

Ingredient for THM (BRAND) May 1, 2014	Price \$\$	Best Price Locations	In Store/Online	Discount Notes	
Organic Nutivia Coconut Flour (3lb)	\$11.12	https://www.swansonvitamins.com/nutiva-coconut-flour-3-lbs-pkg	Swansons.com	New to Swansonvitamins? Sign up with this link and get \$5 off your order! ->	https://www.swansonvitamins.com/referral/friend.html?id=f452146b-07e5-45de-952e-2f2a73a671eb
Now Foods, Stevia Extract Powder (4oz)	\$17.99 (Only \$4.50 per oz) BEST DEAL if you can get free shipping	http://www.swansonvitamins.com/now-foods-better-stevia-extract-powder-4-oz-pwdr	Swansons.com	New to Swansonvitamins? Sign up with this link and get \$5 off your order! ->	https://www.swansonvitamins.com/referral/friend.html?id=f452146b-07e5-45de-952e-2f2a73a671eb
Swerve Confectioners (Erythritol) (1lb)	\$10.59	http://www.vitacost.com/swerve-sweetener-granular-gluten-free-16-oz	Swansons.com	New to Swansonvitamins? Sign up with this link and get \$5 off your order! ->	https://www.swansonvitamins.com/referral/friend.html?id=f452146b-07e5-45de-952e-2f2a73a671eb
Now Foods Xylitol (2.5lb)	\$12.99	https://www.swansonvitamins.com/how-foods-xylitol-2-5-lbs-pwdr	Swansons.com	New to Swansonvitamins? Sign up with this link and get \$5 off your order! ->	https://www.swansonvitamins.com/referral/friend.html?id=f452146b-07e5-45de-952e-2f2a73a671eb
Now Foods Xylitol (2.5lb)	\$12.99	http://www.vitacost.com/now-foods-real-food-xylitol-2-5-lbs-1	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
Let's Do Organic 100% Organic Finely Shredded Coconut	\$3.09	https://www.swansonvitamins.com/lets-do-organic-organic-finely-shredded-coconut-unsweetened-8-oz-pkg	Swansons.com	New to Swansonvitamins? Sign up with this link and get \$5 off your order! ->	https://www.swansonvitamins.com/referral/friend.html?id=f452146b-07e5-45de-952e-2f2a73a671eb
Let's Do Organic 100% Organic Finely Shredded Coconut	\$3.09	http://www.vitacost.com/lets-do-organic-coconut-finely-shredded-flakes-unsweetened-8-oz	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
Protein Plus Peanut Flour Gluten Free (2lb)	\$9.99	http://www.vitacost.com/protein-plus-peanut-flour-gluten-free-2-lbs-1	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
MaraNatha All Natural Coconut Butter -- 15 oz	\$8.99	http://www.vitacost.com/maranatha-all-natural-coconut-butter-15-oz	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
Bragg Premium Nutritional Yeast Seasoning (4.5oz)	\$5.39	http://www.vitacost.com/bragg-premium-nutritional-yeast-seasoning-4-5-oz	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
Bragg Apple Cider Vinegar Organic Raw (32oz)	\$4.69	http://www.vitacost.com/bragg-apple-cider-vinegar-organic-raw-32-fl-oz-2	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
Bragg Liquid Aminos (32oz)	\$6.89	http://www.vitacost.com/bragg-liquid-aminos-32-fl-oz	Vitacost.com	New to Vitacost.com? Sign up with this link and get \$10 off \$30! ->	https://www.vitacostrewards.com/kCRGNmT
Konjac Glucomannan Powder (500g)	\$19.00 + \$5 Shipping (It's worth it! And will last forever.)	http://konjacfoods.com/order/index.htm	Online - Shipping for powder is \$5		
Konjac Glucomannan Powder (500g)	\$24.95 (free shipping over \$35)	http://www.amazon.com/Konjac-Glucomannan-Powder-500g-bag/dp/B002A1STA8/ref=sr_1_2?ie=UTF8&qid=1398521279&sr=8-2&keywords=glucomannan+powder	Amazon.com		
Konjac Thin Noodles (24ct, 8.8oz per bag)	\$29.00	http://konjacfoods.com/order/index.htm	Online - Shipping for noodles is \$11		
Honeyville Blanched Almond Meal Flour (5lb)	\$39.99	http://www.amazon.com/Blanched-Almond-Meal-Flour-Pack/dp/B00062N538/ref=sr_1_1?ie=UTF8&qid=1394659931&sr=8-1&keywords=honeyville+almond+flour	Online - Free Shipping on Amazon	*you can also sign up for Honeyville.com emails and get a coupon and it's slightly cheaper than Amazon with coupon	
Coconut Aminos (8oz)	\$5.19	http://www.vitacost.com/coconut-secret-raw-coconut-aminos-8-fl-oz	Vitacost.com		
Coconut Aminos (8oz)	\$5.19 (free shipping)	http://www.amazon.com/Coconut-Secret-Organic-Vegan-Aminos/dp/B003X85LMU/ref=sr_1_1?s=grocery&ie=UTF8&qid=1396367447&sr=1-1&keywords=coconut+aminos	Amazon.com		
Flax USA Golden Flax Cold Milled Golden Flax Seed (48oz)	\$6.74	Sam's Club	In Store		
Flax USA Whole White Chia Seeds (24oz)	\$14.98	Sam's Club	In Store		
Truvia (300ct Packets) Natural Sweetener	\$13.78	Sam's Club	In Store		
Better Body Organic Coconut Extra Virgin Oil (USDA Organic, Cold-Pressed and Unrefined) 28oz	\$8.68	Sam's Club	In Store		
McCormick Pure Vanilla Extract (16oz)	\$6.88	Sam's Club	In Store		
Squirrel Brand Almond Butter (24oz)	\$8.78	Sam's Club	In Store		
Spice World Minced Garlic (48oz)	\$4.19	Sam's Club	In Store		
Hershey's Baking Cocoa (23oz) 100% Natural (no sugar)	\$6.78	Sam's Club	In Store	Might be able to find it cheaper if you can find coupons for either Publix or Walmart	
White Distilled Vinegar (2 huge bottles)	Around \$3	Sam's Club	In Store		
Lemon Juice (2 huge bottles)	\$5.37	Sam's Club	In Store		
18ct Eggs	\$2.49 (but sometimes they're as low as \$2.15)	Sam's Club	In Store		

Block of Sharp Cheddar Cheese (32oz)	\$6.25	Sam's Club	In Store	(Sometimes Publix will do a BOGO sale and if there are coupons to go with, that's a better deal)		
Cheese Sticks (for snack)	Around \$10 for a big bag. Better price than Walmart	Sam's Club	In Store			
Baker's & Chefs Mozzarella Shredded Cheese 5lb	\$14.46	Sam's Club	In Store			
Baker's & Chefs Mild Cheddar Fancy Shredded Cheese 5lb (I WISH they had Sharp Cheddar :)	\$15.12	Sam's Club	In Store			
Dole Sliced Strawberries Frozen, 5lb	\$8.48	Sam's Club	In Store			
Light Laughing Cow Cheese (3 pack)	\$6.98	Sam's Club	In Store			
Regular Laughing Cow Cheese	\$2.78	Walmart (150 John Hawkins Pkwy)	In Store	Only \$2.50 when it goes on sale at Publix!		
Crystal Farms Egg Whites, All Whites, 100% Liquid (32oz)	\$3.00 when it's on sale (\$4.15 not on sale - \$3.98 at Walmart not on sale)	Publix	In Store			
Publix Market Ground Beef 75%/25% (I know that sounds fattening, but with it being Publix brand, it's actually SO incredibly good and not too fattening. Plus you can rinse it in water after browning it and it takes more fat off)	\$3.99lb	Publix	In Store			
Jennie-o Ground Turkey Meat	Price Varies	Publix	In Store	There are almost always coupons on www.coupons.com!		
Unsweetened Almond Milk (Almond Breeze or Silk, 64oz In Fridge Section by Milk)	\$1.50 - \$3.00 Depending on if I have a coupon	Publix	In Store			
Publix Dijon Mustard (12oz)	\$1.79	Publix	In Store			
Mayo - Any Brand	Will go BOGO on a regular basis	Publix	In Store			
Dill Pickles - Any Brand	Will go BOGO on a regular basis	Publix	In Store			
Ken's Steak House Salad Dressings (Found coupons for these on a regular basis)	Will go BOGO on a regular basis	Publix	In Store			
Marzetti Classic Ranch All Natural (only 1g sugar)	Will go BOGO on a regular basis (coupons found for this)	Publix	In Store			
Badia (brand) Ground Ginger (1.5oz)	\$1.79	Publix	In Store			
Joseph's Pita Bread (8oz)	\$2.69	Publix (Walmart on 150 does not carry this :)	In Store	Found it BOGO (which is an AWESOME price) March 26 - April 1, 2014		
0% Fage Greek Yogurt	Price Varies - www.coupons.com has coupons sometimes for this	Publix/Walmart/Target/Sam's Club	In Store			
La Banderita Soft Taco Low Carb Shells 5g Net Carb (8ct)	\$2.48	Walmart (150 John Hawkins Pkwy)	In Store			
Ancient Brand Harvest Quinoa, Organic (12oz)	\$5.54	Walmart (150 John Hawkins Pkwy)	In Store			
Family Pack Hormel Natural Choice No Preservatives Oven Roasted Deli Turkey	\$4.98 (I see coupons for this in news paper as well as www.coupons.com)	Walmart (150 John Hawkins Pkwy)	In Store			
Baker's Unsweetened Chocolate	\$2.24	Walmart (150 John Hawkins Pkwy)	In Store			
85% Cocoa Lindor Chocolate Bar	I think it was around \$2.50 (Publix might be cheaper when it's on sale, plus sometimes there are coupons on www.coupons.com)	Walmart (150 John Hawkins Pkwy)	In Store			
Wasa Light Rye Crispbread (crackers)	\$2.54	Walmart (150 John Hawkins Pkwy)	In Store			
Watkins Extracts (all kinds of fun flavors! LOVE these!)	Around \$2.50	Walmart (150 John Hawkins Pkwy)	In Store			
Plantation Organic Blackstrap Molasses, Unsulfured (31oz) (I think unsulfured means it has less sugar...not 100% positive on that though)	\$8.39	Organic Harvest (In Bham)	In Store			
Xyla Brand Xylitol (5lb) (This Brand is supposedly better on your stomach)	\$36.25 (free shipping)	http://www.amazon.com/USA-Birch-Xylitol-Kosher-Gluten/dp/B00EJXP63U/ref=sr_1_1?ie=UTF8&qid=1395420729&sr=8-1&keywords=Xyla+xylitol	Amazon.com			
Now Foods, Stevia Extract Powder (4oz)	\$20.83 (Swansons is a better price but if you're not getting free shipping from Swansons, this is the next best deal)	http://www.amazon.com/BetterStevia-Powder-Organic-Now-Foods/dp/B005F9XFN0/ref=sr_1_2?ie=UTF8&qid=1395259274&sr=1-2&keywords=now+stevia	Amazon.com	Eligible for Free Shipping		

Thai Kitchen Organic Coconut Milk Unsweetened, 13.66 Ounce (6ct)	\$12.09 (Eligible for Free Shipping)	http://www.amazon.com/gp/product/B003VY1YRI/ref=ox_sc_act_title_2?ie=UTF8&psc=1&smid=ATVPDKIKX0DER	Amazon.com		
Nature's Hollow Sugar Free Syrup (With Xylitol) (10oz)	\$4.99 (plus \$4.95 flat rate shipping - So this would be best to order and split the shipping with someone)	http://www6.netrition.com/natures_hollow_syrup.html	Netrition.com		
Cottage Cheese (Small Curd, 1%)	Price Varies because there are coupons and sales.	Various Stores		Usually can find coupons and weekly sales!	
Sour Cream, Reduced Fat	Price Varies because there are coupons and sales.	Various Stores		Usually can find coupons and weekly sales!	
Butter	During the holiday season, Publix usually will have a week of BOGO which is the best time to stock up. I buy a ton then stick them in the freezer. Sam's has the best price though, usually \$2 per lb - Aldi also puts them on sale too	Publix/Aldi	In Store	Usually can find coupons and weekly sales!	
Cream Cheese	During the Holiday Season, Aldi will put these around \$.98 each. That's when I totally stock up and put a ton in the freezer to last me as long as I can make it last.)	Aldi	In Store	Usually can find coupons and weekly sales!	
Half and Half	When Publix puts them on sale, plus coupons, it's the best price. Otherwise, I'll buy this at Sams	Publix/Sam's Club	In Store	Usually can find coupons and weekly sales!	
Heavy Cream	Almost \$4 - but so worth it when baking!	Sam's Club	In Store		
Nakano Rice Vinegar All Natural no sodium or sugar	Publix will have this on sale sometimes and there are also coupons online I've found. Best price with sale and coupons was around \$1.50 for me	Publix/Walmart/Target			
Mixed Nuts	Pretty sure it's the cheapest at Sams, unless it goes BOGO at Publix and there are printable coupons available.	Sam's Club	in Store		