

How to calculate your individual grocery cost for a month.

Purpose: This sheet will help you roughly calculate your individual grocery costs per month.

We find that some people feel challenged with the thought of investing in meal replacements because they don't realize what they are already spending on groceries and how the replacements fit in.

We have also discovered that once an individual uses this tool to understand the "true cost" of what is already being spent on groceries for their individual person, the options of meal replacements are actually affordable.

Why is that?

Meal Replacements become affordable as you realize that the money you are spending on yourself already, as calculated by this tool, is diverted to your health program (with the exception of one meal a day) and your coaching services are free.

We like to say that because of this, the meal replacements are almost cost neutral.

Included with this tool, are the Department of Agriculture's estimates on individual grocery expenditures. It might be beneficial to compare what you are spending with the government provided estimates. (See <http://www.cnpp.usda.gov/USDAFoodPlansCostoffFood> for Department of Agriculture's most recent estimates. The government estimates DO NOT include any eating out or snacking. These estimates are in-house food prep only.

Lastly, it would be beneficial for you to think of this program as an "investment" rather than a "cost" as we are teaming together to get you to your goal weight, get healthier, and learning how to keep your weight to an optimal level for life. By doing this, you will avoid the yo-yo dieting effect and the expenses that go along with it. That is truly costly...allowing yourself to continue along the same path as always.

Our mission is to show you how to get you as optimally healthy as your body will allow.

What is your health worth to you?

We are excited that you are considering this journey with us and we are passionate about showing you how to succeed. We have a portfolio of success stories if you are interested in reading, seeing or viewing any of these, send a request to pollyvance@msn.com