



# THE OPTIFAST® PROGRAM ADDS UP TO LESS

For many **OPTIFAST®** patients, the weekly cost for **OPTIFAST®** products and participation in the program is less than what you might be spending right now on food, snacks, and dining out.

The average American spends a substantial amount of money per year and week on food.<sup>1,2</sup>

|   |   |
|---|---|
| Total food purchases (eating out and groceries) | <b>\$7023 per year<br/>\$135 per week</b> |
| Meal for 2 at a mid-level restaurant            | <b>\$50</b>                               |
| Medium latte/cappuccino                         | <b>\$3 to \$5</b>                         |
| Lunch meal                                      | <b>\$7 to \$10</b>                        |

Please fill in your weekly food expenses for the following items. Be sure to include all beverages or snacks that you purchase from vending machines, gas stations, snack bars, etc, and all takeout food and alcoholic beverages.

|                       |  |
|-----------------------|--|
| Weekly grocery bill   |  |
| Weekly lunches out    |  |
| Weekly dinners out    |  |
| Total weekly spending |  |

**With OPTIFAST® products, you get complete nutrition  
for approximately per week.\***

\*Exact cost of the OPTIFAST® program and products vary by OPTIFAST® provider.

1. Consumer expenditures—2015. US Bureau of Labor Statistics website. <http://www.bls.gov/news.release/cesan.nr0.htm>. Accessed November 8, 2017.
2. Cost of living in the United States. Numbeo website. [https://www.numbeo.com/cost-of-living/country\\_result.jsp?country=United+States](https://www.numbeo.com/cost-of-living/country_result.jsp?country=United+States). Accessed November 8, 2017.

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