

The idea here is to compare different sources of protein on a price per pound basis.			
Prices will not be the same in Palo Alto, Toronto, New York, or New Orleans.			
The cost of seafood very much depends on how close you live to the sea.			
I have included some cheeses, legumes and some nuts as well as a few exotics..			
The price ranges were derived from my local Walmart Neighborhood Center (low cost) and Safeway (higher cost generally) in Sacramento, CA. You may find "specials" at lower cost!			
	Price per lb.		
Product Description	Low	High	Comments [Notes are below]
<u>Carnivore Protein</u>			I reveal my bias. So what?
<u>Seafood</u>			Necessary for any diet.
Calamari	\$ 6.99	\$ 6.99	AquaStar® frozen from Amazon. Good! [1]
Tilapia fillets	\$ 5.00	\$ 9.44	Never tried these.
Shrimp (16-20 count)	\$ 9.50	\$ 13.00	Smaller shrimp are cheaper by far. [2]
Salmon Fillet	\$ 8.50	\$ 15.00	Depends on overall size purchased.
Tuna steaks/fillets	\$ 7.50	\$ 15.00	Frozen v fresh? Fresh Sushi-grade Ahi! Aah!
Scallops	\$ 23.00		A rare, but delightful treat for me. [3]
<u>Chicken</u>			
Tenders	\$ 3.90	\$ 6.50	Tasteless, but good for stewing?
Breast (6 lb)	\$ 2.28		Good for wrapping ala Kiev, etc. [4]
Thigh boneless, skinless	\$ 3.48		
Thigh with bone, skin	\$ 3.80	\$ 5.00	I prefer bone-in for most recipes. [5]
Whole	\$ 1.32		Great if you want to make stock.
Drumsticks	\$ 2.00	\$ 2.50	Obviously bone-in, but stick with thighs.
Andouille sausage	\$ 4.90	\$ 8.60	A necessity for Jambalaya, etc. [6]
<u>Turkey</u>			
Ground	\$ 3.60	\$ 4.50	Constituents? Good in tourtiere!
Breast Roast 3+lbs	\$ 3.99	\$ 4.30	Price increases as Thanksgiving approaches.
<u>Pork</u>			As cheap or cheaper than chicken!
Loin or blade chops	\$ 2.00	\$ 4.00	With bone in most cases.
Loin center cut 6 lbs	\$ 2.12		Butcher to your heart's content. [7]
Tenderloin - 2 pack	\$ 4.50	\$ 8.00	Look for specials!
Bone-in roast	\$ 1.50	?	Mainly bone? Home butchering chore? {*}
<u>Lamb</u>			Lamb is no longer cheap!
Leg with bone	\$ 8.00	\$ 10.00	
Lamb shanks		\$ 6.99	These are very good if cooked correctly. [8]
Rack of Lamb	\$ 17.00	\$ 23.00	Wow!
<u>Beef</u>			Beef is getting expensive! [9]
Ground beef 80/20	\$ 4.50		In 1 lb packs.
Carne Asada	\$ 6.99		Source of cut not specified. Beware! [10]
Chuck_Roast	\$ 7.00	\$ 10.00	Tough stuff.
Tri-tip roast	\$ 9.50	\$ 11.50	Needs care and thin slicing.
Tenderloin	\$ 18.00	\$ 26.00	Beef Wellington????

<u>Exotics</u>			Just for some perspective?
Wild Game Sampler		\$ 42.00	Bison, Elk, Venison, Boar (\$186 with shipping)
Ground Bison	\$ 9.00		
Ostrich		\$ 84.00	Via AMZ
Bison Sampler	\$ 32.00		Steaks and burgers (\$160 shipped from AMZ)
<u>Cheese</u>			Relatively inexpensive mostly.
Sharp Cheddar	\$ 4.00		American block
Parmesan grated	\$ 5.00		16 oz shaker
Velveeta	\$ 4.25		2 lb block
Gruyere	\$ 19.00		6 oz blocks
<u>Legumes and Nuts</u>			Some have high protein content [11]
Pinto beans	\$ 0.92		
Lentils	\$ 1.34		<i>Someday, I will do a separate bllog on the</i>
Black-Eye Peas	\$ 1.38		<i>relative protein content of various foods.</i>
Kidney red beans	\$ 1.42		
Great Northern beans	\$ 1.78		
Peanuts	\$ 2.00		
Almonds	\$ 6.00		
Cashews	\$ 10.00		
Tofu	\$ 3.00	\$ 4.50	
<u>Canned Protein as Necessary Pantry Items</u>			
Corned beef	\$ 6.56		Libby's is generally considered the best. [12]
Spam	\$ 4.19		Makes a good breakfast or lunch. [13]
Tuna in water	\$ 5.60		Water contributes to the weight.
<u>NOTES</u>			
[1] These can be shipped from AquaStar® via Amazon. You may find some thawed at your market so that you can try them first. Fry in a hot pan for <45 seconds per side.			
[2] Large (jumbo) are necessary for Tempura or Jambalaya.			
[3] There is nothing that compares to a few colossal scallops briefly seared on both sides.			
[4] Slice and pound (butterfly) for numerous recipes. Season to your taste.			
[5] Bone in - skin on = flavor! Think Chicken Cacciatore!			
[6] Chorizo or spicy Italian sausage are reasonable alternatives.			
[7] You can save considerable money by doing your own cutting, but it does take time.			
[8] Cooking lamb shanks is a many hours effort, but well worth it for cost and flavor.			
[9] There are some bargains to be had, but watch out for 'Select' or 'Utility' grade.			
[10] Carne Asada can be good and sometimes very tough no matter how you cook it.			
[11] Perhaps a separate blog.			
[12] This has kept me alive and going on canoe trips in the Canadian wilderness!			
[13] Despite a dubious reputation, Hormel's sales of SPAM® continue strongly in 2022.			
{*} Make pork stock from these bones!			