

**DAILY SUMMARY OF AVERAGE RETAIL PRICE OF TEN (10) ESSENTIAL HOUSEHOLD
COMMODITIES**

Price Data Collection Agency: Bureau of Statistics, Punjab
 Daily Price Report: 15-03-2025, Saturday
 Compared with: 3rd week of February, 2025
 Price data type: Average Retail Price of The Punjab

The average retail price and its percentage change for (10) ten household essential commodities on 15-03-2025, compared with the 3rd week of February 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			15-03-2025	3 rd week of Feb. 2025		
			(1)	(2)		
1.	Wheat Flour (Thaila)	10 kg	846	860.9	-1.7	Decreased
2.	Sugar White	1 kg	165	154.7	6.6	Increased
3.	Potatoes	1 kg	61	64.7	-5.6	Decreased
4.	Tomatoes	1 kg	77	65.9	16.8	Increased
5.	Gram Dal	1 kg	338	354.2	-4.6	Decreased
6.	Moong Dal washed	1 kg	377	383.0	-1.6	Decreased
7.	Chicken Meat Broiler	1 kg	647	593.9	8.9	Increased
8.	Beef	1 kg	947	934.5	1.3	Increased
9.	Onion	1 kg	72	86.9	-17.1	Decreased
10.	Veg. Ghee (Dalda)	5 kg	2883	2883.4	0.0	Stable
Out of 10 essential household commodities, the retail price of 04 items increased, 05 decreased and 01 remained stable.						
Source: Bureau of Statistics, Punjab.						

Retail Price of 67 Household Essential Commodities of The Punjab, on 15-03-2025

Compared with 3rd week of February-2025, and 3rd week of March-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices 3rd week of		% Change on Average Price (Min+ Max) Date Over 3rd week of	
			Min	Max		15/3/2025	February. 25	March. 24	February. 25

Staples

1	WHEAT ATTA LOOSE (MILL)	kg	80	100	89.0	91.3	146.3	-2.5	-39.2
2	WHEAT ATTA LOOSE (CHAKKI)	kg	85	130	101.0	103.0	155.0	-1.9	-34.8
3	WHEAT ATTA (THAILA)	10 kg	800	950	846.0	860.9	-	-1.7	-
4	MAIDA	kg	100	150	125.0	124.4	168.9	0.5	-26.0
5	RAWA/SUJI	kg	100	150	127.0	127.2	170.6	-0.1	-25.5
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	580	505.0	511.7	438.6	-1.3	15.1
7	VEG. GHEE DALDA (CARTON)	5 kg	2,800	2,950	2,883.0	2,883.4	2,520.9	0.0	14.4
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	3,000	2,919.0	2,919.3	2,690.3	0.0	8.5
9	BAISAN (GROUND GRAM)	kg	300	400	345.0	365.2	263.7	-5.5	30.8
10	RICE BASMATI (SUPERIOR QUALITY)	kg	290	400	334.0	335.9	333.2	-0.6	0.3
11	RICE BASMATI (AVERAGE QUALITY)	kg	230	330	262.0	262.6	-	-0.2	-
12	BROKEN BASMATI	kg	160	250	201.0	200.9	236.0	0.1	-14.8
13	GRAM (BLACK)	kg	280	400	344.0	363.7	247.3	-5.4	39.1
14	GRAM (WHITE)	kg	290	400	343.0	350.7	-	-2.2	-
15	GRAM DAL	kg	280	400	338.0	354.2	248.3	-4.6	36.1
16	MASOOR (WHOLE)	kg	280	400	318.0	319.5	314.0	-0.5	1.3
17	MASOOR (DAL)	kg	280	380	326.0	334.2	323.7	-2.5	0.7
18	MASH DAL (WASHED)	kg	420	640	536.0	546.5	547.6	-1.9	-2.1
19	MOONG (WHOLE)	kg	300	400	356.0	354.7	283.0	0.4	25.8
20	MOONG DAL (WASHED)	kg	320	430	377.0	383.0	300.3	-1.6	25.5
21	CHILLIES (GROUND)	250 g	170	240	201.0	198.4	185.7	1.3	8.2
22	SUGAR WHITE	kg	155	190	165.0	154.7	144.0	6.6	14.6
23	GUR	kg	180	260	210.0	208.3	207.8	0.8	1.1
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	60	80	70.0	70.8	-	-1.1	-
25	DOUBLE ROTI (LOCAL)	400 g	100	120	104.0	105.0	117.8	-0.9	-11.7
26	DOUBLE ROTI DAWN	360 g	110	120	112.0	112.2	120.0	-0.2	-6.7
27	TANORI ROTI	100 g	13	15	14.0	14.9	20.0	-6.0	-30.0

Dairy & Meat

28	CHICKEN ALIVE (BROILER)	kg	397	560	442.0	417.9	419.8	5.8	5.3
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	580	800	647.0	593.9	582.9	8.9	11.0
30	MUTTON	kg	1,800	2,200	1,906.0	1,897.9	1,755.6	0.4	8.6
31	BEEF WITH BONE	kg	800	1,200	947.0	934.5	805.6	1.3	17.6
32	EGGS (FARMI)	Dozen	240	290	281.0	257.6	269.6	9.1	4.2
33	MILK (FRESH)	Litre	150	220	179.0	180.4	178.3	-0.8	0.4
34	CURD (fresh)	kg	180	240	211.0	211.7	200.6	-0.3	5.2
35	MILK TETRA PACK (MILK PACK / OLPER)	250 ml	90	100	93.0	93.1	-	-0.1	-

(-) Data not available. M.D=meat less day. Source: Bureau of Statistics, Punjab

Retail Price of 67 Household Essential Commodities of The Punjab, on 15-03-2025

Compared with 3rd week of February-2025, and 3rd week of March-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average 15/3/2025	Weekly Average of (Min+ Max) Retail Prices 3rd week of		% Change on Average Price (Min+ Max) Date Over 3rd week of	
			Min	Max		February. 25	March. 24	February. 25	March. 24

Vegetables

36	GARLIC (CHINA)	kg	500	750	659.0	665.4	626.9	-1.0	5.1
37	GINGER	250 g	80	150	121.0	119.9	152.7	0.9	-20.8
38	POTATOES	kg	50	90	61.0	64.7	67.4	-5.6	-9.5
39	ONIONS	kg	50	100	72.0	86.9	217.3	-17.1	-66.9
40	SPINACH	kg	30	70	49.0	40.8	49.3	20.2	-0.6
41	TOMATOES	kg	50	110	77.0	65.9	130.2	16.8	-40.9
42	BRINJAL	kg	70	140	106.0	106.0	147.5	0.0	-28.1
43	CAULIFLOWER	kg	30	100	49.0	40.8	155.2	20.1	-68.4
44	TURNIP	kg	30	70	45.0	43.8	75.0	2.8	-40.0
45	CARROT	kg	30	70	42.0	38.3	59.7	9.7	-29.7
46	PEAS	kg	50	120	84.0	68.2	98.3	23.2	-14.6
47	RADISH	kg	30	60	39.0	38.0	53.0	2.6	-26.4

Fruits

48	APPLE SUPERIOR QUALITY	kg	250	400	351.0	322.3	347.9	8.9	0.9
49	APPLE AVERAGE QUALITY	kg	180	300	246.0	222.4	242.8	10.6	1.3
50	BANANA	Dozen	150	300	232.0	164.9	204.4	40.7	13.5
51	DATES (IRANI)	kg	450	700	552.0	546.6	584.0	1.0	-5.5
52	GUAVA	kg	150	280	206.0	176.7	217.1	16.6	-5.1

Household Essentials

53	L.P.G	kg	260	320	289.0	285.2	-	1.3	-
54	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	166.0	167.0	-	-0.6	-
55	LIFE BUOY (128 gm)	Cake	105	125	112.0	110.2	100.6	1.7	11.4
56	LUX SOAP (WHITE) (98gm)	Cake	100	110	106.0	104.7	-	1.3	-
57	WASHING SOAP (SUFU) (250g)	Cake	120	140	129.0	129.5	132.6	-0.4	-2.7
58	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49.0	49.3	-	-0.7	-
59	SURF EXCEL	500 g	270	285	275.0	274.9	-	0.0	-
60	SURF BONUS	kg	220	230	229.0	230.2	-	-0.5	-
61	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	200	196.0	199.5	-	-1.7	-
62	TOOTH PASTE (COLGATE)	100 g	190	220	208.0	208.0	-	0.0	-
63	MATCHES 50 STICKS	Each	5	7	6.0	6.2	6.3	-3.8	-5.2
64	MUSTARD OIL (LOCAL)	kg	500	700	569.0	567.9	549.2	0.2	3.6

Tea & Tobacco

65	TEA (YELLOW LABEL)	140 g	400	400	400.0	400.0	-	0.0	-
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	250	238.0	236.1	220.0	0.8	8.2
67	TEA PREPARED (Sada)	Cup	50	70	63.0	63.1	59.4	-0.1	6.0

(-) Data not available. Source: Bureau of Statistics, Punjab

Increasing
Decreasing or constant



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	85	85	85	140	0	-39.29
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	90	88	88	150	0	-41.33
3	WHEAT ATTA (THAILA)	10Kg	820	820	820	820	0	0	0
4	MAIDA	kg	100	110	107	107	165	0	-35.15
5	RAWA/SUJI	Kg	100	110	107	107	165	0	-35.15
6	VEG. GHEE (POUCH) (LOCAL)	kg	530	535	532	525.33	415	1.27	28.19
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,945	2882	2899	2450	-0.59	17.63
8	COOKING OIL DALDA (CARTON)	5Litre	2,895	2,945	2912	2932.33	2560	-0.69	13.75
9	BAISAN (GROUND GRAM)	Kg	300	350	332	347.33	310	-4.41	7.1
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	330	323	339	355	-4.72	-9.01
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	267	265.67	0	0	0
12	BROKEN BASMATI	Kg	160	180	167	166.33	220	0.4	-24.09
13	GRAM (BLACK)	Kg	340	350	343	343	245	0	40
14	GRAM (WHITE)	Kg	320	360	343	346.67	0	0	0
15	GRAM DAL	Kg	320	330	327	339.67	245	-3.73	33.47
16	MASOOR (WHOLE)	Kg	300	300	300	313	290	-4.15	3.45
17	MASOOR (DAL)	Kg	280	320	293	313.17	305	-6.44	-3.93
18	MASH DAL (WASHED)	Kg	530	600	560	524.17	545	6.84	2.75
19	MOONG (WHOLE)	Kg	380	400	393	350	295	12.29	33.22
20	MOONG DAL (WASHED)	Kg	380	400	387	375.67	295	3.02	31.19
21	CHILLIES (GROUND)	250g	200	200	200	200	145	0	37.93
22	SUGAR WHITE	Kg	155	165	162	150	140	8	15.71
23	GUR	Kg	180	200	193	193	200	0	-3.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	103	103	110	0	-6.36
26	DOUBLE ROTI DAWN	360g	110	120	113	113	120	0	-5.83
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	400	470	423	406	410	4.19	3.17
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	700	627	580.83	586.67	7.95	6.87
30	MUTTON	Kg	1,800	1,800	1800	1800	1800	0	0
31	BEEF WITH BONE	Kg	1,000	1,100	1017	1000	825	1.7	23.27
32	EGGS (FARM)	Dozen	280	290	283	246.33	255	14.89	10.98
33	MILK (FRESH)	Litre	170	180	172	172	175	0	-1.71
34	CURD (fresh)	Kg	200	200	200	200	190	0	5.26
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	89.5	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	650	680	663	650	590	2	12.37
37	GINGER	250g	100	120	113	120.5	130	-6.22	-13.08
38	POTATOES	Kg	50	70	57	57.17	60	-0.3	-5
39	ONIONS	Kg	60	70	67	91.33	222.5	-26.64	-69.89



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average 15-03-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Feb-25	Mar-24	Feb-25	Mar-24	
40	SPINACH	Kg	50	60	53	43	35	23.26	51.43
41	TOMATOES	Kg	60	100	83	55.67	123.33	49.09	-32.7
42	BRINJAL	Kg	80	120	97	92	100	5.43	-3
43	CAULIFLOWER	Kg	50	60	57	40	85	42.5	-32.94
44	TURNIP	Kg	50	60	53	40	66.67	32.5	-20.5
45	CARROT	Kg	30	50	40	30	45	33.33	-11.11
46	PEAS	Kg	60	90	73	53	106.67	37.74	-31.56
47	RADISH	Kg	30	50	40	39.67	45	0.83	-11.11
Household Essentials									
48	L.P.G	Kg	300	320	307	300	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	167	167	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	125	118	112	95	5.36	24.21
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	107	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	135	0	-3.7
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	275	275	275	273.83	0	0	0
55	SURF BONUS	Kg	230	230	230	231.33	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	6	7	6	6	6.5	0	-7.69
59	MUSTARD OIL (LOCAL)	Kg	500	520	513	513	490	0	4.69
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	320	350	340	299.5	317.5	13.52	7.09
61	APPLE AVERAGE QUALITY	Kg	240	260	250	215.83	234.17	15.83	6.76
62	BANANA	Dozen	200	230	212	146.5	156.67	44.71	35.32
63	DATES (IRANI)	Kg	550	600	567	550	600	3.09	-5.5
64	GUAVA	Kg	150	200	177	150	175.83	18	0.67
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	230	220	3.04	7.73
67	TEA PREPARED (Sada)	Cup	50	60	57	57	60	0	-5

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	142	0	-36.62
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	100	100	100	145	0	-31.03
3	WHEAT ATTA (THAILA)	10Kg	800	820	807	800	0	0	0
4	MAIDA	kg	110	120	118	122	170	-3.28	-30.59
5	RAWA/SUJI	Kg	110	120	118	122	170	-3.28	-30.59
6	VEG. GHEE (POUCH) (LOCAL)	kg	525	550	543	542.83	430	0.03	26.28
7	VEG. GHEE DALDA (CARTON)	5Kg	2,880	2,925	2891	2895	2500	-0.14	15.64
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2938	2946	2650	-0.27	10.87
9	BAISAN (GROUND GRAM)	Kg	340	370	357	377	265	-5.31	34.72
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	340	328	333.67	325	-1.7	0.92
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	290	282	282	0	0	0
12	BROKEN BASMATI	Kg	200	230	220	222	265	-0.9	-16.98
13	GRAM (BLACK)	Kg	300	380	350	377.83	250	-7.37	40
14	GRAM (WHITE)	Kg	360	380	370	370.5	0	0	0
15	GRAM DAL	Kg	320	400	370	403	265	-8.19	39.62
16	MASOOR (WHOLE)	Kg	280	310	297	302	325	-1.66	-8.62
17	MASOOR (DAL)	Kg	300	330	317	324.67	345	-2.36	-8.12
18	MASH DAL (WASHED)	Kg	530	560	548	562	551.67	-2.49	-0.67
19	MOONG (WHOLE)	Kg	340	390	370	364.33	280	1.56	32.14
20	MOONG DAL (WASHED)	Kg	385	430	413	403.67	325	2.31	27.08
21	CHILLIES (GROUND)	250g	180	200	197	197	197.5	0	-0.25
22	SUGAR WHITE	Kg	165	170	169	150	143.33	12.67	17.91
23	GUR	Kg	200	220	203	200	195	1.5	4.1
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	120	118	120	130	-1.67	-9.23
26	DOUBLE ROTI DAWN	360g	120	120	120	120	120	0	0
27	TANORI ROTI	100g	15	15	15	15	15	0	0
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	400	420	410	409.5	446.67	0.12	-8.21
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	630	602	594.83	596.67	1.21	0.89
30	MUTTON	Kg	1,800	1,800	1800	1800	1675	0	7.46
31	BEEF WITH BONE	Kg	900	1,000	925	925	875	0	5.71
32	EGGS (FARMI)	Dozen	250	280	272	254.83	275	6.74	-1.09
33	MILK (FRESH)	Litre	160	180	173	173	160	0	8.13
34	CURD (fresh)	Kg	200	220	217	217	200	0	8.5
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	92	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	630	650	643	636.17	653.33	1.07	-1.58
37	GINGER	250g	130	150	142	139.5	155	1.79	-8.39
38	POTATOES	Kg	50	70	60	63.33	75	-5.26	-20
39	ONIONS	Kg	60	80	72	86.67	202.5	-16.93	-64.44



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	40	50	47	43	58.33	9.3	-19.42
41	TOMATOES	Kg	60	80	70	65.5	138.33	6.87	-49.4
42	BRINJAL	Kg	80	90	87	88.83	136.67	-2.06	-36.34
43	CAULIFLOWER	Kg	40	50	43	37.67	155	14.15	-72.26
44	TURNIP	Kg	30	40	37	40	61.67	-7.5	-40
45	CARROT	Kg	30	50	40	40	55	0	-27.27
46	PEAS	Kg	80	110	97	74.5	118.33	30.2	-18.03
47	RADISH	Kg	30	40	33	37.67	55	-12.4	-40
Household Essentials									
48	L.P.G	Kg	270	300	280	285.67	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
50	LIFE BUOY (128 gm)	Cake	110	120	112	108	95	3.7	17.89
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	107	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	135	0	-3.7
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	270	280	273	278.67	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	193	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	200	210	207	207	0	0	0
58	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
59	MUSTARD OIL (LOCAL)	Kg	580	620	603	603	565	0	6.73
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	350	350	350	317	350	10.41	0
61	APPLE AVERAGE QUALITY	Kg	250	300	283	250	250	13.2	13.2
62	BANANA	Dozen	230	280	245	163	196.67	50.31	24.57
63	DATES (IRANI)	Kg	500	550	542	480.83	535	12.72	1.31
64	GUAVA	Kg	200	250	237	185.5	213.33	27.76	11.1
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	230	230	230	220	0	4.55
67	TEA PREPARED (Sada)	Cup	60	70	68	67.83	60	0.25	13.33

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	95	142.5	-5.26	-36.84
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	95	100	98	105	160	-6.67	-38.75
3	WHEAT ATTA (THAILA)	10Kg	850	850	850	950	0	0	0
4	MAIDA	kg	120	130	125	115	165	8.7	-24.24
5	RAWA/SUJI	Kg	120	130	125	115	155	8.7	-19.35
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	530	520	551.5	490	-5.71	6.12
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2875	2875	2550	0	12.75
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2925	2927.17	2765	-0.07	5.79
9	BAISAN (GROUND GRAM)	Kg	330	340	335	335	245	0	36.73
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	335	310	0	8.06
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	245	245	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	195	210	0	-7.14
13	GRAM (BLACK)	Kg	320	330	325	325	255	0	27.45
14	GRAM (WHITE)	Kg	310	320	315	290	0	0	0
15	GRAM DAL	Kg	330	340	335	335	245	0	36.73
16	MASOOR (WHOLE)	Kg	300	320	310	310	355	0	-12.68
17	MASOOR (DAL)	Kg	320	340	330	330	345	0	-4.35
18	MASH DAL (WASHED)	Kg	520	540	530	490	590	8.16	-10.17
19	MOONG (WHOLE)	Kg	340	350	345	345	280	0	23.21
20	MOONG DAL (WASHED)	Kg	380	400	390	410	285	-4.88	36.84
21	CHILLIES (GROUND)	250g	200	220	210	190	175	10.53	20
22	SUGAR WHITE	Kg	170	170	170	160	147.5	6.25	15.25
23	GUR	Kg	200	220	210	215	245	-2.33	-14.29
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	110	0	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	420	430	425	408.33	405.75	4.08	4.74
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	640	660	650	596.67	590.08	8.94	10.15
30	MUTTON	Kg	1,900	2,000	1950	1950	1675	0	16.42
31	BEEF WITH BONE	Kg	850	900	875	875	775	0	12.9
32	EGGS (FARMI)	Dozen	280	290	285	271.67	266.67	4.91	6.87
33	MILK (FRESH)	Litre	190	200	195	195	195	0	0
34	CURD (fresh)	Kg	220	240	230	230	200	0	15
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	100	100	100	100	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	600	620	610	640	598.33	-4.69	1.95
37	GINGER	250g	100	110	105	105	140	0	-25
38	POTATOES	Kg	50	60	55	55	60	0	-8.33
39	ONIONS	Kg	50	60	55	80.5	230.83	-31.68	-76.17



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	30	40	35	35	45	0	-22.22
41	TOMATOES	Kg	80	90	85	61.67	115.83	37.83	-26.62
42	BRINJAL	Kg	100	110	105	98.33	174.17	6.78	-39.71
43	CAULIFLOWER	Kg	40	50	45	28.33	180	58.84	-75
44	TURNIP	Kg	30	40	35	35	62.5	0	-44
45	CARROT	Kg	30	40	35	31.33	65	11.71	-46.15
46	PEAS	Kg	70	80	75	61.67	80.83	21.62	-7.21
47	RADISH	Kg	30	40	35	35	65	0	-46.15
Household Essentials									
48	L.P.G	Kg	260	270	265	265	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
50	LIFE BUOY (128 gm)	Cake	115	115	115	115	115	0	0
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	274	280	277	274	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	200	200	200	200	0	0	0
58	MATCHES 50 STICKS	Each	6	7	7	6	6	16.67	16.67
59	MUSTARD OIL (LOCAL)	Kg	530	570	550	525	475	4.76	15.79
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	320	350	335	310	341.67	8.06	-1.95
61	APPLE AVERAGE QUALITY	Kg	230	250	240	225	265	6.67	-9.43
62	BANANA	Dozen	230	250	240	190	226.67	26.32	5.88
63	DATES (IRANI)	Kg	550	600	575	525	608.33	9.52	-5.48
64	GUAVA	Kg	180	200	190	166.33	213.33	14.23	-10.94
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	238	220	0.84	9.09
67	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	100	96	95.17	147.5	0.87	-34.92
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	110	103	102.5	150	0.49	-31.33
3	WHEAT ATTA (THAILA)	10Kg	850	900	882	910	0	0	0
4	MAIDA	kg	110	140	125	121.33	160	3.02	-21.88
5	RAWA/SUJI	Kg	130	150	142	138	170	2.9	-16.47
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	470	462	506.5	400	-8.79	15.5
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2882	2908.83	2472.5	-0.92	16.56
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,900	2882	2910.83	2662.5	-0.99	8.24
9	BAISAN (GROUND GRAM)	Kg	300	330	312	327.83	241.67	-4.83	29.1
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	290	350	315	309.67	318.33	1.72	-1.05
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	260	253	254.17	0	0	0
12	BROKEN BASMATI	Kg	160	220	185	185.5	204.17	-0.27	-9.39
13	GRAM (BLACK)	Kg	280	300	290	295.83	240.83	-1.97	20.42
14	GRAM (WHITE)	Kg	290	400	332	332.5	0	0	0
15	GRAM DAL	Kg	280	320	295	299.67	245	-1.56	20.41
16	MASOOR (WHOLE)	Kg	300	400	337	309.33	310.83	8.95	8.42
17	MASOOR (DAL)	Kg	300	320	305	325.5	318.33	-6.3	-4.19
18	MASH DAL (WASHED)	Kg	420	580	482	531.33	556.67	-9.28	-13.41
19	MOONG (WHOLE)	Kg	370	380	378	390.83	276.67	-3.28	36.62
20	MOONG DAL (WASHED)	Kg	390	400	397	421.67	295	-5.85	34.58
21	CHILLIES (GROUND)	250g	200	220	203	203.33	169.17	-0.16	20
22	SUGAR WHITE	Kg	155	170	166	159.17	147.5	4.29	12.54
23	GUR	Kg	200	260	228	220.67	205	3.32	11.22
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	68	67.5	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	120	0	-8.33
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	410	488	462	414.83	393.5	11.37	17.41
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	594	708	670	614.67	590.5	9	13.46
30	MUTTON	Kg	1,800	1,950	1875	1883	1775	-0.42	5.63
31	BEEF WITH BONE	Kg	900	950	908	904	800	0.44	13.5
32	EGGS (FARM)	Dozen	286	290	289	256	274.17	12.89	5.41
33	MILK (FRESH)	Litre	200	200	200	200	210	0	-4.76
34	CURD (fresh)	Kg	220	220	220	220	215	0	2.33
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	97	97.5	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	600	680	630	664.83	600	-5.24	5
37	GINGER	250g	100	120	105	102.17	145	2.77	-27.59
38	POTATOES	Kg	60	80	65	68.83	73.33	-5.56	-11.36
39	ONIONS	Kg	70	80	73	84.67	200.83	-13.78	-63.65



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average 15-03-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Feb-25	Mar-24	Feb-25	Mar-24	
40	SPINACH	Kg	50	60	53	45.83	50	15.64	6
41	TOMATOES	Kg	100	110	102	71.33	140.83	43	-27.57
42	BRINJAL	Kg	100	140	112	117.83	141.67	-4.95	-20.94
43	CAULIFLOWER	Kg	50	60	53	42.5	160.83	24.71	-67.05
44	TURNIP	Kg	30	50	42	42.17	60.83	-0.4	-30.96
45	CARROT	Kg	40	50	47	44.83	67.5	4.84	-30.37
46	PEAS	Kg	100	120	105	73.67	86.67	42.53	21.15
47	RADISH	Kg	30	40	35	35	55	0	-36.36
Household Essentials									
48	L.P.G	Kg	290	310	297	281.5	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	142.5	0	0	0
50	LIFE BUOY (128 gm)	Cake	110	115	113	119.67	95	-5.57	18.95
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	128.33	130	1.3	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	270	280	273	272.5	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	190	183	197.5	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	220	212	210	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6.17	7	-2.76	-14.29
59	MUSTARD OIL (LOCAL)	Kg	550	600	583	581.67	635	0.23	-8.19
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	300	380	352	330.5	350	6.51	0.57
61	APPLE AVERAGE QUALITY	Kg	250	260	252	235	240	7.23	5
62	BANANA	Dozen	150	250	217	168.33	222.5	28.91	-2.47
63	DATES (IRANI)	Kg	480	550	508	547.5	525	-7.21	-3.24
64	GUAVA	Kg	150	250	215	170	191.67	26.47	12.17
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247.5	220	-0.2	12.27
67	TEA PREPARED (Sada)	Cup	60	70	67	67.5	60	-0.74	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	100	94	95.17	145	-1.23	-35.17
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	120	111	113.83	160	-2.49	-30.63
3	WHEAT ATTA (THAILA)	10Kg	850	900	860	860.83	0	0	0
4	MAIDA	kg	130	150	139	135.17	175	2.83	-20.57
5	RAWA/SUJI	Kg	130	150	141	138.83	175	1.56	-19.43
6	VEG. GHEE (POUCH) (LOCAL)	kg	480	580	523	521.67	435	0.25	20.23
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,950	2879	2831.83	2450	1.67	17.51
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	3,000	2936	2877.67	2580	2.03	13.8
9	BAISAN (GROUND GRAM)	Kg	370	400	383	386.83	275	-0.99	39.27
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	390	350	352.5	355	-0.71	-1.41
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	330	286	284	0	0	0
12	BROKEN BASMATI	Kg	180	250	214	215.67	230	-0.77	-6.96
13	GRAM (BLACK)	Kg	340	400	373	371.17	245	0.49	52.24
14	GRAM (WHITE)	Kg	300	360	330	336.33	0	0	0
15	GRAM DAL	Kg	330	380	357	358.17	245	-0.33	45.71
16	MASOOR (WHOLE)	Kg	320	360	333	335.5	325	-0.75	2.46
17	MASOOR (DAL)	Kg	340	380	360	360.83	330	-0.23	9.09
18	MASH DAL (WASHED)	Kg	530	600	554	556.33	590	-0.42	-6.1
19	MOONG (WHOLE)	Kg	300	380	334	324.33	285	2.98	17.19
20	MOONG DAL (WASHED)	Kg	320	400	353	348.83	300	1.2	17.67
21	CHILLIES (GROUND)	250g	180	210	199	197.67	190	0.67	4.74
22	SUGAR WHITE	Kg	155	190	168	155.33	142.5	8.16	17.89
23	GUR	Kg	180	230	209	212.67	210	-1.73	-0.48
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	74	74.83	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	107	106.17	110	0.78	-2.73
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	397	500	433	406.33	390.83	6.56	10.79
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	740	668	595.67	567.17	12.14	17.78
30	MUTTON	Kg	1,800	2,100	1971	1944.75	1800	1.35	9.5
31	BEEF WITH BONE	Kg	800	1,100	957	916	750	4.48	27.6
32	EGGS (FARM)	Dozen	286	290	287	268.33	268.67	6.96	6.82
33	MILK (FRESH)	Litre	180	200	196	196	200	0	-2
34	CURD (fresh)	Kg	200	240	221	225.83	220	-2.14	0.45
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	92	91.5	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	500	710	643	670	610	-4.03	5.41
37	GINGER	250g	80	130	113	119	145	-5.04	-22.07
38	POTATOES	Kg	50	70	59	66.67	68.33	-11.5	-13.65
39	ONIONS	Kg	60	90	74	92.17	195	-19.71	-62.05



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	40	60	47	40.17	45	17	4.44
41	TOMATOES	Kg	70	90	80	75	125	6.67	-36
42	BRINJAL	Kg	70	130	104	111.17	142.5	-6.45	-27.02
43	CAULIFLOWER	Kg	30	60	45	41.67	161.67	7.99	-72.17
44	TURNIP	Kg	40	60	49	41	90	19.51	-45.56
45	CARROT	Kg	30	50	44	36.5	75	20.55	-41.33
46	PEAS	Kg	50	100	76	72.17	110	5.31	-30.91
47	RADISH	Kg	30	50	41	38.17	55	7.41	-25.45
Household Essentials									
48	L.P.G	Kg	270	310	294	276.17	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	174	179.5	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	109	109.83	115	-0.76	-5.22
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	103	103	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	120	135	128	128.33	132.5	-0.26	-3.4
53	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49	0	0	0
54	SURF EXCEL	500g	274	285	277	274.83	0	0	0
55	SURF BONUS	Kg	220	230	229	229	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	202.67	0	0	0
57	TOOTH PASTE (COLGATE)	100g	190	210	207	204.83	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	6.5	0	-7.69
59	MUSTARD OIL (LOCAL)	Kg	500	600	561	565.67	590	-0.83	-4.92
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	300	400	339	300.5	335	12.81	1.19
61	APPLE AVERAGE QUALITY	Kg	180	250	217	196.67	255	10.34	-14.9
62	BANANA	Dozen	150	250	206	146.67	213.33	40.45	-3.44
63	DATES (IRANI)	Kg	500	650	593	561.17	675	5.67	-12.15
64	GUAVA	Kg	170	200	190	152.17	197.5	24.86	-3.8
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	240	236	233.83	220	0.93	7.27
67	TEA PREPARED (Sada)	Cup	50	60	57	57.83	60	-1.44	-5

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	85	85	90	140	-5.56	-39.29
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	95	95	95	100	145	-5	-34.48
3	WHEAT ATTA (THAILA)	10Kg	850	850	850	870	0	0	0
4	MAIDA	kg	120	130	128	137.5	170	-6.91	-24.71
5	RAWA/SUJI	Kg	120	130	128	137.5	170	-6.91	-24.71
6	VEG. GHEE (POUCH) (LOCAL)	kg	530	530	530	530	427.5	0	23.98
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,800	2800	2800	2500	0	12
8	COOKING OIL DALDA (CARTON)	5Litre	2,870	2,870	2870	2870	2650	0	8.3
9	BAISAN (GROUND GRAM)	Kg	380	390	385	390	255	-1.28	50.98
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	338	341.17	320	-0.93	5.62
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	260	255	258.33	0	0	0
12	BROKEN BASMATI	Kg	200	200	200	200	260	0	-23.08
13	GRAM (BLACK)	Kg	400	400	400	400	245	0	63.27
14	GRAM (WHITE)	Kg	360	360	360	360	0	0	0
15	GRAM DAL	Kg	380	380	380	380	255	0	49.02
16	MASOOR (WHOLE)	Kg	320	320	320	339.17	310	-5.65	3.23
17	MASOOR (DAL)	Kg	330	330	330	349.17	325	-5.49	1.54
18	MASH DAL (WASHED)	Kg	550	560	558	558.67	530	-0.12	5.28
19	MOONG (WHOLE)	Kg	320	320	320	339.67	290	-5.79	10.34
20	MOONG DAL (WASHED)	Kg	330	330	330	349.67	330	-5.63	0
21	CHILLIES (GROUND)	250g	200	200	200	200	195	0	2.56
22	SUGAR WHITE	Kg	160	160	160	155.17	142.5	3.11	12.28
23	GUR	Kg	220	220	220	210.33	200	4.6	10
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	130	0	-23.08
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	13	13	13	15	20	-13.33	-35
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	410	430	423	470.67	461.67	-10.13	-8.38
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	610	600	591.17	561.67	1.49	6.82
30	MUTTON	Kg	1,900	1,900	1900	1900	1800	0	5.56
31	BEEF WITH BONE	Kg	900	900	900	900	800	0	12.5
32	EGGS (FARMI)	Dozen	280	280	280	244.33	279.17	14.6	0.3
33	MILK (FRESH)	Litre	170	170	170	172.5	175	-1.45	-2.86
34	CURD (fresh)	Kg	200	200	200	200	225	0	-11.11
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	650	680	670	650.33	681.67	3.02	-1.71
37	GINGER	250g	120	130	128	129.17	162.5	-0.91	-21.23
38	POTATOES	Kg	60	60	60	59.67	67.5	0.55	-11.11
39	ONIONS	Kg	60	70	68	77.5	185	-12.26	-63.24



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	50	50	50	39	47.92	28.21	4.34
41	TOMATOES	Kg	60	60	60	52.5	131.67	14.29	-54.43
42	BRINJAL	Kg	110	120	118	100.83	148.33	17.03	-20.45
43	CAULIFLOWER	Kg	40	40	40	37.17	165	7.61	-75.76
44	TURNIP	Kg	40	40	40	38.5	95	3.9	-57.89
45	CARROT	Kg	30	30	30	37.33	55	-19.64	-45.45
46	PEAS	Kg	60	60	60	61.33	90	-2.17	-33.33
47	RADISH	Kg	30	30	30	37.33	55	-19.64	-45.45
Household Essentials									
48	L.P.G	Kg	270	280	278	275.5	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
50	LIFE BUOY (128 gm)	Cake	115	115	115	105	95	9.52	21.05
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	135	0	-3.7
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	45	0	0	0
54	SURF EXCEL	500g	274	274	274	274	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	7	7	7	7	6	0	16.67
59	MUSTARD OIL (LOCAL)	Kg	570	580	573	570	560	0.53	2.32
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	350	380	368	333.33	365	10.4	0.82
61	APPLE AVERAGE QUALITY	Kg	240	260	250	226.17	227.5	10.54	9.89
62	BANANA	Dozen	260	300	280	177.17	196.67	58.04	42.37
63	DATES (IRANI)	Kg	560	600	580	571.33	592.5	1.52	-2.11
64	GUAVA	Kg	200	240	220	215.5	226.67	2.09	-2.94
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
67	TEA PREPARED (Sada)	Cup	70	70	70	70	60	0	16.67

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	100	96	98	155	-2.04	-38.06
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	130	119	121	165	-1.65	-27.88
3	WHEAT ATTA (THAILA)	10Kg	850	950	923	923	0	0	0
4	MAIDA	kg	130	150	142	133.33	175	6.5	-18.86
5	RAWA/SUJI	Kg	130	150	138	138	190	0	-27.37
6	VEG. GHEE (POUCH) (LOCAL)	kg	430	540	501	492.5	470	1.73	6.6
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,925	2888	2881	2608.33	0.24	10.72
8	COOKING OIL DALDA (CARTON)	5Litre	2,875	2,950	2917	2898	2800	0.66	4.18
9	BAISAN (GROUND GRAM)	Kg	340	380	357	391.67	270	-8.85	32.22
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	360	400	380	378	350	0.53	8.57
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	300	272	270	0	0	0
12	BROKEN BASMATI	Kg	180	250	223	222	250	0.45	-10.8
13	GRAM (BLACK)	Kg	340	380	365	395	260	-7.59	40.38
14	GRAM (WHITE)	Kg	350	370	358	367.17	0	0	0
15	GRAM DAL	Kg	320	370	348	366.67	265	-5.09	31.32
16	MASOOR (WHOLE)	Kg	315	370	346	345.17	330	0.24	4.85
17	MASOOR (DAL)	Kg	340	370	355	352	340	0.85	4.41
18	MASH DAL (WASHED)	Kg	530	560	545	562.5	525	-3.11	3.81
19	MOONG (WHOLE)	Kg	330	380	357	374.5	285	-4.67	25.26
20	MOONG DAL (WASHED)	Kg	370	400	383	397.5	285	-3.65	34.39
21	CHILLIES (GROUND)	250g	180	220	203	200.67	215	1.16	-5.58
22	SUGAR WHITE	Kg	160	170	163	154.33	150	5.62	8.67
23	GUR	Kg	200	250	228	228	215	0	6.05
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	75	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	105	105	110	0	-4.55
26	DOUBLE ROTI DAWN	360g	110	120	117	117	120	0	-2.5
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	415	500	473	411	406.83	15.09	16.26
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	605	800	736	596	595.5	23.49	23.59
30	MUTTON	Kg	1,800	2,200	2067	2041.5	1925	1.25	7.38
31	BEEF WITH BONE	Kg	950	1,200	1108	1083.25	950	2.28	16.63
32	EGGS (FARM)	Dozen	285	290	287	257.67	275	11.38	4.36
33	MILK (FRESH)	Litre	160	220	198	198.67	200	-0.34	-1
34	CURD (fresh)	Kg	190	240	222	222.5	215	-0.22	3.26
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	93	93	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	700	750	732	726.83	698.33	0.71	4.82
37	GINGER	250g	100	150	132	126.83	190	4.08	-30.53
38	POTATOES	Kg	60	80	72	82.83	79.17	-13.07	-9.06
39	ONIONS	Kg	80	100	91	102.67	291.67	-11.37	-68.8



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	50	70	62	58.33	75	6.29	-17.33
41	TOMATOES	Kg	70	100	88	75.33	142.5	16.82	-38.25
42	BRINJAL	Kg	90	130	117	114.33	163.33	2.34	-28.37
43	CAULIFLOWER	Kg	40	100	78	64.5	140.83	20.93	-44.61
44	TURNIP	Kg	30	70	57	61	90	-6.56	-36.67
45	CARROT	Kg	40	70	58	58.33	75	-0.57	-22.67
46	PEAS	Kg	90	120	108	84.83	119.17	27.31	-9.37
47	RADISH	Kg	30	60	48	51.33	60	-6.49	-20
Household Essentials									
48	L.P.G	Kg	300	310	308	314	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	178	185.5	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	112	112	95	0	17.89
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	107	107.17	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	140	136	136.17	130	-0.12	4.62
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	275	275	275	275	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	195	195	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	5	5	5	5	0	0
59	MUSTARD OIL (LOCAL)	Kg	650	700	683	683	575	0	18.78
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	340	400	372	341.17	376.67	9.04	-1.24
61	APPLE AVERAGE QUALITY	Kg	240	300	268	238.5	225	12.37	19.11
62	BANANA	Dozen	200	250	232	183.5	220.83	26.43	5.06
63	DATES (IRANI)	Kg	520	700	612	611	675	0.16	-9.33
64	GUAVA	Kg	200	280	240	206.33	316.67	16.32	-24.21
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	242	220	-2.07	7.73
67	TEA PREPARED (Sada)	Cup	60	70	62	62	55	0	12.73

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	155	0	-41.94
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	100	98	97.83	165	0.17	-40.61
3	WHEAT ATTA (THAILA)	10Kg	800	820	805	797.83	0	0	0
4	MAIDA	kg	100	120	110	110.83	185	-0.75	-40.54
5	RAWA/SUJI	Kg	110	120	115	111	185	3.6	-37.84
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	470	465	463	430	0.43	8.14
7	VEG. GHEE DALDA (CARTON)	5Kg	2,900	2,920	2910	2909.5	2650	0.02	9.81
8	COOKING OIL DALDA (CARTON)	5Litre	2,920	2,960	2938	2947	2850	-0.31	3.09
9	BAISAN (GROUND GRAM)	Kg	300	320	305	388.33	265	-21.46	15.09
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	320	319.5	340	0.16	-5.88
11	RICE BASMATI (AVERAGE QUALITY)	Kg	230	250	243	243	0	0	0
12	BROKEN BASMATI	Kg	200	220	215	209.67	235	2.54	-8.51
13	GRAM (BLACK)	Kg	290	300	298	372.5	250	-20	19.2
14	GRAM (WHITE)	Kg	290	300	298	347.17	0	0	0
15	GRAM DAL	Kg	300	320	310	368.67	225	-15.91	37.78
16	MASOOR (WHOLE)	Kg	300	320	305	304.17	270	0.27	12.96
17	MASOOR (DAL)	Kg	300	330	318	317.83	280	0.05	13.57
18	MASH DAL (WASHED)	Kg	430	440	435	521.67	510	-16.61	-14.71
19	MOONG (WHOLE)	Kg	360	380	368	360.33	280	2.13	31.43
20	MOONG DAL (WASHED)	Kg	370	380	375	373.33	310	0.45	20.97
21	CHILLIES (GROUND)	250g	170	180	178	177.83	210	0.1	-15.24
22	SUGAR WHITE	Kg	165	170	169	154.17	140	9.62	20.71
23	GUR	Kg	180	200	190	202.17	190	-6.02	0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	100.67	120	0.33	-15.83
26	DOUBLE ROTI DAWN	360g	110	115	111	110	120	0.91	-7.5
27	TANORI ROTI	100g	15	15	15	15	25	0	-40
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	415	415	415	414.17	465	0.2	-10.75
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	600	599	596.67	585	0.39	2.39
30	MUTTON	Kg	1,800	1,900	1850	1835.5	1800	0.79	2.78
31	BEEF WITH BONE	Kg	800	850	838	833.5	750	0.54	11.73
32	EGGS (FARM)	Dozen	286	286	286	264.33	265.83	8.2	7.59
33	MILK (FRESH)	Litre	150	160	155	156.67	135	-1.07	14.81
34	CURD (fresh)	Kg	180	200	190	189.5	165	0.26	15.15
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	93	93	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	680	700	695	709.17	596.67	-2	16.48
37	GINGER	250g	120	130	123	114.67	145	7.26	-15.17
38	POTATOES	Kg	50	60	58	58.33	68.33	-0.57	-15.12
39	ONIONS	Kg	70	90	78	86.83	224.17	-10.17	-65.2



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	40	50	43	27.5	45.83	56.36	-6.17
41	TOMATOES	Kg	50	60	55	70.5	126.67	-21.99	-56.58
42	BRINJAL	Kg	90	100	93	114.67	166.67	-18.9	-44.2
43	CAULIFLOWER	Kg	40	50	45	33.67	172.5	33.65	-73.91
44	TURNIP	Kg	40	50	43	38.67	73.33	11.2	-41.36
45	CARROT	Kg	30	40	38	28.67	55	32.54	-30.91
46	PEAS	Kg	80	100	93	64.67	88.33	43.81	5.29
47	RADISH	Kg	30	40	35	30.5	51.67	14.75	-32.26
Household Essentials									
48	L.P.G	Kg	260	270	268	269.17	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	113	105	100	7.62	13
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	100.67	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	140	0	-7.14
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	274	280	279	276.17	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	7	6	-14.29	0
59	MUSTARD OIL (LOCAL)	Kg	500	520	510	517.17	485	-1.39	5.15
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	360	380	375	334.67	350	12.05	7.14
61	APPLE AVERAGE QUALITY	Kg	200	220	205	179.17	250	14.42	-18
62	BANANA	Dozen	250	270	258	184.33	216.67	39.97	19.08
63	DATES (IRANI)	Kg	500	540	515	479	525	7.52	-1.9
64	GUAVA	Kg	200	220	205	183.5	239.17	11.72	-14.29
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	230	230	230	220	0	4.55
67	TEA PREPARED (Sada)	Cup	70	70	70	70	55	0	27.27

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
			15-03-2025	Feb-25	Mar-24	Feb-25	Mar-24		
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	88	83	83	150	0	-44.67
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	96	100	99	98.83	155	0.17	-36.13
3	WHEAT ATTA (THAILA)	10Kg	800	850	817	816.67	0	0	0
4	MAIDA	kg	130	140	137	137	155	0	-11.61
5	RAWA/SUJI	Kg	130	140	137	137.17	155	-0.12	-11.61
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	500	473	472.33	450	0.14	5.11
7	VEG. GHEE DALDA (CARTON)	5Kg	2,930	2,950	2943	2950	2507.5	-0.24	17.37
8	COOKING OIL DALDA (CARTON)	5Litre	2,950	2,960	2953	2964.83	2695	-0.4	9.57
9	BAISAN (GROUND GRAM)	Kg	320	400	347	343.17	246.67	1.12	40.67
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	317	315	325	0.63	-2.46
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	263	261.5	0	0	0
12	BROKEN BASMATI	Kg	180	200	193	191.5	250	0.78	-22.8
13	GRAM (BLACK)	Kg	340	360	353	392.83	235	-10.14	50.21
14	GRAM (WHITE)	Kg	350	400	383	406	0	0	0
15	GRAM DAL	Kg	300	380	327	337	245	-2.97	33.47
16	MASOOR (WHOLE)	Kg	300	330	317	317.17	310	-0.05	2.26
17	MASOOR (DAL)	Kg	320	360	333	334.5	325	-0.45	2.46
18	MASH DAL (WASHED)	Kg	580	640	613	611.83	530	0.19	15.66
19	MOONG (WHOLE)	Kg	340	350	343	343	275	0	24.73
20	MOONG DAL (WASHED)	Kg	360	380	367	367	277.5	0	32.25
21	CHILLIES (GROUND)	250g	200	240	220	218.67	175	0.61	25.71
22	SUGAR WHITE	Kg	155	170	165	154.33	142.5	6.91	15.79
23	GUR	Kg	190	220	212	193.17	210	9.75	0.95
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	120	0	-16.67
26	DOUBLE ROTI DAWN	360g	110	110	110	110.17	120	-0.15	-8.33
27	TANORI ROTI	100g	13	15	14	14	20	0	-30
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	440	560	520	420.17	398.33	23.76	30.55
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	660	680	672	579	572.67	16.06	17.35
30	MUTTON	Kg	1,800	2,000	1942	1923	1550	0.99	25.29
31	BEEF WITH BONE	Kg	1,000	1,000	1000	966.5	725	3.47	37.93
32	EGGS (FARMI)	Dozen	240	280	267	254.67	267	4.84	0
33	MILK (FRESH)	Litre	150	170	160	160	155	0	3.23
34	CURD (fresh)	Kg	180	220	203	200	175	1.5	16
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	93	93	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	650	650	650	641.33	613.33	1.35	5.98
37	GINGER	250g	120	150	130	122.33	161.67	6.27	-19.59
38	POTATOES	Kg	60	90	70	70	55	0	27.27
39	ONIONS	Kg	60	90	70	79.67	203.33	-12.14	-65.57



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 15-03-2025

COMPARED WITH 3RD WEEK OF FEB-25 , AND 3RD WEEK OF MAR-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 15-03-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		15-03-2025	3rd week of		3rd week of
					Feb-25		Mar-24	Feb-25	Mar-24
40	SPINACH	Kg	50	60	57	35.17	41.67	62.07	36.79
41	TOMATOES	Kg	70	80	75	65.67	127.5	14.21	-41.18
42	BRINJAL	Kg	100	140	122	116.33	154.17	4.87	-20.87
43	CAULIFLOWER	Kg	40	50	43	41.67	175.83	3.19	-75.54
44	TURNIP	Kg	50	60	57	57.5	75	-0.87	-24
45	CARROT	Kg	50	50	50	37.5	45	33.33	11.11
46	PEAS	Kg	60	80	77	67.67	85	13.79	-9.41
47	RADISH	Kg	50	60	55	37.5	35	46.67	57.14
Household Essentials									
48	L.P.G	Kg	300	320	307	300	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	177	178.83	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	105	105	105	100	0	5
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	107	107	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	120	130	123	123	126.25	0	-2.57
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	275	275	275	275	0	0	0
55	SURF BONUS	Kg	230	230	230	231.33	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
59	MUSTARD OIL (LOCAL)	Kg	550	560	553	553	567.5	0	-2.56
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	250	350	330	333.67	345	-1.1	-4.35
61	APPLE AVERAGE QUALITY	Kg	250	270	253	235	238.33	7.66	6.16
62	BANANA	Dozen	160	250	205	124.17	190	65.1	7.89
63	DATES (IRANI)	Kg	450	530	477	593.33	520	-19.61	-8.27
64	GUAVA	Kg	180	200	187	161.17	180	16.03	3.89
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	233.67	220	5.7	12.27
67	TEA PREPARED (Sada)	Cup	50	60	57	55.5	65	2.7	-12.31

M.D. = Meat Less Day