Dining Out is Killing Americans' Budgets

This past spring, Americans' spending at restaurants surpassed their spending at grocery stores for the first time ever:

At the same time, a recent survey showed that "Among those [making $75,000 or more] who are not saving as much as they believe they should because of spending on lifestyle purchases, **68 percent blamed dining out as the main reason**. Among millennials (ages 18-34), **70 percent blamed dining out**."

Dining out has become one of Americans' main forms of socializing and entertainment, and their increasingly busy schedules can sometimes leave little time for cooking. But for the sake of their finances, maybe more Americans are going to have to eat in?