

SUPERMARKET HOLIDAY FEATURING OF MEAT, POULTRY, FRUITS, & VEGETABLES

Independence Day 2014

prices in \$US per pound unless otherwise noted.

BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
DC (cont)	Walmart	n/i			7.97										2.99								
	Whole Foods	n/i	A	11.99											3.99								
DE	A&P Stores	5 Star	C			5.99	5.99															v/L1	
		5 Star	C			7.99	7.99															no L	
			n/i	C																		v/L1	
			n/i																			w	
	ACME Market	Lancaster			6.89		7.19	7.19		7.19						3.99							4.99
		Steakhouse	C																				
	Food Lion	n/i	C																				w
		n/i	C																				w/o
		n/i																					w
		n/i																					w/o
	Fresh Grocer	n/i											1.99										
	Giant of Maryland	Giant	C				6.99	6.99	6.99														v
		Giant																					3.99
	GreatVALU	Angus	C				8.99	8.99															3.49
		Angus																					
	Harris Teeter	HT Naturals																					5.99
		HT Naturals																					6.99
		HT Rancher					8.97	8.97															7.49
		HT Rancher					10.99	10.99															4.99
	Pathmark	n/i																					6.99
Angus		S																				2.48	
	Angus	S																				3.98	
Redner's	Angus																					4.98	
	Angus																					6.98	
	Angus																					5.98	
	Angus																					10.98	
	Redner's																					2.98	
	Redner's																					4.18	
Safeway	n/i																					3.99	
	Rancher's Reserve																					5.99	
Save-a-Lot	n/i					4.99																2.99	

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
DE (cont)	ShopRite	n/i	C					7.99			3.49				3.49		3.69							
		Angus	C								3.99													
		Laura's Lean	A																				6.99	
		Clayton's	O		12.99																			
		Shurfine	n/i												2.99	4.29	3.99				3.49			v
		n/i																						
		Angus			10.99											5.29	4.99							
	Target	n/i											20%off		20%off		20%off							
	Sutton & Dodge	C								20%off	20%off													
	Walmart	n/i			7.97										2.99									
MA	Adams IGA	n/i	C							4.99														
		Angus	C							5.99														
		Angus												3.99								6.99		
		n/i																						
		AG New England	n/i	S							3.99													
		ALDI	n/i	C		9.49			6.99						3.49									
		Big Y	Big Y	C		12.99		8.99		12.99		5.99												
		n/i														4.99	4.69							
		C-Town	n/i												4.39		5.49							
		n/i		S	10.99																			
		n/i		S	9.99																			v
		Compare Foods	n/i	C					6.99			3.99		2.69										
		Crosby's	Angus							6.99	7.99						3.99							
		Donelan's	n/i														2.99						3.49	
		n/i		C	9.99																			
	Geissler's	n/i													2.99									
	Angus								10.99	7.99	3.99													
	Hannaford	Hannaford	C																				w	
		Hannaford	C																				w/o	
		n/i																						
		Taste of Inspiration									4.99													

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
MA (cont)	Market Basket	n/i	S							3.99											w			
		n/i	S							4.99												w/o		
		Angus	C							5.99												w		
		Angus	C							6.69												w/o		
		Creekstone	A															6.29						
		Creekstone	A															6.49						
	Met Foods	n/i	C					6.99														2.99		
	NSA Supermarket	n/i								4.99													2.99	
	Price Chopper	n/i																						4.69
		Chiapetti		G							10.99													
		Angus		C	7.99	9.99			7.99		7.49													4.99
		Butcher's Promise		C	6.99				5.99	7.99														
	Roche Bros.	Roche Bros.		A														5.49						5.49
		Angus		C	9.99			11.99																
		n/i																3.99	2.99					
	Save-a-Lot	n/i				6.49								2.99										v
	Shaw's	n/i												2.99										4.99
		Laura's Lean		A																				7.99
		Spring Crossing		G														4.99						
	Star Market	n/i												2.99										
	Spring Crossing		G														4.99							
Stop & Shop	Stop & Shop																	4.49					3.99	
	Angus		C																					
Target	n/i													20%off		20%off		20%off						
	Sutton & Dodge		C																					
Trucchi's	Black Canyon		C																					
	Trucchi's																							
	Walmart	n/i			7.97																			
	Wegman's	Wegman's																						
	Whole Foods Natl	n/i								9.99														
MD	A&P Stores	5 Star	C			5.99	5.99																v/L1	
		5 Star	C			7.99	7.99																	no L
		n/i	C								4.99													v
		n/i																						w

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value		
MD (cont)	ACME Market	Lancaster		6.89		7.19	7.19		7.19		4.49				3.99						4.99			
		Steakhouse	C								5.49													
		AG New England	n/i	S						3.99														
		ALDI	n/i	C		9.49								3.49										
		Family Owned	Angus									2.99												
			n/i												3.99	3.69						4.29		
		Food Lion	n/i	C		7.99																	w	
			n/i	C		9.99																	w/o	
			n/i																				w	
			n/i																				w/o	
		Giant of Maryland	Giant	C			6.99	6.99	6.99															
			Giant																					
			Angus	C			8.99	8.99																
		Giant Eagle	n/i	C					7.99		6.99													v
			n/i												3.99									
			Market District	C							11.99													
		Giant Food Stores	Giant	C			6.99	6.99	6.99															w
			Giant	C			10.99	10.99	10.99															w/o
			Giant Angus	C			8.99	8.99																w
			Giant Angus	C			11.99	11.99																w/o
			Giant												3.99		4.49							w
			Giant												4.79		5.19							w/o
		Graul's	Angus	C							5.99													
		n/i													4.99									
	GreatVALU	Angus																				3.49	v	
	Harris Teeter	HT Naturals																				6.99	w	
		HT Naturals																				7.49	w/o	
		HT Rancher				8.97	8.97															4.99	w	
		HT Rancher				10.99	10.99															6.99	w/o	
	Mars	n/i												2.99									3.99	
		n/i	C					7.99			3.49													

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
MD (cont)	Redner's	Angus						5.98														v/w	
		Angus						10.98														w/o	
		Redner's											2.98									w	
		Redner's											4.18									w/o	
		Safeway	n/i															3.99					
			Rancher's Reserve					5.99															w
		Save-a-Lot	n/i		4.99									2.99									v
		Shop'n Save	n/i	C	9.99					5.99					2.78								v
		Shoppers Food	n/i	S																			
			n/i	C																			
			n/i																				
		ShopRite	n/i	C					7.99														
			Angus	C																			
			Laura's Lean	A																			6.99
			Clayton's	O	12.99																		
		Shurfine	n/i							9.49	5.49	2.99			2.99	4.29	3.99				3.49		
			n/i							8.99	4.99												v
	Target	Angus		10.99											5.29	4.99							
		n/i											20%off		20%off								
		Sutton & Dodge	C						20%off	20%off													
	Walmart	n/i		7.97											2.99								
	Wegman's	Wegman's																				3.29	
	Weis	Weis	C			5.99	5.99															v	
		n/i								7.99					2.88			5.99				5.79	
		Angus	C								4.89												
	Whole Foods	n/i	A	11.99													3.99						
ME	AG New England	n/i	S							3.99													
	Hannaford	Hannaford	C							3.99													
		Hannaford	C							5.69													
		n/i															3.69						
		Taste of Inspiration									4.99												

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
ME (cont)	Market Basket	n/i	S						3.99												w	
		n/i	S						4.99												w/o	
		Angus	C						5.99												w	
		Angus	C						6.69												w/o	
		Creekstone	A															6.29				
		Creekstone	A															6.49				
	Save-a-Lot	n/i				6.49								2.99								v
		Shaw's	n/i											2.99							4.99	
	Target	Laura's Lean	A												4.99						7.99	7.99
		Spring Crossing	G												20%off		20%off		20%off			
Walmart	n/i								20%off	20%off												
Whole Foods Natl	n/i				7.97									2.99							4.99	
NH	AG New England	n/i	S						3.99													
	ALDI	n/i	C		9.49					6.99				3.49								
	Hannaford	Hannaford	C							3.99												w
		Hannaford	C							5.69												w/o
		n/i																3.69				
	Market Basket	Taste of Inspiration								4.99												
		n/i	S							3.99												w
		n/i	S							4.99												w/o
		Angus	C							5.99												w
		Angus	C							6.69												w/o
		Creekstone	A																6.29			
	Price Chopper	Creekstone	A																		6.49	
		n/i																				4.69
		Chiapetti	G							10.99												
	Save-a-Lot	Angus	C		7.99	9.99				7.99												
Butcher's Promise				6.99					5.99	7.99												
n/i										6.49											v	
Shaw's	n/i													2.99								
	n/i													2.99							4.99	
	Laura's Lean	A																			7.99	
Spring Crossing	G													4.99								

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
NH (cont)	Target	n/i																				
	Sutton & Dodge	n/i	C					20%off	20%off					20%off			20%off					
	Walmart	n/i			7.97										2.99							
NJ	A&P Stores	5 Star	C			5.99	5.99														v/L1	
		5 Star	C			7.99	7.99														no L	
		n/i	C																		v	
		n/i															2.99				w	
	ACME Market	Lancaster			6.89	7.19	7.19		7.19		4.49				3.99						4.99	
		Steakhouse	C								5.49											
	ALDI	n/i	C			9.49			6.99					3.49								
	Associated	n/i	C								4.99											
	Best Yet	n/i											1.97								3.97	
		Angus			4.97	6.77																
		n/i	C																			
	Bottom Dollar	n/i								6.99												
	Bravo	n/i													4.39		5.49					
		Meadowland Farms																				5.49
		n/i	S		10.99																	
		n/i	S		9.99																	v
	C-Town	n/i													4.39		5.49					
		n/i	S		10.99																	
		n/i	S		9.99																	v
	Compare Foods	n/i	C							6.99		3.99		2.69								
	Fairway Foods	n/i																				3.99
		n/i	P							13.99												
		n/i	A		12.99																	
Fine Fare	n/i								6.99		2.99			3.99								
	Meadowlands																				4.99	
Food Bazaar	n/i			8.99	8.99				5.99													
	Meadowland Farms																				4.79	
	Swift	C								3.49												
Foodtown	n/i	C									2.99											
GreatVALU	Angus																				3.49	
																					v	

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
NJ (cont)	Hurley's IGA	n/i	C							2.99														
		n/i												2.99							3.99			
	Key Food	n/i	C					7.99	9.99													v		
	King's	King's	C		7.99		7.99			6.99												v		
		King's	P							7.99	5.99											5.99		
	Met Foods	n/i	C					6.99			2.99													
	Morton Williams	n/i	C								3.99													
		n/i													2.79									
	Mrs. Green's	Creekstone	A																			5.99		
	Murphy's	Angus	C								4.99													
	Pathmark	n/i							4.98								2.48					3.98	v	
		Angus	S						4.98														L 1	
		Angus	S						6.98														no L	
	Pioneer	n/i	C						6.99			2.99												
	Save-a-Lot	n/i			6.49										2.99								v	
	ShopRite	n/i	C						7.99			3.49			3.49		3.69							
		Angus	C									3.99												
		Laura's Lean	A																				6.99	
	Stop & Shop	Clayton's	O		12.99							12.99												
		Stop & Shop															4.49						3.99	v
		Angus	C									4.99												
	Target	n/i												20%off		20%off		20%off						
		Sutton & Dodge	C							20%off	20%off													
Thriftway	n/i													3.99										
Walmart	n/i			7.97										2.99										
Wegman's	Wegman's																					3.29		
Weis	Weis	C			5.99		5.99																v	
	n/i									7.99				2.88			5.99						5.79	
	Angus	C									4.89													
Western Beef	n/i						7.99		6.99	3.99													v	
Whole Foods	n/i	A		11.99												3.99								

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
NY	A&P Stores	5 Star	C			5.99	5.99															v/L1	
		5 Star	C			7.99	7.99															no L	
		n/i	C							4.99												v	
		n/i	C											2.99								w	
	ALDI	n/i	C		9.49				6.99					3.49									
		Associated	n/i	C						4.99													
	Best Yet	n/i	C									1.97											3.97
		Angus	n/i	C	4.97	6.77					7.77												
	Big M Supermkt	1893 Angus	n/i	C																			4.97
		n/i	C						7.99														3.99
	Bravo	n/i	C											3.49									
		Meadowland Farms	n/i	S	10.99									4.39		5.49							5.49
	C-Town	n/i	S		9.99																		v
		n/i	S		10.99									4.39		5.49							
	Compare Foods	n/i	S		9.99																		v
		n/i	C						6.99				2.69										
	D'Agostino's	Laura's Lean	n/i	A																			10.49
		1932 Brand	n/i	A																			9.99
	Dash's Market	n/i	C		10.99	7.97	7.97	7.97	7.97														6.99
		n/i	C		12.99	9.99	9.99	9.99	9.99														7.19
		n/i	P		12.99					7.99													
		n/i	P		14.99					8.99													
	DeCiccio's	n/i	C						8.99						5.99								
Fairway Foods		n/i	C																			3.99	
Fine Fare	n/i	P						13.99															
	n/i	A		12.99																			
Food Bazaar	n/i	C						6.99					3.99									4.99	
	Meadowlands	n/i	C	8.99	8.99			5.99														4.79	
	Swift	n/i	C							3.49													

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				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
NY (cont)	ShopRite	n/i	C					7.99			3.49				3.49		3.69							
		Angus	C								3.99													
		Laura's Lean	A																				6.99	
		Clayton's	O		12.99																			
	Stop & Shop	Stop & Shop	Angus	C														4.49					3.99	v
		Target	n/i	C										20%off		20%off								
	Tops Market	Sutton & Dodge	n/i	C																			4.49	
		n/i	C					6.99						2.69	2.69									
	Trade Fair	n/i	C					8.99				3.49												5.99
		n/i	C									4.99												
	Uncle Giuseppe's	Sterling Silver	n/i	C								4.99												
		Walmart	n/i	C		7.97										2.99								3.29
	Wegman's	Wegman's	n/i	C																				
Weis		Weis	C			5.99	5.99																v	
Western Beef	n/i	C									7.99						5.99						5.79	
	n/i	C					7.99				6.99												v	
PA	A&P Stores	5 Star	C			5.99	5.99																L1	
		5 Star	C			7.99	7.99																no L	
		n/i	C									4.99											v	
		n/i	C													2.99							w	
	ACME Market	Lancaster	C		6.89		7.19	7.19				4.49				3.99							4.99	
		Steakhouse	C									5.49												
	ALDI	n/i	C						6.99						3.49									
		Big M Supermkt	1893 Angus	C								7.99												
	Bottom Dollar	n/i	C																					
		Boyer's	n/i	C												3.33								
n/i	n/i	C									4.97						4.27	3.97						
	n/i	C																					v	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond.				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
PA (cont)	Kuhn's	n/i	C					8.99								3.69					4.79	w		
		n/i	C					11.99								4.79						w/o		
	Pathmark	n/i						4.98								2.48						3.98	v	
		Angus		S					4.98														L1	
		Angus		S					6.98														no L	
	Price Chopper	n/i																					4.69	
		Chiapetti		G							10.99													
		Angus		C	7.99	9.99			7.99		7.49	4.99												
		Butcher's Promise			6.99				5.99	7.99														
	Redner's	Angus								5.98														v/w
		Angus								10.98														w/o
		Redner's												2.98										w
		Redner's												4.18										w/o
	Safeway	n/i																	3.99					
		Rancher's Reserve							5.99															w
	Save-a-Lot	n/i			5.99										2.99									v
	Shop'n Save	n/i		C		9.99					5.99			2.78										v
	ShopRite	n/i		C					7.99			3.49			3.49		3.69							
		Angus		C								3.99												
		Laura's Lean		A																				6.99
		Clayton's		O		12.99				12.99														
	Shurfine	n/i								9.49	5.49	2.99			2.99	4.29	3.99				3.49			
		n/i								8.99	4.99													v
	Angus			10.99											5.29	4.99								
ShurSave	ShurSave							5.99					2.88											
	n/i										4.79													
Sparkle	n/i		C					6.99															w	
	n/i		C					10.79															w/o	
	Meadowland Farm																						4.99	
	Meadowland Farm																						6.99	
	n/i												2.39											
Target	n/i												20%off		20%off		20%off							
	Sutton & Dodge		C						20%off	20%off														
Thriftway	n/i														3.99									

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State	Supermarket	Brand	Key	Steaks for Grilling							Ground Beef (lean % where noted)								Cond. * see key					
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value		
PA (cont)	Thorne's Market	1893 Angus				7.99	7.99																	
	Tops Market	n/i											2.99								4.49			
		n/i	C					6.99					2.69	2.69										
	Walmart	n/i			7.97									2.99										
	Wegman's	Wegman's																				3.29		
	Weis	Weis	C			5.99	5.99																v	
		n/i								7.99					2.88			5.99					5.79	
Whole Foods	Angus	C								4.89														
	n/i	A		11.99											3.99									
RI	ALDI	n/i	C		9.49			6.99						3.49										
	Bravo	n/i											4.39		5.49									
		Meadowland Farms																				5.49		
		n/i	S		10.99																			
		n/i	S		9.99																			v
	Compare Foods	n/i	C					6.99				2.69												
	Dave's	Dave's				5.99																	3.99	
	Save-a-Lot	n/i					6.49								2.99									v
	Shaw's	n/i													2.99								4.99	
		Laura's Lean	A															7.99					7.99	
		Spring Crossing	G													4.99								
	Stop & Shop	Stop & Shop															4.49						3.99	v
		Angus	C								4.99													
Target	n/i											20%off		20%off		20%off								
	Sutton & Dodge	C						20%off	20%off															
Walmart	n/i				7.97									2.99										
Whole Foods Natl	n/i									9.99													4.99	
VT	AG New England	n/i	S							3.99														
	ALDI	n/i	C		9.49			6.99					3.49											
	Hannaford	Hannaford	C							3.99														
		Hannaford	C							5.69														w
		n/i														3.69								w/o
	Taste of Inspiration									4.99														

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key		
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
VT (cont)	Price Chopper	n/i																			4.69	
		Chiapetti	G						10.99													
		Angus	C	7.99	9.99				7.99	7.49	4.99											
		Butcher's Promise		6.99					5.99	7.99												
		Shaw's	n/i											2.99								4.99
			Laura's Lean	A													7.99					7.99
			Spring Crossing	G											4.99							
	Tops Market	n/i											2.69	2.69							4.49	
		n/i	C					6.99														

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key		
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
SOUTHEASTERN U.S. - AL,FL,GA,MS,NC,SC,TN,VA,WV																						
AL	ALDI	n/i	C		9.49			6.99						3.49								
	Dollar General Mkt	n/i							6.00				2.75									
	Food for Le\$\$	n/i	S			5.77				3.77												
		n/i											2.47									
	Food Giant	n/i											1.98							2.98		
	Greer's	Black Angus	S	6.99						5.89											v	
	Homeland Stores	n/i													2.99							
	Hometown Market	n/i											2.49									
	Ingle's	n/i														3.28					w	
		n/i														4.48					w/o	
		Ingles	C	9.98																	w	
		Ingles	C	12.48																	w/o	
	Kroger Atlanta	n/i									5.49					3.99					w	
		Kroger														2.99						
	Kroger Nashville	n/i	C	6.99																	v	
		n/i														2.99						
	Lucky's	n/i														2.99						
		Black Canyon	S		9.99																	
	Piggly Wiggly FG	n/i											2.28								2.98	
		Black Canyon								7.98												
	Piggly Wiggly Inc	n/i														3.99						
		Angus			10.99																	
	Piggly Wiggly JTM	n/i	C			7.99															3.49	
		n/i																				
	Publix	Publix	C						8.99	6.99						4.49					w	
		Publix	C						13.99	7.99						4.99					w/o	
		Maverick Ranch	O													6.99						
		Greenwise	A		10.99	10.99							5.49								w	
		Greenwise	A		14.99	14.99															w/o	
	Ramey's	Angus			6.98	7.99															v	
		n/i																			2.99	
	Rouses	n/i	C							5.47											v	
	Save-a-Lot	n/i			4.99										2.99						v	

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key							
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties					
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value								
AL (cont)	Shop Rite Mrkt	n/i																									
		Star Ranch			7.99																						
	Target	n/i											20%off		20%off		20%off										
		Sutton & Dodge	C					20%off	20%off																		
	Vowell's	n/i									2.59													2.28			
		Black Canyon	S			9.99																					
	Walmart	n/i				7.97																					
	Western	Angus	C							8.99																	
	1818 Hereford	A			14.99								4.99														
	Winn-Dixie	n/i																							w		
		n/i																							w/o		
FL	Albertsons Sthrn	n/i										2.48				2.98		3.98									
		Supreme								BOGO																	
	ALDI	n/i	C		9.49			6.99					3.49														
	Dollar General Mrkt	n/i								6.00		2.75															
	Food Giant	n/i										1.98												2.98			
	Greer's	Black Angus	S	6.99				5.89																		v	
	Harris Teeter	HT Naturals														5.99								6.99		w	
		HT Naturals														6.99								7.49		w/o	
		HT Rancher				8.97	8.97											4.99							4.99		w
		HT Rancher				10.99	10.99											6.99							6.99		w/o
	Hitchcock's	n/i				4.99							2.75														
		Angus				6.99																					
	J.H. Harvey's	n/i			7.99								2.49														
	Piggly Wiggly FG	n/i											2.28												2.98		
		Black Canyon							7.98																		
	Presidente	n/i				3.98	5.49				5.49						3.49										
	Publix	Publix	C								8.99						4.49										w
	Publix	C								13.99						4.99										w/o	
	Maverick Ranch	O														6.99											
	Greenwise	A			10.99	10.99							5.49													w	
	Greenwise	A			14.99	14.99																				w/o	
Save-a-Lot	n/i				5.99																					v	
Sedano's	n/i																2.89										

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
FL (cont)	Target	n/i																						
	Sutton & Dodge	n/i	C					20%off	20%off				20%off											
	Walmart	n/i												2.99										
	Whole Foods	n/i	O																			G		
	Winn-Dixie	n/i	C													5.99						w		
		n/i												2.99								w/o		
		n/i												4.49										
GA	ALDI	n/i	C		9.49			6.99							3.49									
	Bi-Lo	Gold Star	C		4.99																		w	
		Gold Star	C		6.99																		w/o	
		n/i																					w	
		n/i																					w/o	
	Dollar General Mkt	n/i								6.00			2.75											
	Food Depot	n/i	S						7.75	4.95	4.24												3.35	
		n/i																						2.98
	Food Giant	n/i																						
	Food Lion	n/i	C		7.99																			w
		n/i	C		9.99																			w/o
		n/i																						w
		n/i																						w/o
	Galaxy Foods	n/i										2.68	2.38											
		Butcher's Best				6.98																		
	Harris Teeter	HT Naturals																						6.99
		HT Naturals																						7.49
		HT Rancher				8.97	8.97																	4.99
		HT Rancher				10.99	10.99																	6.99
	Homeland Stores	n/i																						2.99
IGA	n/i																						2.89	
Ingle's	n/i																						3.28	
	n/i																						4.48	
	Ingles	C		9.98																				w
	Ingles	C		12.48																				w/o
J.H. Harvey's	n/i			7.99									2.49											

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
GA (cont)	Kroger Atlanta	n/i								5.49				3.99								w	
	Kroger													2.99									
	Piggly Wiggly Car.	Angus		9.99	11.99	11.99			11.99	7.99												2.98	
	Piggly Wiggly FG	n/i										2.28											
	Piggly Wiggly JTM	Black Canyon							7.98													3.49	
	Publix	n/i	C			7.99																	
	Publix	Publix	C						8.99	6.99													w
	Publix	Publix	C						13.99	7.99													w/o
	Publix	Maverick Ranch	O																				
	Publix	Greenwise	A			10.99	10.99							5.49									w
	Publix	Greenwise	A			14.99	14.99																w/o
	Quality Foods	n/i											2.49										
	Quality Foods	Angus				8.99																	v
	Save-a-Lot	n/i				4.99																	v
	Shop Rite Mrkt	n/i																					
	Shop Rite Mrkt	Star Ranch				7.99																	
Target	n/i												20%off		20%off		20%off						
Target	Sutton & Dodge	C							20%off	20%off													
Walmart	n/i				7.97																		
Walmart	Wayfield's				5.99								2.79									2.99	
Walmart	Winn-Dixie																					w	
Walmart	Winn-Dixie																					w/o	
MS	ALDI	n/i	C		9.49			6.99						3.49									
	Corner Market	n/i																					
	Corner Market	Angus							9.99														
	Dollar General Mrkt	n/i								6.00			2.75										
	Food Giant	n/i											1.98									2.98	
	Greer's	Black Angus	S	6.99					5.89														v
	Kroger Delta	n/i	C		9.99																		
	Kroger Delta	n/i																					
	Mac's Fresh	n/i												2.99								3.99	
	Piggly Wiggly FG	n/i												2.28								2.98	
Piggly Wiggly FG	Black Canyon								7.98														

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
MS (cont)	Ramey's	Angus				6.98	7.99														2.99	v		
		n/i																						
	Rouses	n/i	C							5.47												v		
	Save-a-Lot	n/i				5.99								2.99								v		
	Superlo Foods	Angus																						
		n/i																						
	Target	n/i												2.49	20%off	20%off		20%off						
	Sutton & Dodge	n/i	C							20%off	20%off													
	Vowell's	n/i												2.59									2.28	
Walmart	n/i	S			9.99																			
Winn-Dixie	n/i				7.97																	2.99		
	n/i																					2.99		
	n/i																					4.49		
NC	ALDI	n/i	C		9.49									3.49										
	Bi-Lo	Gold Star	C		4.99																			
		Gold Star	C		6.99																			
		n/i																						
		n/i																						
	Bo's Foods	n/i				5.99																	2.99	
	Carlie C's IGA	n/i				6.98																		
	Compare Foods	n/i				5.49																		
	Dollar General Mkt	n/i																						
	Farm Fresh	n/i																						
		n/i	C		6.99																			v
	Food Lion	n/i	C			7.99																		w
		n/i	C			9.99																		w/o
		n/i																						w
		n/i																						w/o
Galaxy Foods	n/i											2.68	2.38											
	Butcher's Best					6.98																		
GreatVALU	n/i								7.99	3.99	3.99	2.99												

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
NC (cont)	Harris Teeter	HT Naturals													5.99					6.99	w		
		HT Naturals													6.99					7.49	w/o		
		HT Rancher			8.97	8.97												4.99				w	
		HT Rancher			10.99	10.99												6.99				w/o	
		IGA	n/i											2.89									w
		Ingle's	n/i											3.28									w/o
			n/i											4.48									w
			Ingles	C	9.98																		w/o
			Ingles	C	12.48																		w/o
		Just \$ave Foods	n/i			6.95																	
		Kroger MidAtlantc	n/i	C	6.99	8.99																	
			n/i											3.49									
		Lowes Foods	n/i																2.99				
			Angus						7.77														w
			Angus						13.99														w/o
			Laura's Lean	O											7.99								
		Piggly Wiggly Corp	Preferred Angus			8.99								3.49	3.29								
		Piggly Wiggly Rtl	n/i			7.99							2.19										
		Publix	Publix	C					8.99	6.99					4.49								w
			Publix	C					13.99	7.99					4.99								w/o
		Maverick Ranch	O											6.99									
		Greenwise	A			10.99	10.99						5.49									w	
		Greenwise	A			14.99	14.99															w/o	
	Save-a-Lot	n/i				4.99								2.99								v	
	Target	n/i											20%off		20%off		20%off						
		Sutton & Dodge	C						20%off	20%off													
	Walmart	n/i			7.97									2.99									
SC	ALDI	n/i	C		9.49			6.99						3.49									
	Bi-Lo	Gold Star	C		4.99																	w	
		Gold Star	C		6.99																	w/o	
		n/i													2.88							w	
		n/i													4.49							w/o	
		Compare Foods	n/i			5.49																	
		Dollar General Mrkt	n/i							6.00				2.75									

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
SC (cont)	Food Lion	n/i	C		7.99																	w		
		n/i	C		9.99																	w/o		
		n/i																				w		
		n/i																				3.99	w	
		n/i																				4.39	w/o	
	Galaxy Foods	n/i									2.68	2.38												
		Butcher's Best					6.98																	
	Harris Teeter	HT Naturals																					6.99	w
		HT Naturals																					6.99	w/o
		HT Rancher					8.97	8.97															4.99	w
		HT Rancher					10.99	10.99															6.99	w/o
	IGA	n/i																					2.89	
	Ingle's	n/i																					3.28	w
		n/i																					4.48	w/o
		Ingles		C	9.98																			w
		Ingles		C	12.48																			w/o
	J.H. Harvey's	n/i			7.99							3.99	2.49											
	Kroger Atlanta	n/i										5.49											3.99	w
		Kroger																					2.99	
	Lowes Foods	n/i																					2.99	
		Angus																					7.77	w
		Angus																					13.99	w/o
		Laura's Lean		O																			7.99	
	Piggly Wiggly Car.	Angus			9.99	11.99	11.99																11.99	7.99
	Publix	Publix		C																			8.99	6.99
		Publix		C																			13.99	7.99
		Maverick Ranch		O																				
		Greenwise		A			10.99	10.99																5.49
		Greenwise		A			14.99	14.99																
	Quality Foods	n/i																					2.49	
	Angus					8.99																		
Save-a-Lot	n/i					4.99																	2.99	
Target	n/i																						20%off	
	Sutton & Dodge		C																			20%off	20%off	
Walmart	n/i					7.97																	2.99	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling							Ground Beef (lean % where noted)								Cond. * see key						
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties				
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value			
TN	ALDI	n/i	C		9.49			6.99						3.49											
	Bi-Lo	Gold Star	C		4.99																	w			
		Gold Star	C		6.99																		w/o		
		n/i																					w		
		n/i																					w/o		
	Dollar General Mkt	n/i								6.00															
	E.W. James	n/i									2.75														
		Black Canyon	S					7.99				2.49													
	Food City	n/i																							
		Angus				9.99																			
		n/i	S			8.99																			
		Food City																						2.99	
	Food Country	n/i										2.88												2.98	
		Butcher's Best							8.98	4.98														w	
		Butcher's Best								5.99														w/o	
	Food Giant	n/i										1.98												2.98	
	Food Lion	n/i	C			7.99																		w	
		n/i	C			9.99																		w/o	
		n/i																						w	
		n/i																						w/o	
	Food Rite	Black Canyon	S			9.99																			
		Food Rite																							2.89
	H.G. Hill	Black Canyon	S			9.99																		3.39	
	n/i																							v	
Harris Teeter	HT Naturals																							6.99	
	HT Naturals																							6.99	
	HT Rancher					8.97	8.97																	4.99	
	HT Rancher					10.99	10.99																	6.99	
IGA/Houchen's	Black Canyon																							2.99	
	IGA	C			9.99																				
Ingle's	n/i																							3.28	
	n/i																							4.48	
	Ingles	C			9.98																			w	
	Ingles	C			12.48																			w/o	

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
TN (cont)	Kroger Atlanta	n/i								5.49				3.99								w	
	Kroger	n/i												2.99									
	Kroger Delta	n/i	C		9.99																		
	Kroger MidAtlantic	n/i	C	6.99	8.99																		
	Kroger Nashville	n/i	C	6.99																			
	Osborne's	Black Canyon				8.99																	
	Publix	Publix	C					8.99	6.99														w
	Publix	Publix	C					13.99	7.99														w/o
	Maverick Ranch	Maverick Ranch	O																				w
	Greenwise	Greenwise	A			10.99	10.99							5.49									w
	Greenwise	Greenwise	A			14.99	14.99																w/o
	Save-a-Lot	Save-a-Lot	n/i			4.99																2.99	v
	Shop Rite Mrkt	Shop Rite Mrkt	n/i												2.99								
	Star Ranch	Star Ranch				7.99																	
	Super Dollar	Super Dollar	n/i											2.99									3.19
	Superlo Foods	Superlo Foods	Angus	S					9.99	4.99													
	Target	Target	n/i											2.49									
Sutton & Dodge	Sutton & Dodge	n/i	C					20%off	20%off					20%off		20%off		20%off					
Twn&Cntry Groc.	Twn&Cntry Groc.	n/i											2.48										
Walmart	Walmart	n/i			7.97																		
VA	ALDI	n/i	C		9.49			6.99						3.49									
	Dollar General Mrkt	n/i							6.00				2.75										
	Farm Fresh	n/i											2.49										
	Fas-Chek	n/i	C	6.99				5.99				2.49										v	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
VA (cont)	Kroger MidAtlantic	n/i	C	6.99	8.99																			
		n/i												3.49										
	Lowes Foods	n/i																				2.99		
		Angus							7.77															w
		Angus							13.99															w/o
		Laura's Lean		O											7.99									
	Piggly Wiggly Corp	Preferred Angus			8.99									3.49	3.29									
	Piggly Wiggly Rtl	n/i			7.99								2.19											
	Safeway	n/i																				3.99		
		Rancher's Reserve							5.99															w
	Save-a-Lot	n/i					6.49								2.99									v
	Shoppers Food	n/i		S																				
		n/i		C																				
		n/i																						
Super Dollar	n/i											2.99											3.19	
	n/i		S											4.99										
Target	n/i													20%off		20%off		20%off						
	Sutton & Dodge		C						20%off	20%off														
Walmart	n/i				7.97																			
Wegman's	Wegman's																						3.29	
Whole Foods	n/i		A	11.99																				
WV	ALDI	n/i	C		9.49			6.99						3.49										
	Dollar General Mkt	n/i																						
	Fas-Chek	n/i						5.99				2.49	2.75											
	Food Fair	Black Canyon													2.99									
	Food Lion	n/i	C		7.99																		w	
		n/i	C		9.99																			w/o
		n/i																3.99					w	
		n/i																4.39						w/o
	Foodland	Star Ranch								4.99	4.29													
		Showcase										2.49												2.99
Galaxy Foods	n/i										2.68	2.38												
	Butcher's Best					6.98																		

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key					
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value						
WV (cont)	Giant Eagle	n/i	C					7.99		6.99												v			
		n/i																							
		Market District		C																					
		Giant Food Stores	Giant	C			6.99		6.99		6.99												w		
			Giant	C			10.99		10.99		10.99													w/o	
			Giant Angus	C			8.99		8.99															w	
			Giant Angus	C			11.99		11.99															w/o	
			Giant												3.99		4.49							w	
			Giant												4.79		5.19							w/o	
		Grants	n/i											2.39									2.69		
			Black Canyon																						
		GreatVALU	n/i																						
		Kroger Columbus	n/i																						
			Private Selection																						
		Kroger MidAtlantc	n/i	C	6.99	8.99																			
			n/i																						
		Piggly Wiggly Corp	Preferred Angus																						
		Riesbeck's	n/i																						
			Hereford																						
		Save-a-Lot	n/i				4.99																	v	
		Shop'n Save	n/i	C		9.99																		v	
		Sparkle	n/i	C					6.99															w	
			n/i	C					10.79															w/o	
		Meadowland Farm																					4.99		
		Meadowland Farm																					6.99		
		n/i																							
	Target	n/i																							
		Sutton & Dodge	C																						
	Walmart	n/i				7.97																			

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key		
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
MIDWESTERN U.S. - IA,IL,IN,KY,MI,MN,ND,NE,OH,SD,WI																						
IA	AF Midwest	Star Ranch			8.98																	
	ALDI	n/i	C		9.49			6.99					3.49							3.99		
	County Market	Ranchers Legend		8.69						5.88												
	Dahl's	n/i										2.39									2.99	
	Dahl's	Angus								5.99												
	Dahl's	n/i						6.99							2.69							
	Family Foods	Angus Pride								4.99												
	Family Foods	n/i															3.19				3.99	
	Fareway	n/i																				
	Food Pride	n/i																		3.29		
	Food Pride	Angus Pride			10.67					5.99												
	Hometown Foods	n/i														3.49	2.99					
	Hometown Foods	Star Ranch	C							5.99												
	Hy-Vee	HV Angus	C							11.96	4.98											
	Hy-Vee	n/i															3.99					
	Jewel-Osco	Steakhouse	C	8.99	9.99	8.99		8.99	9.99	BOGO							3.99					
	Maynard's	Star Ranch	C																			
	Maynard's	Star Ranch	S		9.99																	
	Maynard's	n/i																				
	No Frills	n/i																				
	No Frills	n/i	C							8.99	4.49											
	Quillin's	n/i			9.99																	
	Quillin's	n/i																				
	Quillin's	Chairman Reserve																				
	Save-a-Lot	n/i				4.99											2.79					
	Save-a-Lot	n/i															2.99					
	Schnuck's	n/i	S							5.99												
	Sunshine Foods	n/i	C							5.88												
	Sunshine Foods	n/i																				
	Target	n/i																				
	Target	Sutton & Dodge	C								20%off											
	Target	n/i																				
	Walmart	n/i			7.97																	
	Walmart	n/i																				
IL	AF Midwest	Star Ranch			8.98																	
	AF Midwest	n/i																				
	ALDI	n/i	C		9.49			6.99													3.99	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
IL (cont)	Angelo Caputo	n/i	C					6.49	7.49															
		Angelo's						13.99																
		Berkot's	n/i	C	8.99		8.99			7.99													4.69	
			Berkot's										3.29		3.69									
		Borowiak's IGA	TableRite		6.99										2.48									v
			Borowiak's																					
		Butera Market	n/i		5.99				3.99				2.39				2.99							
			Angus		8.99		9.99	9.99	10.99	5.99						2.69								3.69
		County Market	Ranchers Legend		8.69					5.88														
			n/i										2.39											2.99
		Cub Foods	n/i												2.69									w
			n/i												4.29									w/o
			Cub	C					8.99															
		Dierberg's	Dierberg's	C						6.77														
		El Guero	n/i														2.79							
		Fairplay Foods	Fairplay												3.49									
			Angus	C			9.99	10.49	8.88															
			n/i				5.99	6.49																
		Fareway	n/i																					3.99
		Food Pride	n/i																3.29					
		Angus Pride			10.67				5.99															
	Garden Fresh	n/i	C											2.99										
		n/i	K		13.99																			
	Heinen's	Heinen's													4.99									
	Hy-Vee	HV Angus	C					11.96	4.98															
		n/i													3.99									
	IGA	n/i	S			7.99																		
		Angus											2.69										2.99	
	Jewel-Osco	Steakhouse	C	8.99	9.99	8.99		8.99	9.99	BOGO						3.99								
	Joe Caputo	Joe Caputo													3.19	2.99							4.49	
		n/i	C	8.99																			v	
	Kirby Foods IGA	IGA TableRite				8.99	9.19								2.99								3.19	
		IGA TableRite													4.49								w/o	

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
IL (cont)	Kroger Central	n/i	C		7.99																	
		n/i										1.99		3.99								
	Kroger Louisville	n/i	C	6.99										2.49								
		n/i												2.49								
	Mariano's	Naturewell	A		9.99																	
		n/i	A																4.99			
	Meijer	Angus			9.99										2.49							
		Angus	C							4.99												
		Meijer																4.99				
	Pete's Fresh	n/i														4.49					4.99	
	Piggly Wiggly MW	n/i			5.99								2.39									3.99
		Angus				8.88	9.18									2.99						
	Save-a-Lot	n/i				4.99									2.99							
	Schnuck's	n/i	S							5.99												
	Shop & Save	n/i													2.99							
		n/i	C			8.99	8.99				4.39											
	Shop'n Save	n/i											2.99									
		Totally Angus							7.99													
	Strack & VanTil	Angus			9.99						6.99					2.99						
	Target	n/i												20%off		20%off		20%off				
	Sutton & Dodge	C							20%off	20%off												
Tony's Finer Food	Angus	C	8.99		7.99				8.99	5.49	4.29											
	n/i			5.99					5.99	3.99												
Ultra Foods	Angus	C						7.98			4.79			3.99							4.49	
Valli Produce	n/i	C			6.99	7.49				4.99												
	n/i													2.99								
Walmart	n/i				7.97									2.99								
Walt's Food	Hereford	C					9.99															
	Walt's													3.79							3.99	
Woodman's	American Foods													3.33								

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
IN	ALDI	n/i	C		9.49			6.99						3.49									
	Al's Supermarket	Al's															2.88					w	
		Al's															4.69					w/o	
		Chairman Reserve	C						10.88	4.88												w	
		Chairman Reserve	C						14.99	6.29												w/o	
		n/i	S						7.88													w	
		n/i	S						11.99													w/o	
	Dollar General Mkt	n/i								6.00			2.75										
	Harvest	n/i			6.99								2.79	3.49									
	IGA	n/i	S			7.99																	
		Angus												2.69								2.99	
	Jay C	n/i	C			5.99																	
		n/i															3.99						
	Jewel-Osco	Steakhouse	C	8.99	9.99	8.99		8.99	9.99	BOGO						3.99							
	Kirby Foods IGA	IGA TableRite				8.99	9.19										2.99					3.19	w
		IGA TableRite															4.49					w/o	
	Kroger Central	n/i	C			7.99																	
		n/i											1.99				3.99						
	Kroger Cincinnati	n/i	C	7.99					7.99														
		Kroger Private Selection															2.99						
	Kroger Louisville	n/i	C	6.99																			
		n/i															2.49						
	Marsh	Marsh	C			5.99	5.99																
Martin's	Martin's	C																				w	
	Martin's	C																				w/o	
	Martin's																3.99					w	
	Martin's																4.48					w/o	
Meijer	Angus				9.99											2.49							
	Angus	C								4.99													
	Meijer																			4.99			
New Market	n/i				6.99											2.49					3.99	v	
	Angus	C				8.99																v	
Save-a-Lot	n/i				4.99											2.99							

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
IN (cont)	Schnuck's	n/i	S						5.99														
	Strack & VanTil	Angus		9.99					6.99								2.99						
	Target	n/i										20%off		20%off			20%off						
	Ultra Foods	Sutton & Dodge	C																				
	Walmart	Angus	C					7.98			20%off											4.49	
	Walt's Food	Hereford	C		7.97																		
	Wesselman's	Walt's					9.99															3.99	
KY	ALDI	n/i	C		9.49			6.99						3.49									
	Dollar General Mkt	n/i							6.00				2.75										
	E.W. James	n/i											2.49										
	Food City	Black Canyon	S						7.99														
	Food Fair	Angus			9.99																		
	Food Giant	n/i	S		8.99																		
	Food Lion	Food City																				2.99	
	Kroger	Black Canyon								4.99													
	Kroger	n/i	C										1.98									2.98	
	Kroger	n/i	C		7.99																		
	Kroger	n/i	C		9.99																		
	Kroger	n/i																					
	Kroger	n/i																					
	Kroger	n/i																					
	Kroger	Star Ranch								4.99		4.29											
	Kroger	Showcase											2.49										2.99
Kroger	Galaxy Foods	n/i										2.68	2.38										
Kroger	Butcher's Best					6.98																	
Kroger	IGA/Houchen's	Black Canyon																					
Kroger	IGA		C		9.99																		
Kroger	Kroger Cincinnati	n/i	C		7.99			7.99															
Kroger	Kroger																						
Kroger	Private Selection																						
Kroger	Kroger Delta	n/i	C		9.99																		
Kroger	n/i																						
Kroger	n/i																						

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prices in \$US per pound unless otherwise noted.

BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key		
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
KY (cont)	Kroger Louisville	n/i	C	6.99																		
		n/i												2.49								
	Kroger MidAtlantc	n/i	C	6.99	8.99																	
		n/i													3.49							
	Meijer	Angus			9.99										2.49							
		Angus	C						4.99													
		Meijer																4.99				
	Piggly Wiggly FG	n/i											2.28									2.98
		Black Canyon							7.98													
	Remke Markets	n/i													2.99							w
		n/i													3.99							w/o
		Star Ranch	C								3.99											w
		Star Ranch	C								5.49											w/o
		n/i	S		7.99																	w
		n/i	S		10.99																	w/o
	Laura's Lean	A															5.99				w	
Save-a-Lot	n/i				5.99	6.49								2.99								
Super Dollar	n/i											2.99									3.19	
	n/i	S								4.99												
Target	n/i												20%off		20%off		20%off					
	Sutton & Dodge	C						20%off	20%off													
Twn&Cntry Groc.	n/i											2.48				3.99						
ValuMarket	n/i											2.99										
Walmart	n/i					7.97								2.99								
Whole Foods	n/i	A		11.99											3.99							
MI	AF Midwest	n/i												2.49								
		Star Ranch	C							3.99												
	ALDI	n/i	C		9.49			6.99						3.49								
	Busch's	n/i	C						8.99	7.99												
		Busch's	L															3.99				
	D&W Fresh	Preferred Angus				7.99																v
	n/i														3.99							
Family Fare	n/i													2.49								
	Tender Ridge								7.99													v

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties				
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value			
MI (cont)	Tadych's	Angus Pride	C		8.99																				
		Econofoods											3.49									3.99			
		Naturewell	A																						
	Target	n/i											20%off		20%off		20%off								
		Sutton & Dodge	C																						
	Tom's/Oleson's	n/i	C																				v		
	Valuland	n/i	C		5.99								2.49												
	VG's Grocery	n/i													2.99									v	
	VG's																								
	Walmart	n/i			7.97																				
MN	AF Midwest	Star Ranch	C		8.98					3.99															
		n/i												2.49								3.99			
	ALDI	n/i	C		9.49									3.49											
	Cash Wise Foods	n/i													2.48										
		Hereford																							
	Coborn's	Hereford	C																						
	Cub Foods	n/i													2.69									w	
		n/i													4.29									w/o	
		Cub	C																						
	Econofoods	n/i																2.99							
		Angus Pride	C				8.99																	3.99	
	Fareway	n/i																						3.99	
	Festival	Black Angus																							
		Black Angus	C				7.99																		w
		Black Angus	C				12.99																		w/o
	Food Pride	n/i					8.99	9.19								3.49									
	Hornbacher's	Stockman&Dakota	C																						
Hugo's	Angus Pride	C																							
Hy-Vee	HV Angus	C																							
	n/i																								
Kowalski's	Kowalski's	G																							
Lunds & Byerly's	n/i	C																						w	
	n/i	G																							

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key					
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value						
MN (cont)	Marketplace Food	n/i							9.99							2.98						3.98	w/o		
		MP Signature																							
		Angus Pride	C		8.98																			v	
		Angus Pride	C				9.48																		
		Maynard's	Star Ranch	C							3.99														
			Star Ranch	S		9.99																			
			n/i														3.59								
		Quillin's	n/i			9.99																			
			Chairman Reserve												2.79										
		Rainbow	n/i												3.49									w	
			n/i												4.69									w/o	
			Angus	C					8.99																
		Save-a-Lot	n/i			4.99									2.99										
		Sun Mart	Blackwell			7.99					6.99														
			n/i																						
		Super One Foods	n/i														2.88						3.99		
			Angus		7.97																			w	
			Angus		9.99																			w/o	
		Cedar River Farms	C							5.95															
	Target	n/i												20%off		20%off		20%off							
		Sutton & Dodge	C						20%off	20%off															
	Teal's Market	Angus Pride			8.99																				
	Walmart	n/i			7.97									2.99											
ND	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99													v		
		n/i														3.49									
		Stone's																				3.99			
		Cash Wise Foods	n/i											2.48											
			Hereford						8.48																
		Coborn's	Hereford	C							6.67														
		Dan's	n/i																			3.99			
			Angus	C							6.99														
	Econofoods	n/i														2.99									
		Angus Pride	C			8.99																3.99			
	Food Pride	n/i				8.99		9.19								3.49									

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
NE (cont)	Safeway	n/i	G																					
		Open Nature							8.99															
		Rancher's Reserve		5.99				5.99	6.99															
	Sun Mart	Blackwell	C		7.99				6.99															
	Target	n/i											20%off		20%off		20%off							
	Walmart	n/i			7.97				20%off	20%off														
OH	Acme Fresh	Acme	C					6.99													5.39	w		
		Acme							9.99													6.39	w/o	
	ALDI	n/i		9.49				6.99					3.49											
	Bottom Dollar	n/i						6.99																
	Buehler's	n/i			8.88	8.88																	w	
		n/i			13.99	13.99																		w/o
	Chief	Chief	C		7.99									2.99		3.99								w
		Chief	C		11.99									3.99		4.49								w/o
	Cub Foods	n/i												2.69										w
		n/i												4.29										w/o
		Cub	C					8.99																
	Dave's Market	n/i	C		8.99						4.99											3.85	w	
		n/i	C		10.99						5.99													w/o
	Dollar General Mkt	n/i								6.00			2.75											
	Fisher's Foods	Fishers																						w
		Fishers																						w/o
		Fishers	C					8.99																w
	Fishers	C					9.99																w/o	
	Black Angus	C							6.99															w
	Black Angus	C							7.99															w/o
Food Fair	Black Canyon								4.99						2.99									
Foodland	Star Ranch								4.99	4.29														
	Showcase										2.49											2.99		

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key		
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
OH (cont)	Fresh Encounter	n/i										2.49		2.99							2.50	
		Sukarne						6.99														v
		n/i			8.99																	w
		n/i			11.99																	w/o
	Geyer's	Star Ranch	C					9.99	4.98													
		n/i												2.98								
	Giant Eagle	n/i	C					7.99	6.99						3.99							v
		n/i																				
	Heinen's	Market District	C						11.99													
	IGA	Heinen's	S			7.99									4.99							
		Angus										2.69										2.99
	Kroger Central	n/i	C		7.99																	
		n/i										1.99			3.99							
	Kroger Cincinnati	n/i	C	7.99				7.99														
		Kroger													2.99							
		Private Selection													3.99							
	Kroger Columbus	n/i													2.48							
		Private Selection				8.99																
	Kroger MidAtlantc	n/i	C	6.99	8.99																	
		n/i													3.49							
	Marc's	Black Canyon	C							6.99												
		Pinebrook Valley													3.69							
	Marsh	Marsh	C			5.99	5.99															
Meijer	Angus			9.99										2.49								
	Angus	C							4.99													
	Meijer																4.99					
Riesbeck's	n/i													2.99								
	Hereford							7.99														
Remke Markets	n/i													2.99							w	
	n/i													3.99							w/o	
	Star Ranch	C								3.99											w	
	Star Ranch	C								5.49											w/o	

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key		
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
OH (cont)	Remke Markets	n/i	S		7.99																w	
	(continued)	n/i	S		10.99																w/o	
		Laura's Lean	A																			w
	Save-a-Lot	n/i				4.99								2.99								
	Shop'n Save	n/i	C		9.99					5.99				2.78								v
	Sparkle	n/i	C								6.99											w
		n/i	C								10.79											w/o
		Meadowland Farm																				4.99
		Meadowland Farm																				6.99
		n/i										2.39										
Target	n/i											20%off		20%off		20%off						
	Sutton & Dodge		C						20%off	20%off												
	Thorne's Market	1893 Angus				7.99	7.99															BOGO
	n/i													2.99								
	Walmart	n/i			7.97									2.99								
	Whole Foods	n/i	A	11.99											3.99							
SD	AF Midwest	Star Ranch	C		8.98					3.99												
		n/i												2.49								3.99
	Buche Foods	n/i											2.78									
	Coborn's	Hereford	C							6.67												
	Family Thrift	n/i													2.99							
		Angus Pride		C			8.99															3.99
	Fareway	n/i																				3.99
	Hy-Vee	HV Angus		C							11.96	4.98										
		n/i													3.99							
	Ken's Super Fair	Ken's		C											2.99							
		n/i		C		8.99																
	Lynn's Dakotamart	n/i		C							6.98											v
	Maynard's	Star Ranch		C																		
	Star Ranch		S		9.99																	
	n/i													3.59								
Safeway	n/i																				4.49	
	Open Nature		G							8.99												
	Rancher's Reserve			5.99						5.99												

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value	
SD (cont)	Target	n/i												20%off		20%off		20%off					
	Sutton & Dodge	n/i	C					20%off	20%off														
	Teal's Market	Angus Pride																					
	Walmart	n/i													2.99								
WI	AF Midwest	Star Ranch	C		8.98					3.99													
		n/i																					
	ALDI	n/i	C		9.49			6.99					3.49		2.49					3.99			
	Econofoods	n/i														2.99							
		Angus Pride	C			8.99															3.99		
	Festival	Angus														2.98					4.48	w	
		Angus														4.99					5.49	w/o	
	Gordy's	Gordy's													2.88								
		Tender Ridge				7.98																	w
		Tender Ridge				12.99																	w/o
	Hy-Vee	HV Angus	C						11.96	4.98													
		n/i														3.99							
	Marketplace Food	n/i															2.98						
		MP Signature																				3.98	
		Angus Pride	C			8.98																	v
		Angus Pride	C					9.48															
	Pick'n Save/Copps	n/i														3.49							w
		Angus	C						8.99														w
		n/i															4.69						w/o
	Piggly Wiggly MW	n/i				5.99							2.39									3.99	
	Angus					8.88	9.18										2.99						
Quillin's	n/i				9.99																		
	Chairman Reserve															2.79							
Save-a-Lot	n/i					4.99										2.99							
Schnuck's	n/i	S							5.99														
Sendik's	Sendik's	C																					
Sendik's	Sendik's	C																					
Sentry Foods	Sentry														2.99		3.49						
	Sentry	C				8.99																	

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties					
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value								
WI (cont)	Super One Foods	n/i																									
		Angus		7.97													2.88								w		
		Angus		9.99																					w/o		
		Cedar River Farms	C							5.95																	
	Tadych's	Angus Pride	C		8.99																						
		Econofoods											3.49												3.99		
		Naturewell	A							4.39																	
	Target	n/i												20%off		20%off		20%off									
		Sutton & Dodge	C								20%off	20%off															
	Walmart	n/i			7.97																						
Woodman's	American Foods																										

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
SOUTH CENTRAL U.S. - AR,AZ,CO,KS,LA,MO,NM,OK,TX,UT																								
AR	Albertsons Sthrn	n/i	C	6.88		8.99															3.98	2.99		
	ALDI	n/i	C		9.49			6.99						3.49										
	Bill's Fresh	Angus																					3.69	
	Brookshires	n/i		5.99																			4.49	w
		n/i		9.79																			4.79	w/o
	CV's Foods	Chairman Reserve	C			7.99																		
	Cranford's	n/i																						
	E.W. James	n/i											2.49											
		Black Canyon	S						7.99															
	Edwards	Angus																						
		Angus	C		9.98																			
	Food Giant	n/i											1.98											2.98
	G&W Foods	n/i	C		11.98	8.88																		
	Harp's	n/i																						3.99
		n/i	C																					
	Hay's	n/i																						3.68
	Kroger Delta	n/i	C		9.99																			
		n/i																						
	Mac's Fresh	n/i																						3.99
	Marvin's	n/i																						
		Chairman Reserve	C			7.99																		
	Piggly Wiggly FG	n/i																						
		Black Canyon							7.98															
	Rehkopf's	n/i	C	8.99																				
	Save-a-Lot	n/i				4.99																		
	Super 1 Foods	n/i																						
	Target	n/i																						
		Sutton & Dodge	C																					
	Twn&Cntry Groc.	n/i																						
	Walmart	n/i			7.97																			

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
AZ	Albertsons Sthwst	n/i	C	5.77				5.77															
		Steakhouse	C	7.99	8.99	7.99		6.99	7.99	5.99													
	Basha's	n/i													2.99			3.99					
		n/i													2.88								
	El Super	n/i	C		11.85	5.99		6.99	11.85	7.85													
		Food City	n/i		5.99								1.99				3.89						
	Fry's	n/i	C	5.97																			
		n/i																	3.49				
	Lowe's	n/i				6.99							1.99										
		Pro's Ranch	n/i		4.99										3.99								
	Safeway	Open Nature	G						9.99														
		Rancher's Reserve		5.99	7.99			5.99	7.99														
	Smart & Final	n/i	C							3.99													
		Smith's	n/i					5.99		4.99													
	Sprout's	Private Selection														2.99							
Sprout's		C	8.99																				
Target	n/i																				5.49		
	n/i												20%off		20%off		20%off						
Walmart	n/i							20%off	20%off														
	n/i			7.97										2.99									
CO	Albertsons Sthwst	n/i	C	5.77				5.77															
		Steakhouse	C	7.99	8.99	7.99		6.99	7.99	5.99													
	AF Midwest	n/i														2.99							
		Star Ranch			8.98																		
	Affiliated Food	n/i				5.99							1.88										
		Clark's	n/i							5.49								3.79					
	King Soopers	n/i	C	5.99																			
		n/i																					
	Lowe's	n/i				6.99							1.99										
		n/i																					

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
CO (cont)	Safeway	n/i																						
		Open Nature	G						8.99															
		Rancher's Reserve		5.99				5.99		6.99														
	Save-a-Lot	n/i			5.99																			
	Sprout's	Sprout's	C	8.99																		5.49		
	Sun Mart	Blackwell				7.99				6.99														
	Target	n/i											20%off		20%off		20%off							
Walmart	Sutton & Dodge	C						20%off	20%off															
Whole Foods	n/i			7.97										2.99										
		n/i													4.99									
KS	AF Midwest	Star Ranch			8.98																			
		n/i																						
	Affiliated Food	n/i				5.99						1.88												
	ALDI	n/i	C	9.49				6.99					3.49											
	Apple Market	n/i														2.98								
		Naturewell	A						6.99	4.99														v
	Country Mart	n/i												2.98										
		Naturewell								7.99														
	Dillon's	n/i	C	6.99																				
		Sterling Silver													2.99									
	G&W Foods	n/i	C		11.98	8.88									3.48									
	Hen House	Good Natured	A																					
		Hereford	C												3.49									
	Homeland Stores	n/i													2.99									
	Hy-Vee	HV Angus	C																					
		n/i															3.99							
Marvin's	n/i																							
	Chairman Reserve	C			7.99																			
Price Chopper	KC Pride																							
	n/i					4.99								2.99										
Save-a-Lot	n/i																							
Sprout's	Sprout's	C	8.99																					
	n/i																						5.49	

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State	Supermarket	Brand	Key	Steaks for Grilling							Ground Beef (lean % where noted)								Cond. * see key					
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value		
KS (cont)	Sun Fresh	n/i				10.99			7.99													v		
	Target	n/i											20%off		20%off		20%off							
	Sutton & Dodge	n/i	C						20%off	20%off														
	Walmart	n/i				7.97								2.99										
	Whole Foods Woods	n/i													4.99									
	Butcher's Pride	n/i	C			8.99																3.69	v	
LA	Breaux Mart	Louisiana Legacy								4.99	3.99													
		n/i												2.99										
		n/i	C		9.99																			
	Brookshires	n/i		5.99																		4.49	w	
		n/i		9.79																		4.79	w/o	
	Kroger Sthwest	n/i	S	5.99																				
		Private Selection													3.49									
	LeBlanc's	Angus	C		9.99																		3.99	
		n/i													2.99								3.99	
	Mac's Fresh	n/i																						
	Market Basket	n/i													2.49									
		MB Premium	S			8.99																		
	Piggly Wiggly	n/i													2.49									
		Angus				7.99		7.99																
	Rouses	n/i	C								5.47													v
Save-a-Lot	n/i				4.99									2.99										
Super 1 Foods	n/i									4.97														
Target	n/i																							
	Sutton & Dodge	n/i	C																					
	Walmart	n/i				7.97																		
	Winn-Dixie	n/i													2.99									
		n/i													2.99								w	
		n/i													4.49								w/o	
MO	AF Midwest	Star Ranch			8.98																			
		n/i																						
	Apple Market	n/i														2.98						3.99		
	Naturewell	n/i	A					6.99	4.99														v	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (<i>lean % where noted</i>)								Cond. <i>* see key</i>					
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value						
MO (cont)	County Market	Ranchers Legend		8.69						5.88															
		n/i										2.39										2.99			
	Country Mart	n/i												2.98											
		Naturewell							7.99																
	C&R Supermarket	n/i													2.28								2.79		
	Dierberg's	Dierberg's	C							6.77															
	Food Giant	n/i											1.98											2.98	
	Gerbe's	n/i	C	6.99																					
		Sterling Silver														2.99									
	G&W Foods	n/i	C		11.98	8.88										3.48									
	Harp's	n/i														3.69									3.99
		n/i	C																						
	Harter House	n/i														2.99									
	Hay's	n/i														2.88									3.68
	Hen House	Good Natured	A								12.99														
		Hereford	C								6.99					3.49									
	Hy-Vee	HV Angus	C								11.96	4.98													
		n/i																3.99							
	Kroger Central	n/i	C		7.99																				
		n/i														1.99									
	Kroger Delta	n/i	C		9.99																				
		n/i																							
	Moser's	n/i										3.99													
Patricia's	n/i														2.49										
	n/i	S									4.99														
Piggly Wiggly FG	n/i														2.28									2.98	
	Black Canyon										7.98														
Prenger Foods	n/i														4.99										
Price Chopper	KC Pride										9.60														
Pyramid Foods	n/i	C			6.99																				
	n/i																							3.49	
Save-a-Lot	n/i					5.99																			
Schnuck's	n/i	S									5.99														

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
MO (cont)	Shop'n Save	n/i										2.99												
		Totally Angus					7.99																	
	Sun Fresh	n/i			10.99			7.99														v		
	Target	n/i											20%off		20%off		20%off							
		Sutton & Dodge	C						20%off	20%off														
	Twn&Cntry Groc.	n/i										2.48				3.99								
	Twn&Cntry Mrkt	Angus Pride	C					9.99			4.99											3.49		
	Walmart	n/i			7.97										2.98									
Woods	n/i													2.99										
	Butcher's Pride	C			8.99									2.88								3.69	v	
NM	Albertsons Sthwst	n/i	C	5.77				5.77																
		Steakhouse	C	7.99	8.99	7.99		6.99	7.99	5.99														
		n/i														2.99						3.99		
	Affiliated Food	n/i				5.99						1.88												
	Basha's	n/i													2.88									
		n/i	C		11.85	5.99		6.99	11.85	7.85														
	John Brooks	n/i				7.99																		
	King Soopers	n/i	C	5.99								2.39	1.99										v	
		n/i																				3.99		
	Lawrence Bros.	n/i								3.99					3.49								v	
	Lowe's	n/i				6.99							1.99											
	Pro's Ranch	n/i		4.99											3.99									
	Safeway-Denver	n/i																				4.49		
		Open Nature	G							8.99														
		Rancher's Reserve		5.99				5.99		6.99														
	Safeway- AZ	Open Nature	G	5.99					9.99															
		Rancher's Reserve		5.99	7.99			5.99	7.99															
Smith's	n/i						5.99		4.99															
	Private Selection														2.99									
Sprout's	Sprout's	C	8.99																					
	n/i																					5.49		
Target	n/i												20%off		20%off		20%off							
	Sutton & Dodge	C						20%off	20%off															

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
NM (cont)	Walmart	n/i			7.97										2.99								
	Whole Foods	n/i													4.99								
OK	Albertsons Sthrn	n/i	C	6.88		8.99														3.98	2.99		
	AF Midwest	Star Ranch			8.98																		
	Affiliated Food	n/i				5.99						1.88										3.99	
	ALDI	n/i	C	9.49			6.99						3.49										
	Country Mart	n/i												2.98									
		Naturewell														7.99							
	CV's Foods	Chairman Reserve	C			7.99																	
	Food for Le\$\$	Black Angus	C											3.99									
	Harp's	n/i													3.69							3.99	
		n/i	C								3.99												
	Homeland Stores	n/i													2.99								
	Market Square	n/i	S			6.49						2.39	1.88										
	Marvin's	n/i																3.33					
		Chairman Reserve	C			7.99																	
	Nichol's	Tyson																					2.50
		n/i				8.99										2.79							
	Pyramid Foods	n/i	C			6.99																	
		n/i														2.99							3.49
	Reasor's	n/i												3.49									2.98
		n/i	C																				
	n/i	P			16.89																		
Rehkopf's	n/i	C		8.99																			
Save-a-Lot	n/i				4.99										2.99								
Sprout's	Sprout's	C		8.99																			
	n/i																						
Target	n/i																					5.49	
	n/i													20%off		20%off		20%off					
	Sutton & Dodge	C																					
Walmart	n/i				7.97										2.99								
Warehouse Mrkt	n/i					6.99							2.79										

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key					
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties			
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value						
OK (cont)	Williams	Angus n/i			10.99																				
TX	Affiliated Food	n/i				5.99						1.88													
	Albertsons Sthrn	n/i	C	6.88		8.99															3.98	2.99			
		n/i																							
	Albertsons Sthwst	n/i	C	5.77				5.77																	
		Steakhouse	n/i	C	7.99	8.99	7.99		6.99	7.99	5.99							2.99			3.99				
		n/i																							
	ALDI	n/i	C		9.49				6.99						3.49										
	Arlan's Market	n/i	S	5.99											2.49										
	Brookshires	n/i		5.99																			4.49	w	
		n/i		9.79																			4.79	w/o	
	Brookshire Bros.	n/i	C						6.99																v
	Diamond IGA	n/i	S			7.99																			
	El Rancho	n/i		4.99											2.79										
	El Rio Grande	n/i															3.69								
	Fiesta Mart	Lone Star		4.99	4.99	6.99		4.99					1.99												
	Foodarama	n/i				4.97																			
	Food Town	n/i							6.99																
	H-E-B	n/i																						1.97	
	Homeland Stores	n/i														2.99									
		H-E-B		P																					
Kroger Sthwest	n/i		S	5.99																					
	Private Selection																								
La Michoacana	n/i													2.79											
Lawrence Bros.	n/i									3.99														v	
Lowe's	n/i				6.99									1.99											
Market Basket	n/i																								
	MB Premium		S			8.99																			
Market Place	n/i			3.98										2.79									2.99		
Market Square	n/i		S			6.49						2.39	1.88												
Minyard's	n/i					4.80																			
Pro's Ranch	n/i			4.99																					
Randall/Tom Thum	Open Nature		G						9.99	4.99	4.99														

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
TX (cont)	Rehkopf's	n/i	C	8.99																			
	Save-a-Lot	n/i				4.99								2.99									
	Sprout's	Sprout's	C	8.99																5.49			
	Super 1 Foods	n/i							4.97														
	Target	n/i											20%off		20%off		20%off						
	United Family	Sutton & Dodge	C							20%off	20%off												
	Vista Markets	Texas Beef			6.97																		BOGO
	Walmart	Herford	C			8.99								3.59									
	Walmart	n/i			7.97									2.99									
UT	Albertsons Sthwst	n/i	C	5.77				5.77															
		Steakhouse	C	7.99	8.99	7.99		6.99	7.99	5.99													
		n/i													2.99								
	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99													v
		n/i													3.49								
		Stone's																					3.99
	Associated Food	n/i		6.99							2.99			2.79									
	Clark's	n/i								5.49													
	Harmon's	n/i	C					6.99		4.99													
		n/i													3.79								
	King Soopers	n/i	C	5.99																			v
		n/i																					
	Rancho Markets	n/i												2.69									
	Ream's	n/i									2.99			1.99									
	Smith's	n/i						5.99		4.99													
		Private Selection														2.99							
	Sprout's	Sprout's	C	8.99																			
	n/i																						
Target	n/i												20%off		20%off		20%off						
	Sutton & Dodge	C								20%off	20%off												
Walmart	n/i				7.97									2.99									
Whole Foods	n/i														4.99								

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
SOUTHWESTERN U.S. - CA, HI, NV																						
CA	Albertsons Sth CA	n/i																				
		n/i	C	5.77	7.99					BOGO	4.99											
		Laura's Lean	A																			6.99
		Laura's Lean	O													7.49						
	Buy Low	n/i				4.99																
	Dollar General Mkt	n/i								6.00			2.75									
	El Super	n/i		5.99																		3.89
	El Tapatio	n/i											2.99									
	Foodland IGA	n/i													3.79							
	Food 4 Less	Butcher's Pride		6.99												3.49						
	Holiday Foods	Sterling Silver																				
	K.V. Mart	n/i				4.99																4.99
		Black Canyon																				
	Lucky	Harris Ranch					5.99															
		n/i																				
	Lunardi's	Lunardi's													4.89							2.99
		n/i	P		12.99																	
	Mi Pueblo	n/i				5.79																
	Mollie Stone's	n/i	C	12.99							16.49											6.49
		Kobe		12.99																		
	Murphy's Market	Humboldt	G											3.99								
	Northgate	n/i		5.99		5.99	5.99															
	Nugget Markets	Sierra										4.99										
		Sierra										7.99										
	Raley's	n/i													2.50							
	Ralph's	n/i	C					5.77			5.77											
		n/i		7.99																		3.99
	Ray's Food Place	n/i													2.99							
		Naturewell	A																			
		Ray's	C		8.77	8.99					8.77											
	Rio Ranch	n/i	C			7.99	7.99															
	Safeway	Butcher's Cut	G														6.49					6.49
	Save-a-Lot	n/i				5.99																

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
CA (cont)	Save Mart	n/i			8.99				7.99						3.99								
	Smart & Final	n/i	C						3.99														
	Sprout's	Sprout's	C	8.99																5.49			
	Stater Bros.	n/i		4.99		4.99		4.99	4.99														
	Stater Bros.	Stater Bros.									2.29		2.59										
	Super A Foods	Harris Ranch							7.99				3.99										
	Superior Grocers	n/i		5.99																			
	Target	n/i											20%off		20%off		20%off						
	Vallarta	Sutton & Dodge	C			4.99	4.99		20%off	20%off													
	Vons/Pavilion	Butcher's Cut	G												6.49							6.49	
Walmart	Rancher's Reserve			5.99											2.99								
Whole Foods	Country Natural				7.97																7.99		
HI	Foodland	n/i						6.99	7.99														
	Foodland	Angus	C						12.99					3.99								6.49	
	KTA Stores	n/i	C	6.99						6.99													
	Safeway	Butcher's Cut	G											7.49								7.49	
	Target	n/i											10%off		10%off		10%off						
	Target	Sutton & Dodge	C						10%off	10%off													
	Times/Big Save	n/i								4.99				3.19									
Whole Foods	Country Natural	C						12.99	8.29												7.99		
NV	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99													v
	Albertsons Mtn	n/i													3.49								
	Albertsons Sth CA	Stone's																				3.99	
	Albertsons Sth CA	n/i																					
	Albertsons Sth CA	n/i	C	5.77	7.99					BOGO	4.99												
	Albertsons Sth CA	Laura's Lean	A																				
	Albertsons Sth CA	Laura's Lean	O											7.49									
Associated Food	n/i		6.99										2.79										
Dollar General Mkt	n/i								6.00			2.75											
El Super	n/i		5.99																				

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling							Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%		Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg				value	
NV (cont)	Food 4 Less	Butcher's Pride		6.99																			
	Marketon	n/i											3.99										
		n/i	S			5.99																	
	Raley's	n/i												2.50									
	Ralph's	n/i	C					5.77		5.77													
		n/i			7.99													3.99					
	Safeway	Butcher's Cut	G												6.49							6.49	
	Scolari's	Harris Ranch	C							8.99													
	Smart & Final	n/i	C								3.99												
	Smith's	n/i						5.99			4.99												
		Private Selection																2.99					
	Sprout's	Sprout's	C		8.99																		
		n/i																				5.49	
	Target	n/i												20%off		20%off		20%off					
		Sutton & Dodge	C								20%off		20%off										
Vons/Pavilion	Butcher's Cut	G												6.49								6.49	
	Rancher's Reserve			5.99																			
Walmart	n/i																						
Whole Foods	Country Natural				7.97									2.99								7.99	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
NORTHWESTERN U.S. - AK, ID, MT, OR, WA, WY																							
AK	AC Value Center	n/i				11.98				7.98					4.98	4.78							
	Alaskan & Proud	n/i								3.98	4.48												
	Carr's	n/i																5.99	5.99				
		n/i	C	7.99				7.99															
	Fred Meyer	n/i								4.98	4.99						3.99						
		Private Selection														4.98							v
		n/i		6.97													3.99						
ID	IGA Hometown	n/i															3.29						
	Juneau Foodland	n/i																				v	
		n/i	C	6.99																			v
	Walmart	n/i			9.98											4.85							
	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99													v
		n/i																3.49					
		Stone's																				3.99	
Albertsons NW	Steakhouse	C	6.88														3.49	3.99					
	n/i																						
Associated Food	n/i		6.99							2.99					2.79								
Family Foods	n/i		6.98																				
Fred Meyer	n/i								3.98	3.99						3.49							
	Private Selection														4.48								
	n/i		5.97																			v	
Harvest Foods	Angus	C							2.98													3.98	
IGA Markets	n/i		6.99														3.29						
Paul's Market	n/i						5.95	6.48							2.48								
Rosauer's	St Helens	C						6.99			3.69												
	n/i														2.89								
	Painted Hills	C	9.99																				
Safeway - NW	n/i														3.49			4.99					
	n/i	C	6.99	10.99			6.99																
Smith's	n/i						5.99		4.99														
	Private Selection															2.99							
Super 1 Foods	Angus	C	6.98																				
	Open Prairie	A													4.48								

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key			
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties	
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value				
ID (cont)	Target	n/i	C											20%off		20%off							
	Sutton & Dodge	n/i						20%off	20%off														
	Walmart	n/i			7.97											2.99							
	Whole Foods	WFM														4.79							
	Yokes Fresh	Hereford		7.99											2.39								
MT	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99												v	
		n/i														3.49							
		Stone's																				3.99	
	Associated Food	n/i		6.99							2.99				2.79								
	Family Foods	n/i		6.98																			
	Harvest Foods	Angus	C							2.98												3.98	
	IGA Markets	n/i		6.99												3.29							
	Reynolds	n/i									4.79												
		Stone's																				3.49	
	Rosauer's	St Helens	C							6.99		3.69											
		n/i													2.89								
		Painted Hills	C	9.99																			
	Safeway - NW	n/i													3.49							4.99	
		n/i	C	6.99	10.99					6.99													
Smith's	n/i							5.99		4.99													
	Private Selection															2.99							
Super 1 Foods	Angus	C	6.98																				
	Open Prairie	A												4.48									
Target	n/i													20%off		20%off					20%off		
	Sutton & Dodge	C								20%off	20%off												
OR	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99												v	
		n/i														3.49							
		Stone's																				3.99	
	Albertsons NW	Steakhouse	C	6.88																			
		n/i														3.49						3.99	
	Family Foods	n/i		6.98																			
Fred Meyer	n/i								3.98	3.99				3.49									
	Private Selection														4.48								
	n/i			5.97																		v	

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BEEF

State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
OR (cont)	Haggen/Top Food	Double R Ranch	C					7.99							3.49								w	
		Double R Ranch	C					12.49							4.49								w/o	
		Harvest Foods	Angus	C						2.98													3.98	
		IGA Markets	n/i		6.99											3.29								
		IGA Market Fresh	n/i	P						4.99					2.99									
			St Helens		7.99	8.99			5.99															
		Market of Choice	Painted Hills	A												3.99								
		McKay's Market	n/i			6.99																	3.59	
		New Seasons	New Seasons	G		12.99			12.99						5.99									
		QFC	n/i	C	6.99																		4.99	
			Angus	C		10.99			10.99															
		Ray's Food Place	n/i												2.99									
			Naturewell	A						7.99														
			Ray's	C		8.77	8.99		8.77															
		Red Apple	Painted Hills	C	9.99	11.99				4.99						3.99								4.99
			n/i																					
		Rosauer's	St Helens	C					6.99		3.69													
			n/i												2.89									
		Painted Hills	C	9.99																				
	Roth's	n/i																2.99						
		n/i	C						3.99															
		Painted Hills	A		14.99																			
	Safeway - NW	n/i												3.49								4.99		
		n/i	C	6.99	10.99			6.99																
	Target	n/i											20%off		20%off		20%off							
		Sutton & Dodge	C						20%off	20%off														
	Whole Foods	WFM													4.79									
WA	Albertsons Mtn	Steakhouse	C	5.99		9.99			4.99														v	
		n/i													3.49									
		Stone's																				3.99		
	Albertsons NW	Steakhouse	C	6.88																				
		n/i												3.49		3.99								
	Family Foods	n/i		6.98																				

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State	Supermarket	Brand	Key	Steaks for Grilling								Ground Beef (lean % where noted)								Cond. * see key				
				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties		
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value					
WA (cont)	Fred Meyer	n/i							3.98	3.99				3.49										
		Private Selection													4.48									
		n/i							5.97														v	
	Haggen/Top Food	Double R Ranch	C						7.99					3.49									w	
		Double R Ranch	C						12.49					4.49									w/o	
	Harvest Foods	Angus	C							2.98													3.98	
	IGA Markets	n/i							6.99							3.29								
	IGA Market Fresh	n/i	P							4.99				2.99										
		St Helens			7.99	8.99			5.99															
	Metropolitan	n/i	A															5.99						
		n/i	L																					
	Meyers IGA	n/i																						
		n/i	C							6.99														v
	New Seasons	New Seasons	G							12.99				5.99										
	PCC Natural	Country Natural	A							9.99						5.49								
	QFC	n/i	C							6.99														
		Angus	C							10.99														4.99
	Red Apple	Painted Hills	C		9.99	11.99					4.99					3.99								
		n/i																						4.99
	Rosauer's	St Helens	C								6.99													
		n/i																						
		Painted Hills	C		9.99																			
	Saar's Market	n/i			4.99						2.99			1.99										
	Safeway - NW	n/i														3.49								4.99
	n/i	C		6.99	10.99					6.99														
Super 1 Foods	Angus	C		6.98																				
	Open Prairie	A													4.48									
Target	n/i													20%off		20%off		20%off						
	Sutton & Dodge	C																						
The Markets	n/i									5.98					20%off									
	Cedar River	A		12.98	13.98						11.98	7.98			3.48									
Town & Country	n/i	G																					7.99	
	n/i	C																						
	Country Natural	A																					8.99	

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				Ribeye		T-Bone	Porter House	Strip Loin		Top Sirloin	London Broil	73-75%		80% & Chuck		85-90%		93-95%			Sirloin	Patties
				bone-in	bnls			bone-in	bnls			reg	value	reg	value	reg	value	reg	value			
WA (cont)	Walmart	n/i			7.97										2.99							
	Whole Foods	WFM														4.79						
	Yokes Fresh	Hereford		7.99											2.39							
WY	Albertsons Mtn	Steakhouse	C	5.99		9.99				4.99												v
		n/i															3.49					
		Stone's																			3.99	
	AF Midwest	Star Ranch	C		8.98					3.99												
		n/i												2.49							3.99	
	Associated Food	n/i		6.99							2.99			2.79								
	IGA Markets	n/i		6.99												3.29						
	King Soopers	n/i	C	5.99																		v
		n/i																				3.99
	Safeway	n/i																				4.49
	Open Nature		G							8.99												
	Rancher's Reserve			5.99						5.99												6.99
Smith's	n/i									5.99												4.99
	Private Selection																					
Walmart	n/i				7.97									2.99								2.99