

THE LIGHTER WEIGH

Weekly Food Expense Worksheet

Your Average Weekly Expenses

Think about where you buy food: grocery store, restaurants, cafeterias, vending machines, the movies, coffee shops, convenience stores, etc.

Weekly Grocery Bill	_____
Weekly Dining Out (Lunch)	_____
Weekly Dining Out (Dinner)	_____
Miscellaneous Food Items	_____
TOTAL FOOD EXPENSES	_____

Typical Patient Average

(According to the Center for Obesity Medicine and Metabolic Performance)

Weekly Grocery Bill for 1	\$50.00
Weekly Dining Out (Lunch)	\$25.00
Weekly Dining Out (Dinner)	\$40.00
TOTAL FOOD EXPENSES	<u>\$115.00</u>