

References & Notes

- Price Reference (Cape Cod '19)

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Price Reference List (Stop and Shop, Orleans, MA prices unless otherwise noted)

Google Spreadsheet of Prices

American cheese (\$5.49/lb)

basil (1 pack for \$3.29)

bean sprouts (??? For \$1.99)

ground beef chuck (\$5.59/lb)

Bisquick (~14 cups for \$6.29)

bread (16 slices for \$2.99)

broccoli (1lb for \$1.99)

low-sodium chicken broth (32oz for \$2.99)

No Chicken vegan broth (28 cups for \$5.49)

cannellini beans (???oz for \$.79)

green beans (??? For \$3.99)

unsalted butter (32 tbsp for \$4.79)

carrots (??? for \$.99)

Stop and Shop cheddar cheese (1lb for \$5.89)

sharp cheddar cheese (\$9.99/lb)

chickpeas (???oz for \$.99)

chili garlic sauce (??? for \$2.79)

cilantro (1 bunch for \$1.49)

heavy cream (1 pint for \$4.19)

sour cream (16oz for \$2.99)

cucumber (1 for \$.99)

egg (1 dozen for \$4.39)

English muffins (6 for \$4.49)

garlic (5 bulbs for \$2.49)

ginger (\$2.99/lb)

honey (??? for \$4.29)

leeks (3 for \$3.99)

green lentils (1lb for \$1.89)

red lentils (1lb for \$1.50)

milk (gallon for \$3.99)

baby bella mushrooms (8oz for \$2.50)

canola oil (small bottle for \$2.59)

olive oil (6.25 cups for \$10.79)

white onion (1 for ~\$2.00)

yellow onion (1 for ~\$1.08)

panko bread crumbs (4 cups for \$1.89)

parsley (1 bunch for \$1.29)

Dececco pasta (1 lb for \$2.19)

fresh snow peas (??? For \$4.99)

frozen sweet peas (13oz for \$1.69)

yellow pepper (1 for \$1.99)

ground pork (\$3.99/lb)

russet potatoes (5lb for \$3.99)

sweet potatoes (1lb for \$1.29)

scallions (1 bunch for \$1.79)

spring roll wrappers (14 for \$2.99)

tofu (??? for \$3.29)

crushed tomatoes (Scalfani is \$2.59 for 28 oz)

tomato sauce (Hunts is \$.99 for 15 oz)

Lifelife chickpea and red pepper veggie meat (10 slices for \$3.99)

Lifelife bologna veggie meat (12 slices for \$3.99)

Morningstar Farms veggie meat burgers (4 for \$5.49)

maple veggie meat sausages (1 dozen for \$5.49)

watercress (??? for \$2.99)

zucchini (1 for ~\$1.61)