

Average Monthly Prices of 51 Essential Items for the month of July 2023

S. No.	Description	Unit	Islam- abad	Rawal- pindi	Gujran- wala	Sialkot	Lahore	Faisal- abad	Sar- godha	Multan	Baha- walpur	Karachi	Hyder- abad	Sukkur	Larkana	Pesha- war	Bannu	Quetta	Khuz- dar	Average Prices 23 Jun 23 Jul 22	%change Jul 23 over Jun 23 Jul 22			
1	Wheat Flour Bag	20 Kg	2989.50	2972.33	2739.81	2848.71	2801.65	2648.75	2762.95	2731.13	2709.24	3080.43	2991.62	2829.66	2796.10	2761.59	2682.52	2779.43	2821.90	2818.03	2535.89	1237.93	11.13	127.64
2	Rice Basmati Broken (Average Quality)	1 Kg	234.87	231.13	190.00	198.74	231.34	226.47	196.61	196.55	183.27	261.29	219.54	220.00	213.12	217.46	174.10	274.97	174.11	212.62	206.51	119.26	2.96	78.28
3	Rice IRR-6/9 (Sindh/Punjab)	1 Kg	144.68	124.00			81.87	146.48	238.24	160.00	173.27	154.25	174.93	150.00	163.02	176.60	172.45	144.94	156.28	153.95	149.73	88.49	2.82	73.97
4	Bread plain (Small Size)	Each	119.15	118.48	110.00	100.00	110.00	110.00	100.00	110.00	110.00	120.00	114.89	100.00	100.00	103.23	100.00	100.00	100.00	107.15	106.74	73.01	0.38	46.76
5	Beef with Bone (Average Quality)	1 Kg	936.81	931.90	782.97	800.00	836.97	766.31	750.00	821.85	782.97	904.12	712.18	700.00	782.97	680.41	700.00	834.91	732.95	787.99	775.25	673.49	1.64	17.00
6	Mutton (Average Quality)	1 Kg	1953.58	1919.41	1800.00	1800.00	1942.04	1732.70	1400.00	1800.00	1465.90	1804.83	1574.39	1400.00	1600.00	1538.21	1400.00	1649.49	1465.90	1650.49	1629.73	1388.56	1.27	18.86
7	Chicken Farm Broiler (Live)	1 Kg	422.43	414.18	383.94	389.98	394.24	397.18	388.53	424.83	392.57	450.29	441.86	447.31	444.14	417.20	417.20	501.96	613.19	428.92	451.37	281.24	-4.97	52.51
8	Milk fresh (Un-boiled)	1 Ltr	200.00	208.18	200.00	140.00	148.58	178.24	146.59	160.00	135.74	223.01	199.15	200.00	213.12	196.70	153.26	200.00	176.60	178.96	174.51	136.02	2.55	31.57
9	Curd (Dahi) Loose	1 Kg	219.36	223.90	220.00	160.00	178.35	200.00	180.00	198.25	160.00	320.21	273.17	220.00	220.00	214.48	173.27	220.00	200.00	207.43	201.04	154.92	3.18	33.89
10	Powdered Milk NIDO 390 gm Polybag	Each	740.00	740.00	740.00	740.00	740.00	740.00	740.00	740.00	740.00	730.30	750.00	714.95	740.00	751.66	730.00	749.93	740.00	739.18	736.26	535.99	0.40	37.91
11	Eggs Hen (Farm)	1 Dozen	260.41	256.89	253.80	255.54	252.46	252.17	252.46	244.42	251.83	266.16	255.48	254.47	264.47	250.73	280.00	259.73	256.62	256.81	257.35	195.71	-0.21	31.22
12	Mustard Oil (Average Quality)	1 Kg	697.21	674.55	500.00	500.00	551.92	640.00	541.63	520.00	500.00	522.98	407.32	400.00	552.58	666.26	459.79	584.92	600.00	541.51	544.05	529.77	-0.47	2.22
13	Cooking Oil DALDA or Other Similar Brand	Each	3084.90	3084.90	3286.65	3100.00	3190.00	3100.00	3029.95	3132.26	3138.36	3190.00	3202.43	3214.42	3259.29	3030.00	2885.85	3169.81	3036.80	3124.14	3199.16	2856.97	-2.34	9.35
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1437.43	1437.43	1539.18	1499.36	1460.00	1525.00	1444.76	1531.21	1482.00	1439.85	1492.04	1550.00	1525.00	1420.00	1299.17	1460.00	1418.71	1467.05	1513.74	1406.64	-3.08	4.29
15	Vegetable Ghee DALDA/HABIB or Other Brand	Each	562.46	562.46	569.00	569.50	569.00	561.45	564.96	572.96	569.25	568.39	575.39	581.85	595.00	570.00	518.72	569.00	565.72	567.17	582.58	571.82	-2.65	-0.81
16	Bananas (Kela) Local	1 Dozen	264.98	240.68	157.00	147.08	120.80	121.63	131.93	164.07	154.29	116.70	118.60	113.70	109.29	171.68	170.19	134.52	156.26	147.76	203.72	110.22	-27.47	34.06
17	Pulse Masoor (Washed)	1 Kg	299.81	286.92	260.00	250.00	278.96	276.32	294.96	266.54	256.62	278.37	269.64	270.00	283.24	267.75	266.59	274.97	296.63	274.80	277.38	300.61	-0.93	-8.59
18	Pulse Moong (Washed)	1 Kg	283.55	267.20	244.95	217.49	270.40	243.29	280.00	237.67	243.18	266.43	266.31	294.88	299.33	239.08	235.74	294.97	313.19	263.26	269.75	189.75	-2.41	38.74
19	Pulse Mash (Washed)	1 Kg	483.03	459.93	481.65	484.97	489.90	486.58	494.12	481.02	464.92	475.85	471.98	460.00	480.00	480.00	500.00	512.46	300.00	468.25	453.95	324.44	3.15	44.33
20	Pulse Gram	1 Kg	268.81	257.87	220.00	213.74	217.93	224.87	238.30	238.24	226.47	247.34	245.26	260.00	244.95	240.82	217.45	264.97	273.29	240.48	243.96	222.42	-1.43	8.12
21	Potatoes	1 Kg	120.22	107.99	90.79	93.22	97.03	87.88	80.00	98.84	100.00	78.34	79.27	80.00	73.19	100.95	103.32	84.90	100.00	91.91	84.52	56.26	8.74	63.37
22	Onions	1 Kg	76.18	74.48	61.13	64.81	64.25	54.64	54.77	59.69	61.56	59.33	60.02	50.00	52.65	59.05	57.93	49.58	50.00	58.97	60.67	82.33	-2.80	-28.37
23	Tomatoes	1 Kg	128.31	114.92	105.55	104.39	107.66	92.96	92.94	98.45	98.98	90.86	86.90	78.72	86.45	85.59	83.45	54.85	59.44	90.53	51.94	73.02	74.30	23.98
24	Sugar Refined	1 Kg	144.95	145.45	141.20	140.67	139.67	137.62	136.89	136.55	135.77	142.56	137.97	135.70	137.34	142.39	136.60	145.58	144.37	140.03	122.73	87.88	14.10	59.34
25	Gur (Average Quality)	1 Kg	178.66	175.23	177.45	220.00	199.38	201.26	225.67	217.56	220.00	244.04	213.23	250.00	154.38	211.71	148.18	193.50	196.61	199.63	179.91	132.13	10.96	51.09
26	Salt Powdered (NATIONAL/SHAN) 80 gm	Each	60.00	60.00	57.33	60.00	56.46	60.00	60.00	60.00	54.77	60.00	50.00	52.33	40.00	60.00	57.33	50.00	55.00	55.79	53.58	36.39	4.12	53.31
27	Chilies Powder NATIONAL 200 gm Packet	Each	293.26	293.26	251.10	251.10	293.26	251.10	215.00	293.26	215.00	252.28	215.00	251.10	251.10	251.10	215.00	293.26	215.00	251.17	215.00	215.00	16.82	16.82
28	Garlic (Lehsun)	1 Kg	442.70	438.95	350.00	344.96	307.06	342.72	353.28	306.41	313.16	359.02	321.70	374.17	296.13	407.51	400.00	349.90	358.55	354.36	335.47	317.81	5.63	11.50
29	Tea Lipton Yellow Label 190 gm Packet	Each	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	558.82	279.04	0.00	100.27
30	Cooked Beef at Average Hotel	Per Plate	257.66	242.19	350.00	250.00	215.25	300.00	250.00	259.62	273.17	285.51	268.98	200.00	240.00	176.60	250.00	319.90	293.18	257.38	256.63	202.64	0.29	27.01
31	Cooked Daal at Average Hotel	Per Plate	190.49	174.87	120.00	100.00	132.28	144.91	120.00	117.59	132.99	144.25	145.75	109.54	120.00	104.83	100.00	139.76	139.76	129.53	128.45	102.73	0.84	26.09
32	Tea Prepared Ordinary	Per Cup	60.00	56.80	60.00	50.00	46.42	51.15	50.00	59.70	40.00	60.78	64.81	55.00	50.00	34.09	46.42	64.81	50.00	52.25	51.30	38.81	1.85	34.63
33	Cigarettes Capstan 20'S Packet	Each	220.00	220.00	220.00	220.00	220.00	220.00	220.00	220.00	220.00	231.19	220.00	220.00	220.00	225.50	220.00	220.00	226.62	221.35	221.35	104.63	0.00	111.56
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	511.38	487.04	571.00	450.00	550.19	474.34	625.00	591.59	606.59	437.02	493.24	500.00	400.00	642.00	700.00	648.72	400.00	527.29	522.95	424.34	0.83	24.26
35	Shirting (Average Quality)	1 mtr	517.27	485.91	300.00	370.00	369.85	513.70	546.65	400.00	586.59	372.22	313.19	222.40	282.31	444.32	450.00	224.79	209.76	370.60	354.86	286.88	4.44	29.18
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	428.65	379.07	550.00	370.00	669.96	566.19	650.00	586.00	556.59	550.00	493.24	550.00	500.00	702.00	650.00	623.16	353.30	529.05	527.80	445.32	0.24	18.80
37	Georgette (Average Quality)	1 mtr	306.85	295.80	200.00	300.00	315.58	304.93	346.63	251.09	226.47	271.72	209.76	206.46	265.66	218.63	160.00	199.83	200.00	246.29	242.88	196.86	1.40	25.11
38	Gents Sandal Bata	Pair	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1999.00	1499.00	0.00	33.36
39	Gents Sponge Chappal Bata	Pair	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	379.00	0.00	58.05
40	Ladies Sandal Bata	Pair	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	799.00	699.00	0.00	14.31
41	Electricity Charges upto 50 Units	Per Unit	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.45	6.15	7.63	4.88	-15.47
42	Gas Charges upto 3.3719 MMBTU	MMBTU	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	295.00	141.57	0.00	108.38	
43	Firewood Whole	40 Kg	1643.17	1365.20	1300.00	1000.00	1336.09	1400.00	800.00	1208.19	1200.00	965.13	1000.00	700.00	816.33	1040.71	700.00	1299.36	1032.28	1074.82	1074.82	840.85	0.00	27.83
44	Energy Saver Philips 14 Watt	Each	271.48	260.40	400.00	575.00	210.00	365.93	550.00	575.00	200.00	280.00	313.15	250.00	350.00	240.00	250.00	350.00	300.00	319.76	314.67	236.38	1.62	35.27
45	Sufi Washing Soap 250 gm Cake	Each	139.14	139.14	130.00	126.23	125.00	130.00	130.00	125.00	133.25	130.00	125.00	130.00	108.75	130.00	125.00	120.00	12					