

Diet Weekly Cost Comparisons

How much is your diet costing and see how **Cinch** fits

- LA Weight Loss: \$138.29/week
- Jenny Craig: \$137.65/week
- NutriSystem: \$113.52/week
- Atkins: \$100.52/week
- Weight Watchers: \$96.64/week
- [Cinch Starter Pack](#): \$94.98/week*
- The Zone: \$92.84/week
- [Cinch Refill Pack](#): \$78.64/week*
- South Beach: \$78.61/week
- Slim Fast: \$77.73/week
- Sugar Busters: \$69.62/week
- Subway: \$68.60/week
- Average Single American Food Expense: \$54.44/week

** Cost of snacks and evening "regular food" meal were not included in the Cinch numbers since this varies.*

Data collected from [Forbes magazine's 8/30/06 issue](#)