

## Adding Up To Less . . .

For many, the weekly costs for the OPTIFAST Formula are less than what you are now spending on food, snacks and dining out.

|   | Typical Patient<br>Average |
|---|----------------------------|
| Average weekly grocery expense for 1              | \$50.00                    |
| Average weekly expenditures for eating lunch out  | \$20.00                    |
| Average weekly expenditures for eating dinner out | <u>\$15.00</u>             |
| <b>Total weekly food expenditures</b>             | <b>\$85.00</b>             |

*\*Please include all beverages or snacks that you purchase from vending machines, filling stations, snack bars, etc., and all take out foods and alcohol.*

***What are your weekly food expenses?\****

*Weekly grocery bill*    \$ \_\_\_\_\_

*Weekly lunch out*    \$ \_\_\_\_\_

*Weekly dinner out*    \$ \_\_\_\_\_

***Total***    \$ \_\_\_\_\_

**Average weekly cost for OPTIFAST Formula**    \$ \_\_\_\_\_