



caramae@whatify.com

image credit: 101cookbooks.com



death by a

1000

cuts

267 food items

caramae@**whatify**.com

red lentil soup

...and it would have
cost this much if I
bought the

conventional
equivalent

I used these ingredients	sustainable or conventional	...in this amount in grams	...it cost me this much
cilantro	S	50	\$0.55
olive oil	C	5	\$0.14
onions	S	997	\$2.11
garlic	S	20	\$0.22
ginger	S	20	\$0.17
ground coriander	C	0.1	\$0.01
valencia oranges	S	140	\$0.39
red lentils	S	345	\$2.42
leek stock	n/a	896	\$2.44

red lentil soup

total

\$8.47

total if C

\$4.88

difference

\$3.58

I used these ingredients	conventional	grams	...it cost me	conventional equivalent
cilantro	S	50	\$0.15	\$0.51
olive oil	C	5	\$0.14	\$0.00
onions	S	997	\$2.11	\$3.27
garlic	S	20	\$0.12	\$0.17
ginger	S	10	\$0.17	\$0.13
ground coriander	C	0.1	\$0.01	\$0.00
valencia oranges	S	140	\$0.39	\$0.23
red lentils	S	345	\$2.42	\$0.42
leek stock	n/a	896	\$2.44	\$0.00

annually

total \$5,287

total if C \$4,675

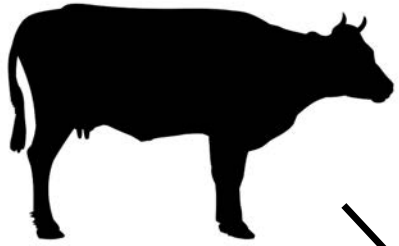
difference \$612



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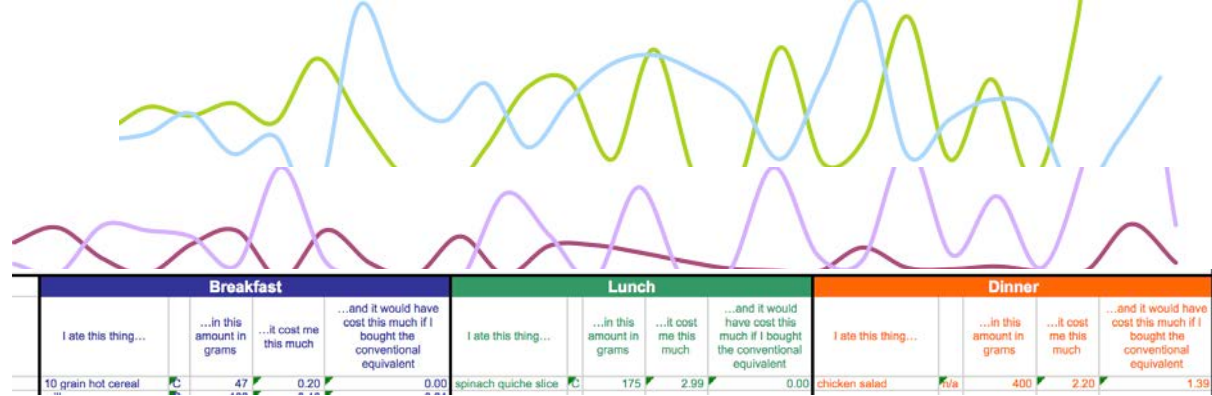






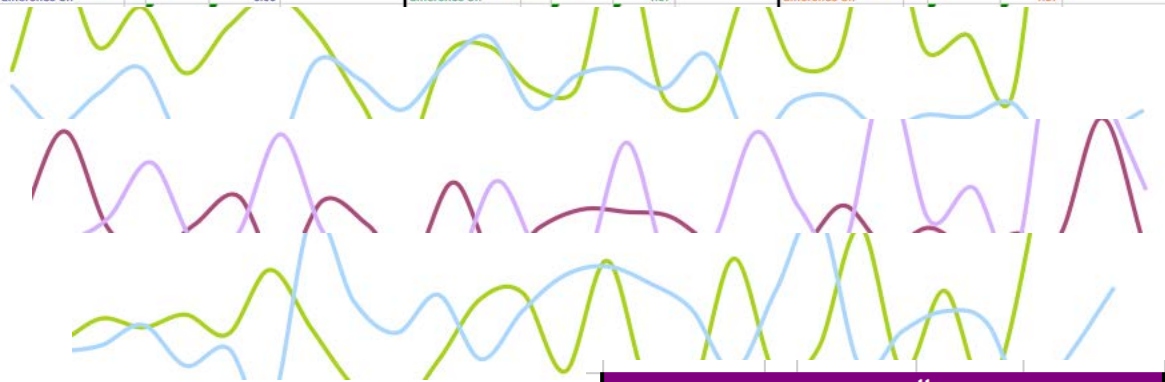
\$1.5b





legumes				nuts/seeds/dried fruit				chocolate and sugar					
canned black beans	red lentils	professor beans	canned black beans	peanut butter	raisins	pecan halves	sunflower seeds	100% cacao bar	dark chocolate bar	indulgences 70% chocolate	costco granola	honey	maple

total	110	2.80	0.00	total	294	2.82	1.15	total	229	2.72	0.6
total if I bought conventional		2.80		total if I bought conventional		1.15		total if I bought conventional		1.15	
difference of:		0.00		difference of:		1.67		difference of:		1.57	



panna cotta			
I used these ingredients	...In this amount in	...it cost me this much	...and it would have cost this much if I bought





THE REAL LIFE OF
SEBASTIAN KNIGHT

Nabokov 1941

“the collecting of
daily details.....a
poor method of self
preservation”



zz



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