



Compare Our Prices With Other Area Weight Loss Programs*

Program	Average Monthly Cost
<p style="text-align: center;">Diet Mentor</p>	<p style="text-align: center;">\$380</p> <p style="text-align: center;"><small>\$95/week includes <i>everything</i> you need to be successful including live coaching. Plus as an added value, our maintenance plan is 100% FREE to help you keep it off for as long as you need!</small></p>
<p style="text-align: center;">Ideal Protein / Ideal You</p>	<p style="text-align: center;">\$480</p>
<p style="text-align: center;">Jenny Craig</p>	<p style="text-align: center;">\$420-840 Plus \$20-\$30 shipping fee</p>
<p style="text-align: center;">Nutrisystem</p>	<p style="text-align: center;">\$300-\$495</p>

* For Jenny Craig and 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 1/1/23)