

# 50% OF AMERICANS FOOD BUDGET IS SPENT EATING OUT

## BREAKFAST

Avg **\$4**/day

## LUNCH

Avg **\$9**/day

## DINNER

Avg **\$40**/meal

### Impulse Buys

Bottled Water	\$2.00/bottle
Sport Drink	\$1.85/bottle
Juice/Smoothie	\$3.50/drink
Drive-thru	\$5.00/meal
Movie Concessions	\$20.00/movie

The average  
restaurant meal  
is 1000 - 2000  
calories.

Total Monthly Cost = **\$624.60**

This is ruining  
your **health**,  
your **energy**,  
and your **budget!**



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