

	Avg Calories/Day	Weekly Cost	Avg Cost/Day				
Real Food	1949.0	\$64.95	\$9.28				
Fast Food	2076.4	\$126.90	\$18.13				
REAL FOOD DAILY TOTALS							
kcal	1823	1961	1897	2008	1945	2187	1822
PRO	69.4	90	80	73.5	89.5	101	76
FAT	87	103.4	71	97	90	94	100
CHO	162	143	201	192	170	205	150
Cost	\$8.44	\$8.83	\$7.34	\$9.57	\$11.67	\$10.27	\$8.83
FAST FOOD DAILY TOTALS							
kcal	2620	1720	1727	2438	1900	1900	2230
PRO	77.9	100	57.9	74.2	56	78	56
FAT	140.6	96	81.5	169	65.5	86	81
CHO	271.2	109	185	158	279	206	245
Cost	\$22.55	\$21.08	\$15.97	\$19.21	\$17.15	\$14.93	\$16.01

NOTES

A large soda adds an additional 290 calories and 77g added sugars! - \$1.49

A small caramel mocha adds an additional 310 calories, 11g fat, 40g added sugars (44g CHO) and 9g protein - \$2.39