

Smart for Life™

Weight Management Centers

	Total Price of Weekly Food	Physician Supervised	Physical Exam with EKG and Lab Work	Metabolic Evaluation and Treatment	Rapid Weight Loss of 12-15 lbs. per month**	Easy to Follow	Organic and Natural Ingredients	Teaches Internal Mechanism for Portion Control
Smart for Life™	87.50**	YES	YES	YES	YES	YES	YES	YES
Pre-Packaged Meal Plans								
Nutri System	\$ 113.52	No	No	No	No	Yes	No	No
Jenny Craig	\$ 137.65	No	No	No	No	Yes	No	No
Slim Fast	\$ 77.73	No	No	No	No	No	No	No
Carb Restricted Plans								
Atkins	\$ 100.52	No	No	No	Yes	No	No	No
South Beach (Phase 1)	\$ 78.71	No	No	No	Yes	No	No	No
Point and Calorie Counting Plans								
Weight Watchers	\$ 99.64	No	No	No	No	No	No	No
Zone	\$ 92.84	No	No	No	No	No	No	No
Meal Replacement								
LA Weight Loss	\$ 120.00	No	No	No	No	No	No	No

Sources: Forbes, Fresh Direct, Amazon, Bureau of Labor Statistics. Includes the cost of associated books, if applicable, and any membership fees associated with the diet averaged over a four week period.

Forbes has compared the cost of a number of popular diets. Weekly menus were gathered for each of the 10 diets, and food prices were obtained from Fresh Direct.

**** before any insurance reimbursement**