

McDonald's vs. The Grocery Store

Comparison Shopping: McDonald's for Four

\$27.89



- 2 Big Macs
- 1 cheeseburger
- 1 6-pc. Chicken McNuggets
- 2 medium fries
- 2 small fries
- 2 medium Cokes
- 2 small Cokes

Nutrition facts per person

CALORIES	900 (average)
FAT	37 grams
CARBOHYDRATES	123 grams
PROTEIN	23 grams

Chicken, Potatoes and Salad for Four

\$13.78

A savings of \$14.11,
or 51%, over the
McDonald's meal.
Prices per item:



Nutrition facts per person and difference from McDonald's meal



CALORIES	934
+4%	
FAT	39 grams
+5%	
CARBOHYDRATES	80 grams
-35%	
PROTEIN	67 grams
+191%	

Pinto Beans and Rice for Four

\$9.26

A savings of \$18.63,
or 67%, over the
McDonald's meal.
Prices per item:



CALORIES	571
-37%	
FAT	15 grams
-59%	
CARBOHYDRATES	83 grams
-33%	
PROTEIN	26 grams
+13%	