

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

Price Data Collection Agency: Bureau of Statistics, Punjab
 Daily Price Report: 07-01-2025, Tuesday
 Compared with: 1st week of December, 2024
 Price data type: Average Retail Price of The Punjab

The average retail price and its percentage change for (10) ten household essential commodities on 07-01-2025, compared with 1st week of December 2024, of the Punjab, given as follows: -

Sr. No.	Items	Unit	Average Retail Price on		% Change	Trend
			07-01-2025	1 st week of Dec., 2024		
	(1)	(2)	(3)	(4)	(5)	(6)
1.	Wheat Flour (Thaila)	10 kg	862	851.9	1.2	Increased
2.	Sugar White	1 kg	135	132.4	2.0	Increased
3.	Potatoes	1 kg	98	124.7	-21.4	Decreased
4.	Tomatoes	1 kg	189	171.9	10.0	Increased
5.	Gram Dal	1 kg	379	389.9	-2.8	Decreased
6.	Moong Dal washed	1 kg	366	368.6	-0.7	Decreased
7.	Chicken Meat Broiler	1 kg	596	444.4	34.1	Increased
8.	Beef	1 kg	M.D	905.5	-	-
9.	Onion	1 kg	131	151.2	-13.4	Decreased
10.	Veg. Ghee (Dalda)	5 kg	2825	2758.9	2.4	Increased
Out of 09 essential household items, the price of 05 items increased, and 04 decreased.						
M.D=meat less day, Source: Bureau of Statistics, Punjab.						

Retail Price of 67 Household Essential Commodities of The Punjab, on 07-01-2025

Compared with 1st week of December-2024, and 1st week of January-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices 1st week of		% Change on Average Price (Min+ Max) Date Over 1st week of	
			Min	Max		Dec.-24	Jan.-24	Dec.-24	Jan.-24

Staples

1	WHEAT ATTA LOOSE(MILL)	kg	80	110	91.0	91.0	146.4	0.0	-37.9
2	WHEAT ATTA LOOSE (CHAKKI)	kg	90	140	104.0	102.6	155.3	1.4	-33.0
3	WHEAT ATTA (THAILA)	10 kg	790	950	862.0	851.9	-	1.2	-
4	MAIDA	kg	110	160	128.0	128.5	167.3	-0.4	-23.5
5	RAWA/SUJI	kg	120	160	132.0	132.3	168.6	-0.2	-21.7
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	570	526.0	520.1	443.9	1.1	18.5
7	VEG. GHEE DALDA (CARTON)	5 kg	2,750	2,925	2,825.0	2,758.9	2,590.1	2.4	9.1
8	COOKING OIL DALDA (CARTON)	5Litre	2,760	2,950	2,867.0	2,808.2	2,786.9	2.1	2.9
9	BAISAN (GROUND GRAM)	kg	350	440	385.0	397.3	254.4	-3.1	51.4
10	RICE BASMATI (SUPERIOR QUALITY)	kg	290	400	339.0	333.7	336.9	1.6	0.6
11	RICE BASMATI (AVERAGE QUALITY)	kg	230	330	264.0	261.5	-	1.0	-
12	BROKEN BASMATI	kg	170	250	204.0	206.5	234.8	-1.2	-13.1
13	GRAM (BLACK)	kg	340	420	379.0	382.8	237.3	-1.0	59.7
14	GRAM (WHITE)	kg	300	440	352.0	352.3	-	-0.1	-
15	GRAM DAL	kg	340	430	379.0	389.9	241.2	-2.8	57.1
16	MASOOR (WHOLE)	kg	290	360	319.0	320.1	318.9	-0.3	0.0
17	MASOOR (DAL)	kg	300	380	334.0	334.4	332.2	-0.1	0.5
18	MASH DAL (WASHED)	kg	520	640	571.0	571.1	549.1	0.0	4.0
19	MOONG (WHOLE)	kg	300	370	344.0	345.4	261.1	-0.4	31.7
20	MOONG DAL (WASHED)	kg	310	400	366.0	368.6	281.7	-0.7	29.9
21	CHILLIES (GROUND)	250 g	170	240	194.0	190.5	186.7	1.9	3.9
22	SUGAR WHITE	kg	125	140	135.0	132.4	142.5	2.0	-5.3
23	GUR	kg	180	250	201.0	208.7	200.0	-3.7	0.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	60	80	70.0	71.6	-	-2.3	-
25	DOUBLE ROTI (LOCAL)	400 g	95	120	104.0	104.3	117.8	-0.3	-11.7
26	DOUBLE ROTI DAWN	360 g	110	120	111.0	111.9	119.4	-0.8	-7.1
27	TANORI ROTI	100 g	14	15	14.0	14.9	20.0	-6.0	-30.0

Dairy & Meat

28	CHICKEN ALIVE (BROILER)	kg	383	470	426.0	311.6	381.5	36.7	11.7
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	570	660	596.0	444.4	536.9	34.1	11.0
30	MUTTON	kg	MD	MD	MD	1,870.4	1,755.6	-	-
31	BEEF WITH BONE	kg	MD	MD	MD	905.5	800.0	-	-
32	EGGS (FARMI)	Dozen	302	350	328.0	347.7	387.6	-5.7	-15.4
33	MILK (FRESH)	Litre	150	220	179.0	181.1	172.8	-1.1	3.6
34	CURD (fresh)	kg	180	240	213.0	215.3	199.4	-1.1	6.8
35	MILK TETRA PACK (MILK PACK / OLPER)	250 ml	90	100	92.0	92.4	-	-0.4	-

M.D=meat less day, Source: Bureau of Statistics, Punjab

Retail Price of 67 Household Essential Commodities of The Punjab, on 07-01-2025

Compared with 1st week of December-2024, and 1st week of January-2024

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices 1st week of		% Change on Average Price (Min+ Max) Date Over 1st week of	
			Min	Max		Dec.-24	Jan.-24	Dec.-24	Jan.-24

Vegetables

36	GARLIC (CHINA)	kg	560	750	660.0	676.2	618.5	-2.4	6.7
37	GINGER	250 g	70	160	114.0	157.2	128.7	-27.5	-11.4
38	POTATOES	kg	70	130	98.0	124.7	68.7	-21.4	42.6
39	ONIONS	kg	100	190	131.0	151.2	188.5	-13.4	-30.5
40	SPINACH	kg	30	70	49.0	53.2	54.7	-7.8	-10.4
41	TOMATOES	kg	140	250	189.0	171.9	121.7	10.0	55.3
42	BRINJAL	kg	50	140	93.0	95.3	92.8	-2.4	0.2
43	CAULIFLOWER	kg	40	120	76.0	106.5	107.1	-28.6	-29.1
44	TURNIP	kg	40	100	59.0	73.6	79.4	-19.8	-25.6
45	CARROT	kg	40	100	67.0	92.6	75.8	-27.6	-11.6
46	PEAS	kg	100	240	155.0	213.8	171.8	-27.5	-9.8
47	RADISH	kg	30	80	48.0	55.8	55.2	-13.9	-13.0

Fruits

51	APPLE SUPERIOR QUALITY	kg	220	320	290.0	283.0	336.0	2.5	-13.7
52	APPLE AVERAGE QUALITY	kg	150	250	194.0	189.5	238.4	2.4	-18.6
53	BANANA	Dozen	100	150	121.0	117.6	118.9	2.9	1.8
54	DATES (IRANI)	kg	480	650	551.0	559.1	604.1	-1.4	-8.8
55	GUAVA	kg	80	180	134.0	130.5	139.6	2.7	-4.0

Household Essentials

56	L.P.G	kg	290	340	312.0	308.4	-	1.2	-
57	L.E.D (BULB) 12 W (LOCAL)	Each	140	240	167.0	167.6	-	-0.4	-
58	LIFE BUOY (128 gm)	Cake	105	115	105.0	105.9	100.0	-0.8	5.0
59	LUX SOAP (WHITE) (98gm)	Cake	100	110	102.0	103.7	-	-1.6	-
60	WASHING SOAP (SUFU) (250g)	Cake	120	135	128.0	128.4	131.7	-0.3	-2.8
61	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49.0	49.2	-	-0.4	-
62	SURF EXCEL	500 g	270	300	275.0	275.7	-	-0.3	-
63	SURF BONUS	kg	200	230	228.0	231.3	-	-1.4	-
64	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	230	199.0	198.7	-	0.1	-
65	TOOTH PASTE (COLGATE)	100 g	190	210	207.0	207.7	-	-0.3	-
66	MATCHES 50 STICKS	Each	5	7	6.0	6.2	6.2	-3.5	-3.5
67	MUSTARD OIL (LOCAL)	kg	500	700	564.0	547.0	552.2	3.1	2.1

Tea & Tobacco

68	TEA (YELLOW LABEL)	140 g	400	400	400.0	400.0	-	0.0	-
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	240	231.0	231.0	220.0	0.0	5.0
70	TEA PREPARED (Sada)	Cup	50	70	62.0	62.7	58.9	-1.2	5.3

Source: Bureau of Statistics, Punjab

Increasing	Decreasing or constant
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RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					07-01-2025	Dec-24	Jan-24	Dec-24	Jan-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	95	92	90	140	2.22	-34.29
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	100	98	97	150	1.03	-34.67
3	WHEAT ATTA (THAILA)	10Kg	820	940	900	883	0	0	0
4	MAIDA	kg	120	130	127	126.67	165	0.26	-23.03
5	RAWA/SUJI	Kg	120	130	127	126.67	165	0.26	-23.03
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	530	528	527	415	0.19	27.23
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,925	2842	2823	2595	0.67	9.52
8	COOKING OIL DALDA (CARTON)	5Litre	2,925	2,950	2942	2923	2725	0.65	7.96
9	BAISAN (GROUND GRAM)	Kg	360	420	377	380	255	-0.79	47.84
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	350	343	343	355	0	-3.38
11	RICE BASMATI (AVERAGE QUALITY)	Kg	255	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	170	170	170	170.33	220	-0.19	-22.73
13	GRAM (BLACK)	Kg	360	390	368	373	245	-1.34	50.2
14	GRAM (WHITE)	Kg	330	360	350	350	0	0	0
15	GRAM DAL	Kg	350	400	372	372	245	0	51.84
16	MASOOR (WHOLE)	Kg	320	330	322	325.33	325	-1.02	-0.92
17	MASOOR (DAL)	Kg	300	350	325	325.33	335	-0.1	-2.99
18	MASH DAL (WASHED)	Kg	550	600	582	577	545	0.87	6.79
19	MOONG (WHOLE)	Kg	300	370	322	317.17	295	1.52	9.15
20	MOONG DAL (WASHED)	Kg	310	400	350	340.67	295	2.74	18.64
21	CHILLIES (GROUND)	250g	170	180	173	173	195	0	-11.28
22	SUGAR WHITE	Kg	130	140	133	128.67	137.5	3.37	-3.27
23	GUR	Kg	190	200	198	199.67	200	-0.84	-1
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	99	110	1.01	-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	395	470	446	331.5	353.33	34.54	26.23
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	590	590	465	503.33	26.88	17.22
30	MUTTON	Kg	MD	MD	MD	1800	1800	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	971	825	0	0
32	EGGS (FARM)	Dozen	330	330	330	347.17	400	-4.95	-17.5
33	MILK (FRESH)	Litre	170	180	172	168	170	2.38	1.18
34	CURD (fresh)	Kg	200	210	202	200	190	1	6.32
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	600	660	623	643.17	655	-3.14	-4.89
37	GINGER	250g	100	150	128	172.33	135	-25.72	-5.19
38	POTATOES	Kg	90	110	102	140.83	65	-27.57	56.92
39	ONIONS	Kg	100	140	120	142.17	188.33	-15.59	-36.28



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT BAHAWALPUR ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
40	SPINACH	Kg	40	50	47	46.83	61.67	0.36	-23.79
41	TOMATOES	Kg	150	220	190	203.5	116.67	-6.63	62.85
42	BRINJAL	Kg	80	90	85	89.5	65	-5.03	30.77
43	CAULIFLOWER	Kg	60	80	72	113.83	86.67	-36.75	-16.93
44	TURNIP	Kg	50	80	65	87.67	80	-25.86	-18.75
45	CARROT	Kg	50	90	70	91.5	80	-23.5	-12.5
46	PEAS	Kg	120	190	157	222.67	171.67	-29.49	-8.55
47	RADISH	Kg	40	60	45	51	65	-11.76	-30.77
Household Essentials									
48	L.P.G	Kg	300	330	310	303.33	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	105	105	105	95	0	10.53
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	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	200	200	200	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210.17	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	506	490	1.38	4.69
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	280	320	300	265.33	333.33	13.07	-10
61	APPLE AVERAGE QUALITY	Kg	200	250	227	207	213.33	9.66	6.41
62	BANANA	Dozen	120	140	127	114.33	116.67	11.08	8.85
63	DATES (IRANI)	Kg	550	550	550	567	650	-3	-15.38
64	GUAVA	Kg	130	150	140	141	151.67	-0.71	-7.69
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	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	87	140	3.45	-35.71
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	100	100	97	145	3.09	-31.03
3	WHEAT ATTA (THAILA)	10Kg	800	800	800	787	0	0	0
4	MAIDA	kg	120	130	123	123	165	0	-25.45
5	RAWA/SUJI	Kg	120	130	123	123	165	0	-25.45
6	VEG. GHEE (POUCH) (LOCAL)	kg	530	550	543	547	410	-0.73	32.44
7	VEG. GHEE DALDA (CARTON)	5Kg	2,775	2,880	2845	2783.67	2700	2.2	5.37
8	COOKING OIL DALDA (CARTON)	5Litre	2,775	2,950	2892	2836	2800	1.97	3.29
9	BAISAN (GROUND GRAM)	Kg	380	400	390	393.5	245	-0.89	59.18
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	360	337	338.67	335	-0.49	0.6
11	RICE BASMATI (AVERAGE QUALITY)	Kg	280	290	283	282.67	0	0	0
12	BROKEN BASMATI	Kg	220	250	237	239.17	245	-0.91	-3.27
13	GRAM (BLACK)	Kg	380	410	398	397.17	245	0.21	62.45
14	GRAM (WHITE)	Kg	370	420	383	375	0	0	0
15	GRAM DAL	Kg	420	430	423	423	255	0	65.88
16	MASOOR (WHOLE)	Kg	300	310	303	303	355	0	-14.65
17	MASOOR (DAL)	Kg	320	330	323	323	385	0	-16.1
18	MASH DAL (WASHED)	Kg	580	610	595	596	595	-0.17	0
19	MOONG (WHOLE)	Kg	320	360	343	343	255	0	34.51
20	MOONG DAL (WASHED)	Kg	360	380	370	370	295	0	25.42
21	CHILLIES (GROUND)	250g	200	200	200	187	170	6.95	17.65
22	SUGAR WHITE	Kg	135	140	138	128.67	138	7.25	0
23	GUR	Kg	180	200	193	190	180	1.58	7.22
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	120	120	120	120	130	0	-7.69
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	410	420	413	307	380	34.53	8.68
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	600	590	455.5	551.67	29.53	6.95
30	MUTTON	Kg	MD	MD	MD	1733	1675	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	900	825	0	0
32	EGGS (FARM)	Dozen	320	320	320	341.5	400	-6.3	-20
33	MILK (FRESH)	Litre	160	180	173	173	160	0	8.13
34	CURD (fresh)	Kg	200	240	227	227	200	0	13.5
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	600	650	623	613	590	1.63	5.59
37	GINGER	250g	100	150	130	164.67	153.33	-21.05	-15.22
38	POTATOES	Kg	90	110	102	135.33	73.33	-24.63	39.1
39	ONIONS	Kg	100	140	123	150.33	182.5	-18.18	-32.6



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT D.G.KHAN ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
40	SPINACH	Kg	50	60	57	64.33	50	-11.39	14
41	TOMATOES	Kg	140	210	183	146	128.33	25.34	42.6
42	BRINJAL	Kg	70	100	83	81.67	90	1.63	-7.78
43	CAULIFLOWER	Kg	50	70	60	99	107.5	-39.39	-44.19
44	TURNIP	Kg	40	60	50	70	76.67	-28.57	-34.79
45	CARROT	Kg	50	80	67	82.67	73.33	-18.95	-8.63
46	PEAS	Kg	130	240	200	276.83	216.67	-27.75	-7.69
47	RADISH	Kg	40	60	50	58.33	65	-14.28	-23.08
Household Essentials									
48	L.P.G	Kg	300	320	307	320	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	105	110	108	108	95	0	13.68
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	120	130	127	127	130	0	-2.31
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	48	0	0	0
54	SURF EXCEL	500g	270	300	280	280	0	0	0
55	SURF BONUS	Kg	230	230	230	243	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	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	600	593	556.5	545	6.56	8.81
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	290	300	297	297	340	0	-12.65
61	APPLE AVERAGE QUALITY	Kg	200	250	230	230.33	250	-0.14	-8
62	BANANA	Dozen	100	140	123	120.5	145	2.07	-15.17
63	DATES (IRANI)	Kg	550	550	550	548.33	531.67	0.3	3.45
64	GUAVA	Kg	120	180	157	143	175	9.79	-10.29
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	60	70	67	67	60	0	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	100	95	95	142.5	0	-33.33
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	110	105	105	160	0	-34.38
3	WHEAT ATTA (THAILA)	10Kg	900	950	925	875	0	0	0
4	MAIDA	kg	130	135	133	125	165	6.4	-19.39
5	RAWA/SUJI	Kg	130	135	133	125	155	6.4	-14.19
6	VEG. GHEE (POUCH) (LOCAL)	kg	550	560	555	510.5	465	8.72	19.35
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,850	2850	2733.33	2550	4.27	11.76
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,900	2875	2759.17	2765	4.2	3.98
9	BAISAN (GROUND GRAM)	Kg	350	360	355	408.33	295	-13.06	20.34
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	293.33	295	14.21	13.56
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	245	212.5	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	174.67	235	11.64	-17.02
13	GRAM (BLACK)	Kg	340	350	345	365	245	-5.48	40.82
14	GRAM (WHITE)	Kg	300	320	310	315	0	0	0
15	GRAM DAL	Kg	340	350	345	363.33	245	-5.05	40.82
16	MASOOR (WHOLE)	Kg	300	310	305	313.33	335	-2.66	-8.96
17	MASOOR (DAL)	Kg	320	330	325	338	345	-3.85	-5.8
18	MASH DAL (WASHED)	Kg	530	550	540	508.33	565	6.23	-4.42
19	MOONG (WHOLE)	Kg	360	370	365	351.67	280	3.79	30.36
20	MOONG DAL (WASHED)	Kg	360	370	365	369.67	285	-1.26	28.07
21	CHILLIES (GROUND)	250g	180	200	190	181.67	175	4.59	8.57
22	SUGAR WHITE	Kg	135	140	138	135	147.5	2.22	-6.44
23	GUR	Kg	180	200	190	222.17	205	-14.48	-7.32
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	410	450	423	303.83	390.25	39.22	8.39
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	660	610	420.33	565.17	45.12	7.93
30	MUTTON	Kg	MD	MD	MD	1950	1675	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	875	775	0	0
32	EGGS (FARMI)	Dozen	350	350	350	347.17	395	0.82	-11.39
33	MILK (FRESH)	Litre	190	200	195	195	185	0	5.41
34	CURD (fresh)	Kg	220	240	230	230	200	0	15
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	95	95	95	95	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	630	650	640	628	575	1.91	11.3
37	GINGER	250g	70	80	75	127.5	103.33	-41.18	-27.42
38	POTATOES	Kg	80	100	88	123.83	70	-28.93	25.71
39	ONIONS	Kg	120	130	125	136.83	183.33	-8.65	-31.82



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT FAISALABAD ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					07-01-2025	Dec-24	Jan-24	Dec-24	Jan-24
40	SPINACH	Kg	30	40	35	41.83	45	-16.33	-22.22
41	TOMATOES	Kg	200	250	218	180	109.17	21.11	99.69
42	BRINJAL	Kg	50	60	55	105.83	105	-48.03	-47.62
43	CAULIFLOWER	Kg	80	90	83	89.67	120	-7.44	-30.83
44	TURNIP	Kg	40	60	48	69.17	93.33	-30.61	-48.57
45	CARROT	Kg	50	60	53	88.5	65	-40.11	-18.46
46	PEAS	Kg	120	150	130	188.5	165.42	-31.03	-21.41
47	RADISH	Kg	40	50	45	51	45	-11.76	0
Household Essentials									
48	L.P.G	Kg	310	310	310	305.17	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	105	105	105	105	115	0	-8.7
51	LUX SOAP (WHITE) (98gm)	Cake	105	105	105	113.17	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	127.5	0	1.96
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	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	180	200	190	190	0	0	0
57	TOOTH PASTE (COLGATE)	100g	200	200	200	200	0	0	0
58	MATCHES 50 STICKS	Each	5	6	6	6	6	0	0
59	MUSTARD OIL (LOCAL)	Kg	500	500	500	500	545	0	-8.26
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	280	300	290	290	305	0	-4.92
61	APPLE AVERAGE QUALITY	Kg	200	220	210	210	220	0	-4.55
62	BANANA	Dozen	100	110	105	108	96.67	-2.78	8.62
63	DATES (IRANI)	Kg	500	550	525	525	615	0	-14.63
64	GUAVA	Kg	90	100	95	115	85	-17.39	11.76
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	235	235	220	0	6.82
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 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					07-01-2025	Dec-24	Jan-24	Dec-24	Jan-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	88	100	91	92.5	147.5	-1.62	-38.31
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	110	103	104	150	-0.96	-31.33
3	WHEAT ATTA (THAILA)	10Kg	880	950	910	908.5	0	0	0
4	MAIDA	kg	110	130	117	117.5	160	-0.43	-26.88
5	RAWA/SUJI	Kg	130	140	138	140	170	-1.43	-18.82
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	560	532	525.5	475	1.24	12
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,925	2896	2795	2550	3.61	13.57
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,925	2896	2809	2725	3.1	6.28
9	BAISAN (GROUND GRAM)	Kg	350	360	358	361.5	230	-0.97	55.65
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	290	330	308	308	320	0	-3.75
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	280	260	244.67	0	0	0
12	BROKEN BASMATI	Kg	180	210	195	188	205	3.72	-4.88
13	GRAM (BLACK)	Kg	350	360	358	367.5	220	-2.59	62.73
14	GRAM (WHITE)	Kg	300	350	320	316.67	0	0	0
15	GRAM DAL	Kg	340	380	362	383.5	235	-5.61	54.04
16	MASOOR (WHOLE)	Kg	290	340	315	308	305	2.27	3.28
17	MASOOR (DAL)	Kg	320	320	320	320	315	0	1.59
18	MASH DAL (WASHED)	Kg	550	600	572	577.5	555	-0.95	3.06
19	MOONG (WHOLE)	Kg	340	360	347	355.17	260	-2.3	33.46
20	MOONG DAL (WASHED)	Kg	380	400	392	395	275	-0.76	42.55
21	CHILLIES (GROUND)	250g	200	220	203	193	170	5.18	19.41
22	SUGAR WHITE	Kg	140	140	140	137	147.5	2.19	-5.08
23	GUR	Kg	190	230	207	234.67	210	-11.79	-1.43
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	60	70	67	70	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	406	426	419	300.17	371.5	39.59	12.79
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	589	639	622	446.67	557	39.25	11.67
30	MUTTON	Kg	MD	MD	MD	1875	1775	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	908	800	0	0
32	EGGS (FARM)	Dozen	302	330	319	348.5	395	-8.46	-19.24
33	MILK (FRESH)	Litre	200	200	200	200	190	0	5.26
34	CURD (fresh)	Kg	220	220	220	220	210	0	4.76
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	97	97	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	600	700	648	671.5	611.67	-3.5	5.94
37	GINGER	250g	90	130	107	134.33	130	-20.35	-17.69
38	POTATOES	Kg	100	100	100	128.33	65.83	-22.08	51.91
39	ONIONS	Kg	140	180	153	165.67	208.33	-7.65	-26.56



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT GUJRANWALA ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
40	SPINACH	Kg	50	70	58	61.33	75	-5.43	-22.67
41	TOMATOES	Kg	180	210	198	177.33	130	11.66	52.31
42	BRINJAL	Kg	100	120	110	96.33	96.67	14.19	13.79
43	CAULIFLOWER	Kg	80	100	90	115.33	112.5	-21.96	-20
44	TURNIP	Kg	50	70	62	65.67	72.5	-5.59	-14.48
45	CARROT	Kg	50	100	70	110.17	75.83	-36.46	-7.69
46	PEAS	Kg	140	160	150	182.67	195.83	-17.88	-23.4
47	RADISH	Kg	30	40	37	40.67	46.67	-9.02	-20.72
Household Essentials									
48	L.P.G	Kg	320	330	322	332	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	140	160	145	143	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	110	107	107	95	0	12.63
51	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	125	130	128	128	130	0	-1.54
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
54	SURF EXCEL	500g	270	280	277	283	0	0	0
55	SURF BONUS	Kg	200	230	220	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	197	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	207	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
59	MUSTARD OIL (LOCAL)	Kg	530	650	593	593	635	0	-6.61
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	300	300	300	283	350	6.01	-14.29
61	APPLE AVERAGE QUALITY	Kg	180	250	210	197	260	6.6	-19.23
62	BANANA	Dozen	100	150	127	116.5	115	9.01	10.43
63	DATES (IRANI)	Kg	500	600	547	547	575	0	-4.87
64	GUAVA	Kg	80	150	113	98	141.67	15.31	-20.24
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	60	70	67	67	60	0	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	100	93	93	145	0	-35.86
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	130	114	112.83	160	1.04	-28.75
3	WHEAT ATTA (THAILA)	10Kg	820	900	862	857.83	0	0	0
4	MAIDA	kg	120	160	137	136.33	175	0.49	-21.71
5	RAWA/SUJI	Kg	130	160	141	141	175	0	-19.43
6	VEG. GHEE (POUCH) (LOCAL)	kg	480	550	519	502.17	435	3.35	19.31
7	VEG. GHEE DALDA (CARTON)	5Kg	2,775	2,900	2831	2752	2545	2.87	11.24
8	COOKING OIL DALDA (CARTON)	5Litre	2,825	2,900	2869	2824	2725	1.59	5.28
9	BAISAN (GROUND GRAM)	Kg	370	420	399	397.17	270	0.46	47.78
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	400	363	356.33	355	1.87	2.25
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	330	293	291.33	0	0	0
12	BROKEN BASMATI	Kg	180	250	219	224	230	-2.23	-4.78
13	GRAM (BLACK)	Kg	360	400	381	379	245	0.53	55.51
14	GRAM (WHITE)	Kg	320	390	348	344.83	0	0	0
15	GRAM DAL	Kg	360	420	379	383.5	245	-1.17	54.69
16	MASOOR (WHOLE)	Kg	320	360	338	336	325	0.6	4
17	MASOOR (DAL)	Kg	340	380	365	363.33	330	0.46	10.61
18	MASH DAL (WASHED)	Kg	550	600	583	593.17	590	-1.71	-1.19
19	MOONG (WHOLE)	Kg	300	340	319	316	265	0.95	20.38
20	MOONG DAL (WASHED)	Kg	320	370	340	337.67	285	0.69	19.3
21	CHILLIES (GROUND)	250g	180	220	200	192.67	190	3.8	5.26
22	SUGAR WHITE	Kg	130	140	137	135.17	140.83	1.35	-2.72
23	GUR	Kg	180	240	215	213.67	210	0.62	2.38
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	74.67	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	108	108	110	0	-1.82
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	14	14	20	0	-30
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	383	420	405	307.5	381.67	31.71	6.11
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	600	592	442.5	554.5	33.79	6.76
30	MUTTON	Kg	MD	MD	MD	1928.75	1800	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	919.25	750	0	0
32	EGGS (FARM)	Dozen	329	335	331	350	379	-5.43	-12.66
33	MILK (FRESH)	Litre	160	200	191	190.67	185	0.17	3.24
34	CURD (fresh)	Kg	180	240	220	220.33	220	-0.15	0
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	91	91	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	560	710	651	700.67	640	-7.09	1.72
37	GINGER	250g	90	130	104	155	135	-32.9	-22.96
38	POTATOES	Kg	70	110	91	115.5	65	-21.21	40
39	ONIONS	Kg	130	190	153	156.5	187.5	-2.24	-18.4



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT LAHORE ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
40	SPINACH	Kg	30	60	50	58.17	65	-14.05	-23.08
41	TOMATOES	Kg	150	250	203	193.33	123.33	5	64.6
42	BRINJAL	Kg	80	140	104	95.33	95	9.09	9.47
43	CAULIFLOWER	Kg	40	100	75	114.17	125	-34.31	-40
44	TURNIP	Kg	40	70	56	71.67	90	-21.86	-37.78
45	CARROT	Kg	50	80	68	107.83	90	-36.94	-24.44
46	PEAS	Kg	120	180	149	194.33	165	-23.33	-9.7
47	RADISH	Kg	30	70	51	56.33	70	-9.46	-27.14
Household Essentials									
48	L.P.G	Kg	290	320	304	270.83	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	150	240	185	183.33	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	115	108	107.67	115	0.31	-6.09
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	103	103	0	0	0
52	WASHING SOAP (SUFU) (250g)	Cake	120	135	129	128.17	132.5	0.65	-2.64
53	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49	0	0	0
54	SURF EXCEL	500g	270	275	274	273.83	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	200	0	0	0
57	TOOTH PASTE (COLGATE)	100g	190	210	205	205.17	0	0	0
58	MATCHES 50 STICKS	Each	5	7	6	6	6.5	0	-7.69
59	MUSTARD OIL (LOCAL)	Kg	500	640	574	574.83	590	-0.14	-2.71
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	220	300	270	278.67	335	-3.11	-19.4
61	APPLE AVERAGE QUALITY	Kg	150	200	170	180.17	255	-5.64	-33.33
62	BANANA	Dozen	100	130	115	113.83	125	1.03	-8
63	DATES (IRANI)	Kg	500	600	543	560.83	625	-3.18	-13.12
64	GUAVA	Kg	80	180	119	110.67	145	7.53	-17.93
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	240	231	231	220	0	5
67	TEA PREPARED (Sada)	Cup	50	60	58	57.67	60	0.57	-3.33

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	145	0	-37.93
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	100	100	100	147.5	0	-32.2
3	WHEAT ATTA (THAILA)	10Kg	870	870	870	863	0	0	0
4	MAIDA	kg	130	140	135	136.83	160	-1.34	-15.63
5	RAWA/SUJI	Kg	130	140	135	136.83	160	-1.34	-15.63
6	VEG. GHEE (POUCH) (LOCAL)	kg	570	570	570	538.5	425	5.85	34.12
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,800	2800	2604.17	2550	7.52	9.8
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,850	2850	2685.5	2700	6.13	5.56
9	BAISAN (GROUND GRAM)	Kg	370	380	378	420	254.17	-10	48.72
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	360	360	360	353.83	341.67	1.74	5.36
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	280	273	287.17	0	0	0
12	BROKEN BASMATI	Kg	220	220	220	253	268.33	-13.04	-18.01
13	GRAM (BLACK)	Kg	400	400	400	400	245	0	63.27
14	GRAM (WHITE)	Kg	360	360	360	360.67	0	0	0
15	GRAM DAL	Kg	360	380	375	414	255	-9.42	47.06
16	MASOOR (WHOLE)	Kg	350	360	353	353.33	340	-0.09	3.82
17	MASOOR (DAL)	Kg	360	370	363	369.67	360	-1.8	0.83
18	MASH DAL (WASHED)	Kg	560	570	563	570.17	555	-1.26	1.44
19	MOONG (WHOLE)	Kg	350	360	353	355.5	240	-0.7	47.08
20	MOONG DAL (WASHED)	Kg	360	370	363	374.33	315	-3.03	15.24
21	CHILLIES (GROUND)	250g	200	200	200	192.17	190	4.07	5.26
22	SUGAR WHITE	Kg	140	140	140	131.33	147.5	6.6	-5.08
23	GUR	Kg	180	200	185	185.83	200	-0.45	-7.5
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	15	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	440	450	448	314.67	422.5	42.37	6.04
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	570	570	570	424	525.83	34.43	8.4
30	MUTTON	Kg	MD	MD	MD	1900	1800	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	900	800	0	0
32	EGGS (FARM)	Dozen	330	330	330	349.5	390	-5.58	-15.38
33	MILK (FRESH)	Litre	170	180	175	193.33	175	-9.48	0
34	CURD (fresh)	Kg	200	220	210	228	220	-7.89	-4.55
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	640	650	645	691.67	610	-6.75	5.74
37	GINGER	250g	120	130	123	168.5	122.5	-27	0.41
38	POTATOES	Kg	100	100	100	125.5	66.67	-20.32	49.99
39	ONIONS	Kg	110	120	115	145.67	195.83	-21.05	-41.28



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT MULTAN ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-24
40	SPINACH	Kg	50	50	50	47.67	53.33	4.89	-6.24
41	TOMATOES	Kg	150	180	163	124.67	117.5	30.75	38.72
42	BRINJAL	Kg	70	80	73	76	93.33	-3.95	-21.78
43	CAULIFLOWER	Kg	60	60	60	92.67	100	-35.25	-40
44	TURNIP	Kg	60	60	60	74	78.33	-18.92	-23.4
45	CARROT	Kg	70	80	78	81.67	70	-4.49	11.43
46	PEAS	Kg	160	160	160	231.33	178.33	-30.83	-10.28
47	RADISH	Kg	50	50	50	56.5	58.33	-11.5	-14.28
Household Essentials									
48	L.P.G	Kg	290	300	298	295.5	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	105	105	105	105	95	0	10.53
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100.17	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	45	45	45	45	0	0	0
54	SURF EXCEL	500g	274	274	274	274	0	0	0
55	SURF BONUS	Kg	210	230	225	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	210	208	210	0	0	0
58	MATCHES 50 STICKS	Each	7	7	7	7	6	0	16.67
59	MUSTARD OIL (LOCAL)	Kg	570	570	570	544	530	4.78	7.55
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	260	280	273	266.5	364.17	2.44	-25.04
61	APPLE AVERAGE QUALITY	Kg	150	170	160	156.17	250.83	2.45	-36.21
62	BANANA	Dozen	130	150	140	134.83	110	3.83	27.27
63	DATES (IRANI)	Kg	530	550	543	581.67	600	-6.65	-9.5
64	GUAVA	Kg	160	160	160	164.83	130	-2.93	23.08
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	220	220	220	220	0	0
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 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	85	110	98	98.17	152.92	-0.17	-35.91
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	140	121	108.5	165	11.52	-26.67
3	WHEAT ATTA (THAILA)	10Kg	850	900	885	885.17	0	0	0
4	MAIDA	kg	130	140	132	136.5	170.83	-3.3	-22.73
5	RAWA/SUJI	Kg	130	150	137	141.33	177.5	-3.06	-22.82
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	520	481	497.5	470	-3.32	2.34
7	VEG. GHEE DALDA (CARTON)	5Kg	2,775	2,925	2833	2805.67	2675	0.97	5.91
8	COOKING OIL DALDA (CARTON)	5Litre	2,800	2,925	2854	2804.17	2800	1.78	1.93
9	BAISAN (GROUND GRAM)	Kg	380	420	398	395	240	0.76	65.83
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	360	380	372	373.17	335	-0.31	11.04
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	300	262	265	0	0	0
12	BROKEN BASMATI	Kg	180	220	207	211.83	240	-2.28	-13.75
13	GRAM (BLACK)	Kg	370	410	388	387.17	245.83	0.21	57.83
14	GRAM (WHITE)	Kg	330	380	350	354.17	0	0	0
15	GRAM DAL	Kg	360	390	376	382	245.83	-1.57	52.95
16	MASOOR (WHOLE)	Kg	300	350	322	316.17	305	1.84	5.57
17	MASOOR (DAL)	Kg	320	370	338	315.17	320	7.24	5.62
18	MASH DAL (WASHED)	Kg	520	560	542	549.5	510	-1.36	6.27
19	MOONG (WHOLE)	Kg	340	370	357	362	250	-1.38	42.8
20	MOONG DAL (WASHED)	Kg	370	400	382	377.5	250	1.19	52.8
21	CHILLIES (GROUND)	250g	180	220	198	202	215	-1.98	-7.91
22	SUGAR WHITE	Kg	135	140	138	137.17	150.83	0.61	-8.51
23	GUR	Kg	200	250	225	232.33	215	-3.15	4.65
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	105	106.83	110	-1.71	-4.55
26	DOUBLE ROTI DAWN	360g	110	120	117	116.83	115	0.15	1.74
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	415	420	416	314.67	373	32.2	11.53
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	600	610	603	451.33	541	33.61	11.46
30	MUTTON	Kg	MD	MD	MD	1983	1925	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	985.25	950	0	0
32	EGGS (FARM)	Dozen	305	350	332	350	382.5	-5.14	-13.2
33	MILK (FRESH)	Litre	160	220	198	198	200	0	-1
34	CURD (fresh)	Kg	190	240	222	224.5	215	-1.11	3.26
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	93	93	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	670	750	712	690.17	721.67	3.16	-1.34
37	GINGER	250g	110	140	128	156.83	170	-18.38	-24.71
38	POTATOES	Kg	100	130	118	129.17	85	-8.65	38.82
39	ONIONS	Kg	140	150	145	162.67	200	-10.86	-27.5



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT RAWALPINDI ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average 07-01-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					Dec-24	Jan-24	Dec-24	Jan-24	
40	SPINACH	Kg	50	70	63	69.67	55	-9.57	14.55
41	TOMATOES	Kg	180	230	208	181	139.17	14.92	49.46
42	BRINJAL	Kg	110	130	122	125.67	130	-2.92	-6.15
43	CAULIFLOWER	Kg	90	120	108	115.17	120	-6.23	-10
44	TURNIP	Kg	50	100	82	85.83	110	-4.46	-25.45
45	CARROT	Kg	70	100	88	100.17	110	-12.15	-20
46	PEAS	Kg	150	220	185	205	193.33	-9.76	-4.31
47	RADISH	Kg	50	80	62	82.67	75	-25	-17.33
Household Essentials									
48	L.P.G	Kg	320	340	329	314.67	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	170	200	185	188.33	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	105	105	105	95	0	10.53
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
52	WASHING SOAP (SUF) (250g)	Cake	130	130	130	129.67	130	0.25	0
53	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50.83	0	0	0
54	SURF EXCEL	500g	274	275	274	274	0	0	0
55	SURF BONUS	Kg	230	230	230	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	210	197	198	0	0	0
57	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
58	MATCHES 50 STICKS	Each	5	6	6	5	5	20	20
59	MUSTARD OIL (LOCAL)	Kg	600	700	650	567.5	575	14.54	13.04
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	260	300	283	302	325	-6.29	-12.92
61	APPLE AVERAGE QUALITY	Kg	180	200	190	201.67	200	-5.79	-5
62	BANANA	Dozen	130	150	142	137	135	3.65	5.19
63	DATES (IRANI)	Kg	600	650	625	624.17	675	0.13	-7.41
64	GUAVA	Kg	140	160	147	165.33	150	-11.09	-2
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	60	60	60	55	0	9.09

M.D. = Meat Less Day



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-24
Staples									
1	WHEAT ATTA LOOSE(MILL)	Kg	90	90	90	90	155	0	-41.94
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	100	100	100	100	165	0	-39.39
3	WHEAT ATTA (THAILA)	10Kg	790	800	798	797.67	0	0	0
4	MAIDA	kg	110	120	118	117.67	185	0.28	-36.22
5	RAWA/SUJI	Kg	120	120	120	120	185	0	-35.14
6	VEG. GHEE (POUCH) (LOCAL)	kg	540	540	540	540	425	0	27.06
7	VEG. GHEE DALDA (CARTON)	5Kg	2,775	2,775	2775	2775	2550	0	8.82
8	COOKING OIL DALDA (CARTON)	5Litre	2,845	2,845	2845	2845	2750	0	3.45
9	BAISAN (GROUND GRAM)	Kg	380	400	390	390.33	255	-0.08	52.94
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	320	320.33	340	-0.1	-5.88
11	RICE BASMATI (AVERAGE QUALITY)	Kg	230	250	243	243.83	0	0	0
12	BROKEN BASMATI	Kg	200	220	205	204.83	235	0.08	-12.77
13	GRAM (BLACK)	Kg	360	380	373	373.17	220	-0.05	69.55
14	GRAM (WHITE)	Kg	330	360	348	348	0	0	0
15	GRAM DAL	Kg	360	380	370	369.67	200	0.09	85
16	MASOOR (WHOLE)	Kg	300	320	305	304.83	270	0.06	12.96
17	MASOOR (DAL)	Kg	300	330	318	318	280	0	13.57
18	MASH DAL (WASHED)	Kg	550	560	555	555.17	510	-0.03	8.82
19	MOONG (WHOLE)	Kg	340	360	353	365.5	260	-3.42	35.77
20	MOONG DAL (WASHED)	Kg	360	380	373	384.83	265	-3.07	40.75
21	CHILLIES (GROUND)	250g	170	180	178	177.67	210	0.19	-15.24
22	SUGAR WHITE	Kg	130	135	131	131	130	0	0.77
23	GUR	Kg	200	220	210	210.33	170	-0.16	23.53
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	95	95	95	95	120	0	-20.83
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	25	0	-40
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	407	440	416	298.5	376.67	39.36	10.44
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	590	590	430.67	476.67	37	23.78
30	MUTTON	Kg	MD	MD	MD	1788.5	1800	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	791	750	0	0
32	EGGS (FARM)	Dozen	310	310	310	350	368.33	-11.43	-15.84
33	MILK (FRESH)	Litre	150	160	155	155.17	135	-0.11	14.81
34	CURD (fresh)	Kg	180	200	190	189.67	165	0.17	15.15
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	95	93	93	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	730	750	745	739	565	0.81	31.86
37	GINGER	250g	110	120	115	174.67	96.67	-34.16	18.96
38	POTATOES	Kg	90	100	95	117.33	60	-19.03	58.33
39	ONIONS	Kg	120	130	125	154.83	155	-19.27	-19.35



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SAHIWAL ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-24
40	SPINACH	Kg	30	40	35	44.83	43.33	-21.93	-19.22
41	TOMATOES	Kg	170	190	180	183.67	110	-2	63.64
42	BRINJAL	Kg	90	100	95	93.67	73.33	1.42	29.55
43	CAULIFLOWER	Kg	60	60	60	116.67	83.33	-48.57	-28
44	TURNIP	Kg	40	50	43	68.83	58.33	-37.53	-26.28
45	CARROT	Kg	40	50	45	80.33	60	-43.98	-25
46	PEAS	Kg	120	140	128	212.83	106.67	-39.86	20
47	RADISH	Kg	30	40	38	54.33	30	-30.06	26.67
Household Essentials									
48	L.P.G	Kg	310	320	318	314.5	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	105	105	105	100	0	5
51	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	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	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	230	208	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	5	0	40
59	MUSTARD OIL (LOCAL)	Kg	520	540	528	522.33	470	1.09	12.34
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	300	300	300	300	325	0	-7.69
61	APPLE AVERAGE QUALITY	Kg	150	160	153	152.83	250	0.11	-38.8
62	BANANA	Dozen	110	120	115	110.33	100	4.23	15
63	DATES (IRANI)	Kg	480	500	495	494.5	575	0.1	-13.91
64	GUAVA	Kg	130	150	143	112.33	155	27.3	-7.74
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 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		07-01-2025	1st week of		1st week of
					Dec-24		Jan-24	Dec-24	Jan-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	99	155	0	-36.13
3	WHEAT ATTA (THAILA)	10Kg	790	850	810	810	0	0	0
4	MAIDA	kg	130	140	137	137	160	0	-14.38
5	RAWA/SUJI	Kg	130	140	137	137	165	0	-16.97
6	VEG. GHEE (POUCH) (LOCAL)	kg	460	500	473	493	475	-4.06	-0.42
7	VEG. GHEE DALDA (CARTON)	5Kg	2,750	2,775	2758	2758	2595.83	0	6.25
8	COOKING OIL DALDA (CARTON)	5Litre	2,760	2,845	2788	2788	3091.67	0	-9.82
9	BAISAN (GROUND GRAM)	Kg	420	440	428	429.67	245	-0.39	74.69
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	313	317	355	-1.26	-11.83
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	260	263	0	0	0
12	BROKEN BASMATI	Kg	180	200	190	193	235	-1.55	-19.15
13	GRAM (BLACK)	Kg	360	420	400	403	225	-0.74	77.78
14	GRAM (WHITE)	Kg	340	440	402	406.67	0	0	0
15	GRAM DAL	Kg	390	420	410	417.67	245	-1.84	67.35
16	MASOOR (WHOLE)	Kg	300	330	313	320.67	310	-2.39	0.97
17	MASOOR (DAL)	Kg	320	360	333	337.33	320	-1.28	4.06
18	MASH DAL (WASHED)	Kg	580	640	610	613	516.67	-0.49	18.06
19	MOONG (WHOLE)	Kg	340	350	343	343	245	0	40
20	MOONG DAL (WASHED)	Kg	360	380	367	367.33	270	-0.09	35.93
21	CHILLIES (GROUND)	250g	180	240	210	215	165	-2.33	27.27
22	SUGAR WHITE	Kg	125	132	127	127.33	142.92	-0.26	-11.14
23	GUR	Kg	180	200	188	190	210	-1.05	-10.48
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	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	20	0	-25
Dairy & Meat									
28	CHICKEN ALIVE (BROILER)	Kg	420	470	448	326.83	384.67	37.07	16.46
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	590	630	605	463.67	556.58	30.48	8.7
30	MUTTON	Kg	MD	MD	MD	1875	1550	0	0
31	BEEF WITH BONE	Kg	MD	MD	MD	900	725	0	0
32	EGGS (FARM)	Dozen	330	336	332	345	378.83	-3.77	-12.36
33	MILK (FRESH)	Litre	150	170	153	156.33	155	-2.13	-1.29
34	CURD (fresh)	Kg	180	220	197	198.17	175	-0.59	12.57
35	MILK TETRA PACK (MILK PACK / OLPER)	250ml	90	100	93	92.17	0	0	0
Vegetables									
36	GARLIC (CHINA)	Kg	650	660	653	708.33	598.33	-7.81	9.14
37	GINGER	250g	100	160	118	160.5	112.5	-26.48	4.89
38	POTATOES	Kg	70	120	93	106.17	67.5	-12.4	37.78
39	ONIONS	Kg	120	140	127	146.33	195.83	-13.21	-35.15



RETAIL PRICE OF 67 ESSENTIAL ARTICLES AT SARGODHA ON 07-01-2025

COMPARED WITH 1ST WEEK OF DEC-24 , AND 1ST WEEK OF JAN-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 07-01-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		1st week of		1st week of	
					07-01-2025	Dec-24	Jan-24	Dec-24	Jan-24
40	SPINACH	Kg	40	60	47	43.83	43.75	7.23	7.43
41	TOMATOES	Kg	140	190	162	157.33	120.83	2.97	34.07
42	BRINJAL	Kg	90	130	112	93.5	86.67	19.79	29.23
43	CAULIFLOWER	Kg	60	100	77	101.67	109.17	-24.26	-29.47
44	TURNIP	Kg	50	100	67	69.17	55	-3.14	21.82
45	CARROT	Kg	50	80	65	90.17	58.33	-27.91	11.43
46	PEAS	Kg	100	230	143	209.83	153.33	-31.85	-6.74
47	RADISH	Kg	40	80	58	51	41.67	13.73	39.19
Household Essentials									
48	L.P.G	Kg	300	340	315	319.33	0	0	0
49	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	177	177	0	0	0
50	LIFE BUOY (128 gm)	Cake	105	105	105	105	95	0	10.53
51	LUX SOAP (WHITE) (98gm)	Cake	100	110	107	107	0	0	0
52	WASHING SOAP (SUF1) (250g)	Cake	120	130	123	123	130	0	-5.38
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	230	0	0	0
56	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200.67	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	580	560	559.17	590	0.15	-5.08
Fruits									
60	APPLE SUPERIOR QUALITY	Kg	300	300	300	264.5	346.67	13.42	-13.46
61	APPLE AVERAGE QUALITY	Kg	200	200	200	170.17	246.67	17.53	-18.92
62	BANANA	Dozen	100	120	103	103.17	126.67	-0.16	-18.69
63	DATES (IRANI)	Kg	550	600	583	583	590	0	-1.19
64	GUAVA	Kg	120	160	133	124.67	123.33	6.68	7.84
Tea & Tobacco									
65	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
66	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	233	233	220	0	5.91
67	TEA PREPARED (Sada)	Cup	50	60	53	53	60	0	-11.67

M.D. = Meat Less Day