

# Is Fast Food Really a **BARGAIN?**

CHOOSE WISELY FOR YOUR HEALTH AND WALLET



## **Fast Food for Four**

**Cost: \$24.00**

Average calories per meal: 1,070

## **Chicken Dinner for Four**

**Cost: \$16.50**

Average calories  
per meal: 600



## **Lentil Soup and Salad for Four**

**Cost: \$10.50**

Average calories per meal: 525

