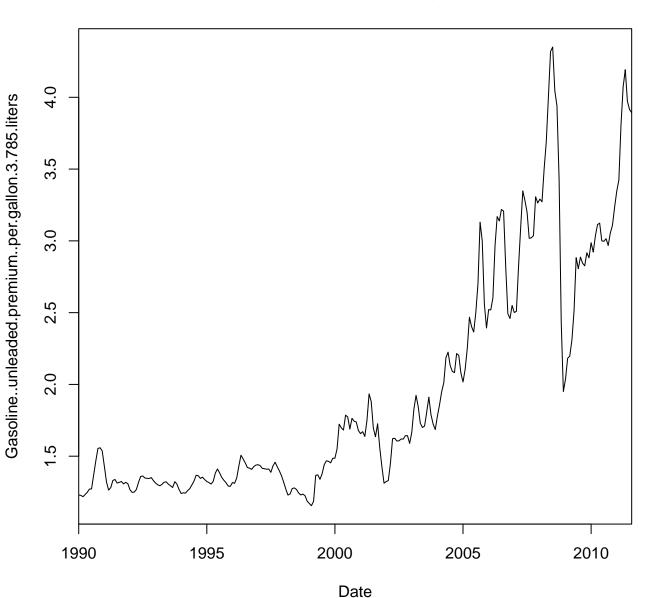


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

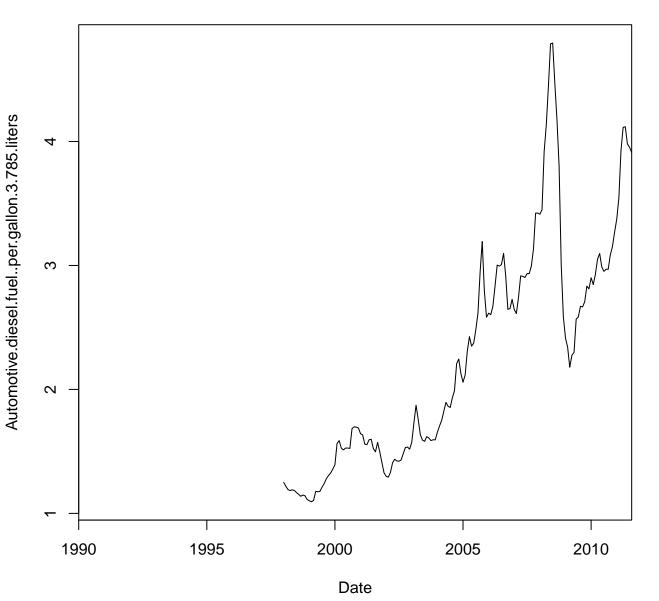
#### Gasoline..unleaded.midgrade..per.gallon.3.785.liters



# Gasoline..unleaded.premium..per.gallon.3.785.liters

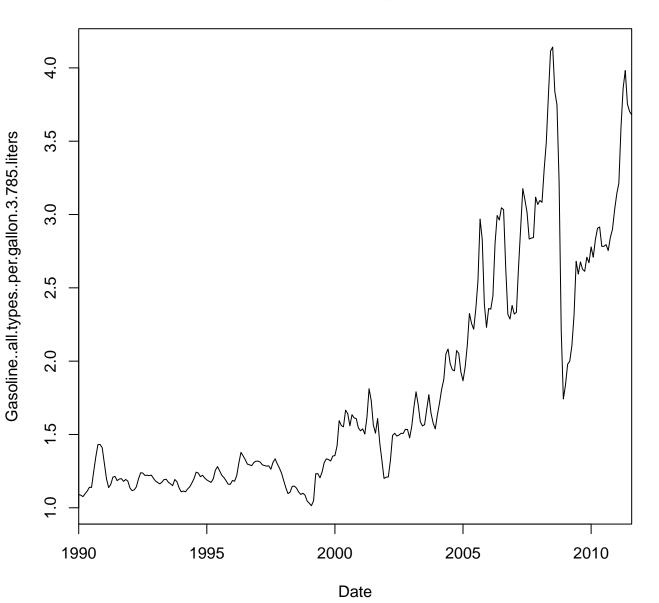


#### Automotive.diesel.fuel..per.gallon.3.785.liters

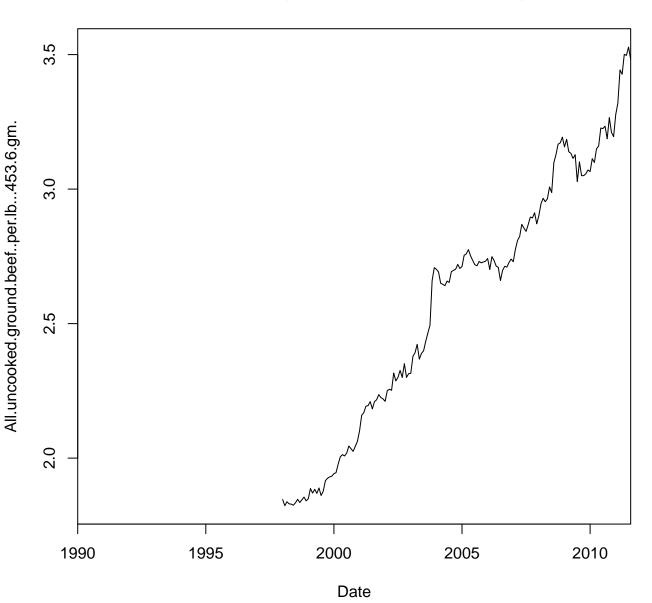


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

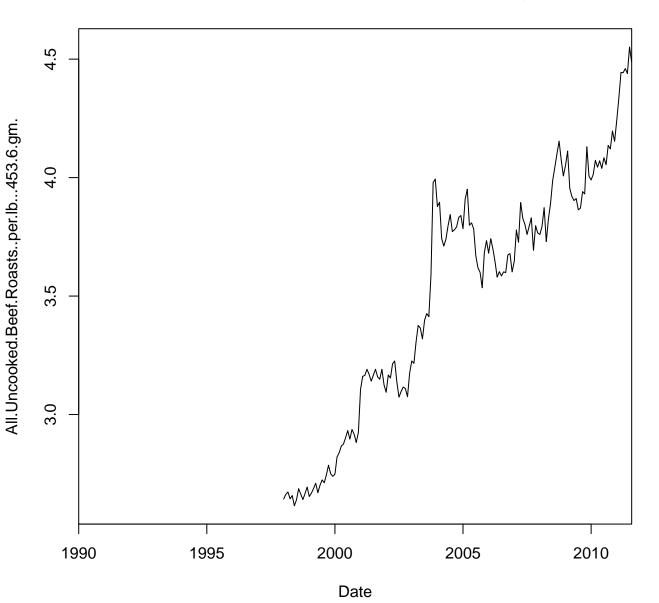
# Gasoline..all.types..per.gallon.3.785.liters

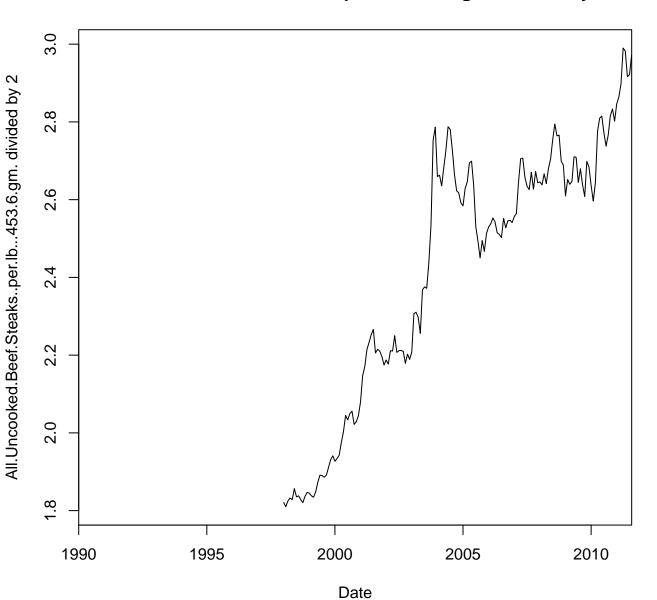


# All.uncooked.ground.beef..per.lb...453.6.gm.

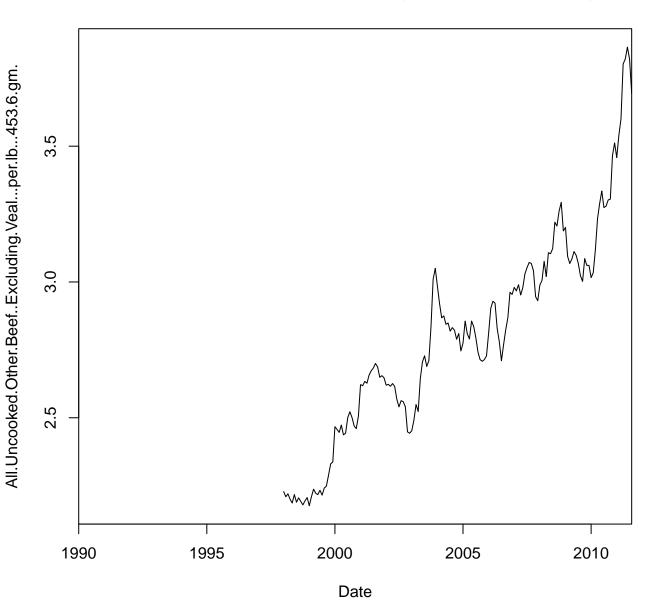


# All.Uncooked.Beef.Roasts..per.lb...453.6.gm.

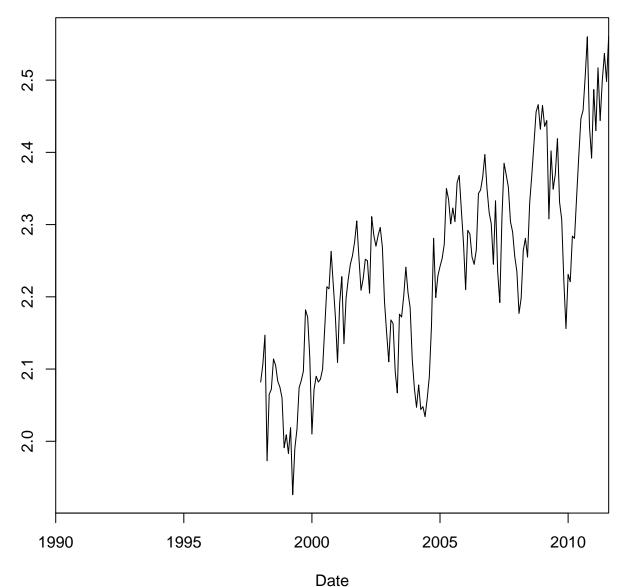




# All.Uncooked.Other.Beef..Excluding.Veal...per.lb...453.6.gm.

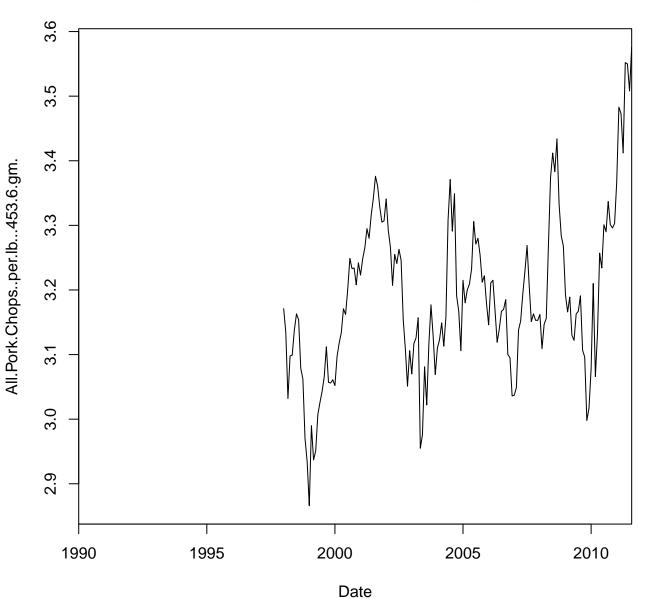


All.Ham..Excluding.Canned.Ham.and.Luncheon.Slices...per.lb...453.6.gm

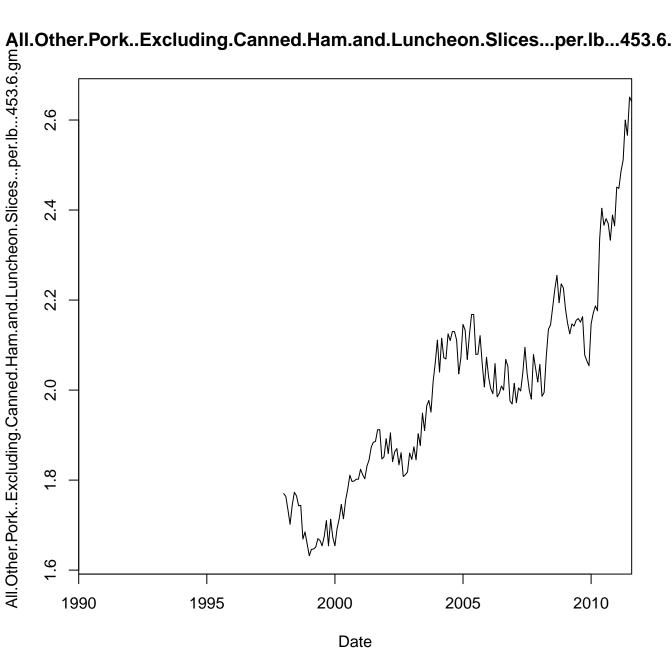


All. Ham.. Excluding. Canned. Ham. and. Luncheon. Slices... per. Ib... 453.6.gm.

#### All.Pork.Chops..per.lb...453.6.gm.

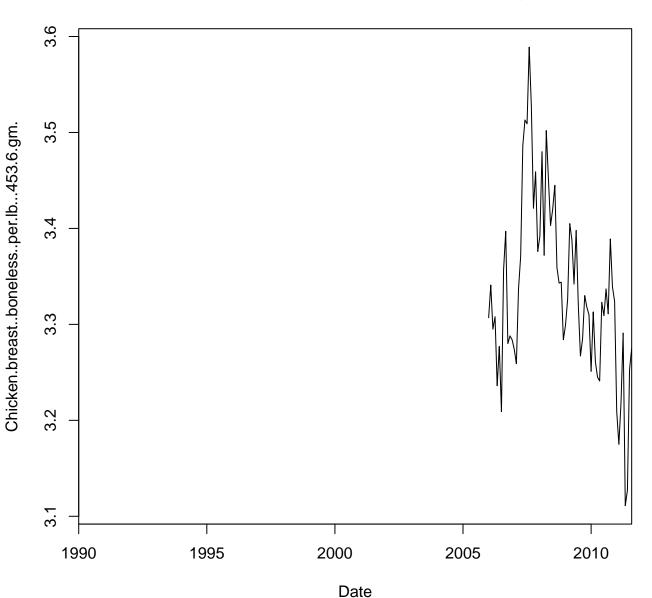


Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average



Source:BLS All US Cities CPI Average Price http://data.bls.gov/pdq/querytool.jsp?survey=ap Monthly Average

# Chicken.breast..boneless..per.lb...453.6.gm.



#### Lettuce..romaine..per.lb...453.6.gm. multiplied by 2

