



Trade of the Week

Thursday March 19, 2026

23.14 SELL 0.02 23.16 BUY

Trade of the Week - WEAT

EMA 50 close 22.08

Trade of the Week Summary
WEAT - Bull Call Spread | Positioning for Second-Wave Food Inflation
Underlying: WEAT @ 23.15
Theme: Underpriced food inflation; fertilizer + supply disruptions driving second-order CPI effects; right-tail skew favors call spreads

Structure (Oct 16, 2026 Expiry):
 Buy: 25 Call @ 2.00
 Sell: 30 Call @ 1.00
Net Debit: 1.00

Capital & Exposure
 Spread Width: 5.00
 Max Value: 4.00
 Risk: Limited to 1.00 premium paid

Key Levels
 Breakeven: 26.00
 Max Profit: WEAT ≥ 30 at expiry



6,624.71
SELL

0.00

6,624.71
BUY

EMA 50 close ↻ 6,825.93

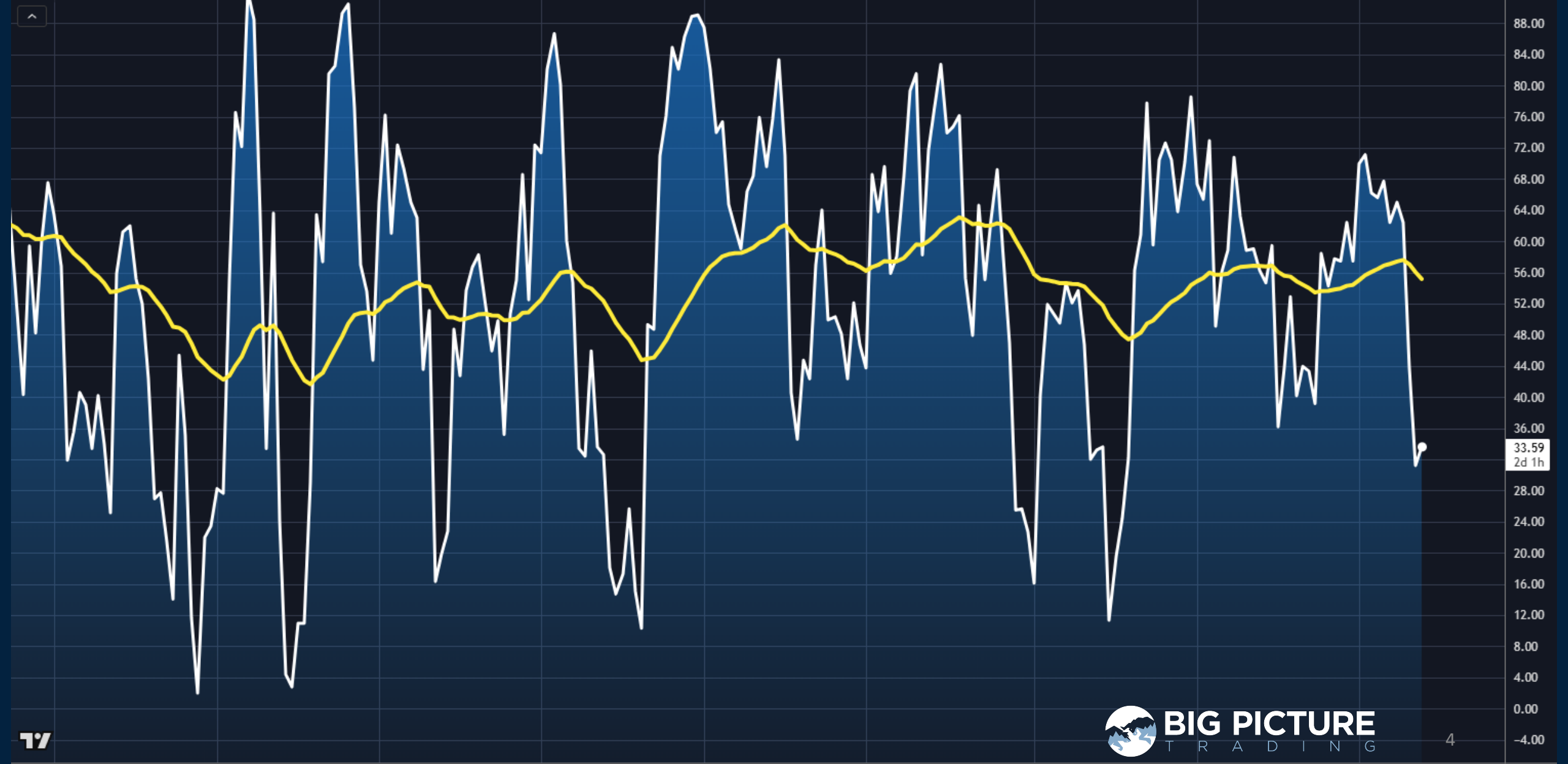
S&P500 Futures



33.59
SELL 0.00 33.59
BUY

EMA 50 close 55.16

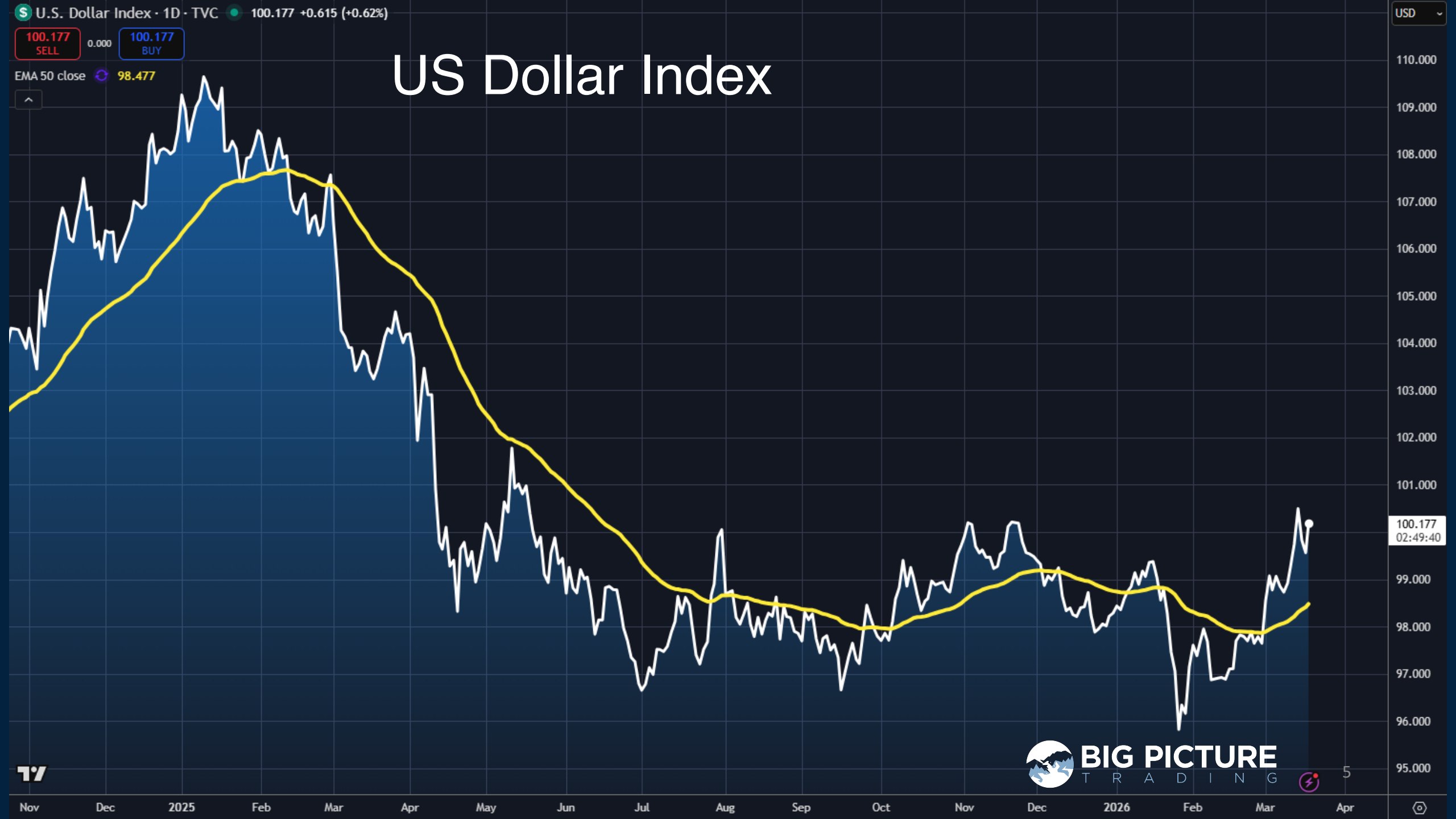
Market Breadth - # Stocks above 50dma



100.177 SELL 0.000 100.177 BUY

EMA 50 close 98.477

US Dollar Index



110.000
109.000
108.000
107.000
106.000
105.000
104.000
103.000
102.000
101.000
100.177
02:49:40
99.000
98.000
97.000
96.000
95.000



98.23 SELL 0.03 98.26 BUY

EMA 50 close 70.04

USD
BLL
100.00



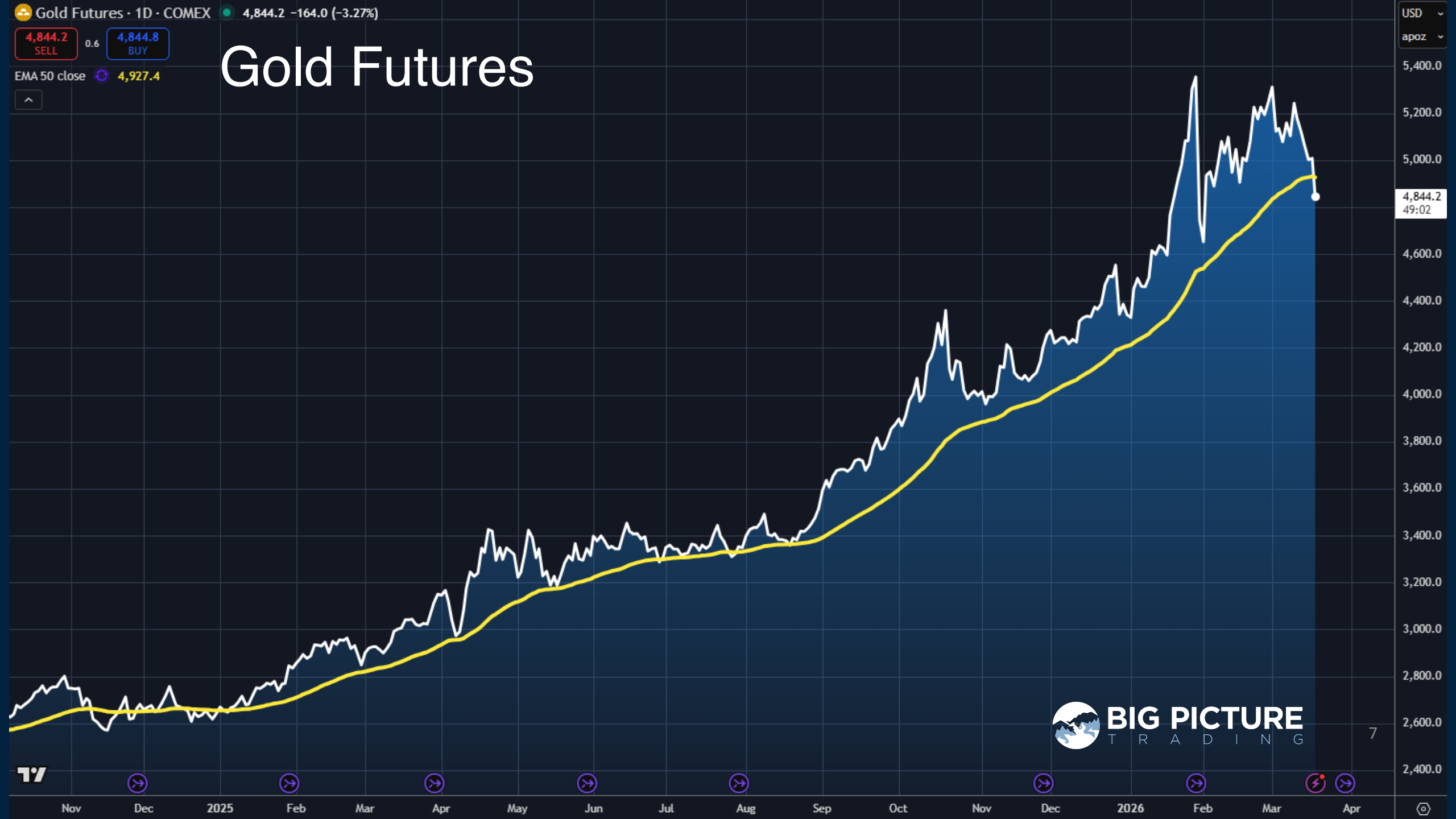
98.25
49:22



4,844.2 SELL 0.6 4,844.8 BUY

EMA 50 close 4,927.4

Gold Futures



USD

apoz

5,400.0

5,200.0

5,000.0

4,844.2

49:02

4,600.0

4,400.0

4,200.0

4,000.0

3,800.0

3,600.0

3,400.0

3,200.0

3,000.0

2,800.0

2,600.0

2,400.0



7



Nov Dec 2025

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

2026

Feb

Mar

Apr



91.50 SELL 3.50 95.00 BUY

EMA 50 close 86.00

Uranium U3O8 Futures

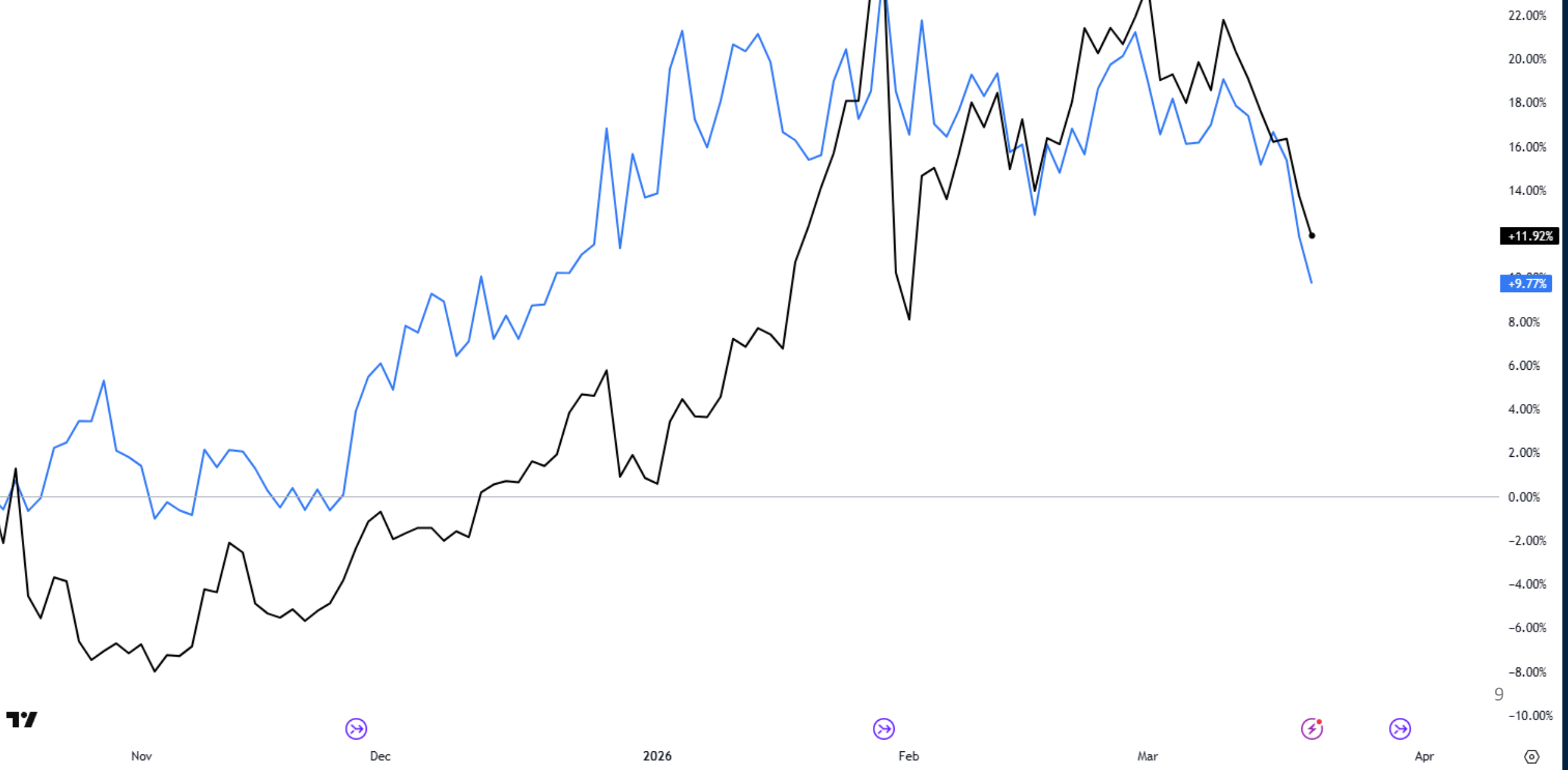


8



4,817.1 SELL 1.4 4,818.5 BUY

HG1! · COMEX 9.77%



4.258
SELL

0.006

4.264
BUY

EMA 50 close ↻ 4.152%

10-year US Gov Treasury Yield



A man with short brown hair, wearing a blue suit jacket over a white shirt, is sitting at a desk. His hands are clasped in front of him. He is looking directly at the camera with a neutral expression. The background is a dark blue wall with glowing, curved lines and faint, white financial data points like percentages and numbers.

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