

Forbes has compared the cost of a number of popular diets. The average weekly cost came to \$85.79 per week (article came out in 2009).

**Our 30 Day program is at \$60.46 (\$8 less than the subway diet)**

**Our Total Health & Wellness is at \$31.39 (less than half of the subway diet)**

Diet	Total Price of Weekly Food Menu* **	Percent Over National Average
<a href="#">Jenny Craig</a>	\$137.65	152.8%
<a href="#">NutriSystem</a>	113.52	108.5
<a href="#">Atkins</a>	100.52	84.6
<a href="#">Weight Watchers</a>	96.64	77.5
<a href="#">Zone</a>	92.84	70.5
<a href="#">Ornish</a>	78.74	44.6
<a href="#">South Beach</a>	78.61	44.4
<a href="#">Slim Fast</a>	77.73	42.8
<a href="#">Sugar Busters!</a>	69.62	27.9
Subway	68.60	26.0
Average	85.79	57.6

**None of these address CLEANSING**

**Many gained their weight back within a few months, within 3 years all 97% gained their weight back and more**

A Jenny Craig membership can run as high as \$500 and you are locked into a contract for up to 6 months.