

Dec-25

Table 1: Food item cost per gram of protein comparison

Food Item	Price \$	Weight or Volume	Protein content per 100g or litres	Cents per gram of protein
Dozen, free range eggs, mixed grade	\$11.35	582 grams	12.8	15.24
Dozen, Colony eggs, Size 6 - out of stock no Colony		636 grams	12.8	0.00
Dozen, Cage Free/Barn eggs, Size 6	\$10.45	636 grams	12.8	12.84
Dozen, free range eggs, Size 6 - size 7 used	\$12.65	744 grams	12.8	13.28
Cheese block, mild	\$13.79	1,000 grams	24.4	5.65
Milk, homogenised	\$4.73	2,000 mls	3.3	7.17
Tofu, Organic	\$6.09	300 grams	12	20.30
Cottage cheese	\$8.40	500 grams	12.4	13.55
Lamb Chops, shoulder	\$19.95	1,000 grams	19.8	10.08
Chicken, breast, skinless & boneless	\$15.80	1,000 grams	22.9	6.90
Chicken Thighs, skinless & boneless	\$25.00	1,000 grams	22.9	10.92
Beef mince	\$21.90	1,000 grams	23	9.52
Beef steak, rump	\$34.90	1,000 grams	26.6	13.12
Beef Steak, scotch fillet, rib eye	\$47.90	1,000 grams	28.9	16.57
Pork Shoulder and leg, Boneless, Roast	\$21.50	1,000 grams	21.5	10.00
Fish Fillets, Hoki Classic Crumbed	\$9.50	425 grams	12.4	15.96
Scallops, Raw	\$18.00	300grams	11.6	41.38
Fresh NZ Salmon	\$57.00	1,000 grams	17.5	32.57

All prices do not include sale items, items reduced to clear, or membership discounts.

All listed food items were selected on the lowest price. Sourced on 9 December 2025 - from Countdown Online Shop: <http://shop.countdown.co.nz/> (Dunedin Branch)