



## Compare Our Prices With Other Area Weight Loss Programs\*

Program	Average Monthly Cost
Diet Mentor	\$392 <small>\$98/week includes <i>everything</i> you need to be successful: Coaching, food, supplements. Plus as an added value, our maintenance plan is 100% FREE to help you keep it off for as long as you need!</small>
Ideal Protein / Ideal You	\$500
Nutrisystem	\$300-\$495

\* For Nutrisystem: The more affordable options equate to fewer meals and limited personal support, while the more expensive options come with more menu choices and perks.

# 500-DIET

**DietMentor.com**

Amherst • Hamburg • Lockport

(\*pricing as of 7/1/23)