



FREE WORKSHEET

Cooking at Home vs. Takeout

What do you really save?

Use one real takeout order and one dinner you cook at home. Fill in your own prices, then compare the cost per serving.

1 Your takeout order

Ordered from

Food and drinks
Menu prices, with sides \$

Tax \$

Delivery and
service fees \$

Tip \$

Takeout total \$

People who ate ÷

**Takeout cost
per serving** \$

Pull up a real receipt or order confirmation.
The menu price is only the start.

FEES TO LOOK FOR

- ☐ Delivery fee
- ☐ Service fee
- ☐ Small order fee
- ☐ Bag or packaging fee

2 Your home-cooked dinner

Recipe

INGREDIENT	PACKAGE PRICE	AMOUNT USED	COST

Pantry basics
Oil, salt and spices. About \$0.50 covers most dinners. \$

Home-cooked total \$

Servings it makes ÷

Home cost per serving \$

3 Compare

Takeout per serving - Home per serving = **Saved per serving**
\$ - \$ = \$

Saved per serving × Servings per dinner = **Saved per dinner**
\$ × = \$

Saved per dinner × Takeout nights you swap each week = **Saved per week**
\$ × = \$

Saved per week × **52 weeks** = **Saved per year**
\$ × 52 weeks = \$

Getting the numbers right

How to price an ingredient

Price the amount you use, not the whole package.

$$\text{Package price} \div \text{amount in the package} \times \text{amount you use}$$

A 2-pound bag of rice costs \$3 and the recipe uses half a pound. $\$3 \div 2 \times 0.5 = \textbf{75 cents}$ of rice.

Write the package price and the amount you used in step 2, then put the answer in the Cost column.

Keep the comparison fair

- Count everyone's drinks and sides on the takeout side.
- Count what gets thrown away. If half a bunch of cilantro goes in the trash, the whole bunch belongs to that dinner.
- Compare like with like. A 20-minute dinner is a fair match for the wait on a delivery order.
- Leftover servings count. They are tomorrow's lunch.

A worked example

These numbers are made up to show the math. Yours will be different.

	TAKEOUT	HOME-COOKED
Food or ingredients	\$44.00	\$13.50
Tax	\$3.50	included
Delivery and service fees	\$7.00	\$0
Tip	\$8.00	\$0
Total	\$62.50	\$13.50
Servings	4	6
Cost per serving	\$15.63	\$2.25

What the example shows

The home-cooked dinner costs about **\$13 less per serving**, with two servings left over for lunch.

Swap one takeout night a week at these numbers and a family of four keeps roughly **\$53 a week**.

Some nights takeout is worth every dollar. The goal isn't to never order in. It's to order in on purpose.

Track a few more dinners

Run the numbers on the dinners you order most. The biggest gaps are the best ones to cook at home.

DINNER	TAKEOUT PER SERVING	HOME PER SERVING	DIFFERENCE

Ready to cook instead?

Find home versions of takeout favorites, from pizza to fried rice, in the full post at thesavvybite.com/cooking-at-home-vs-takeout. More budget-friendly recipes and money-saving tips are at thesavvybite.com.