**M&IE breakdowns for continental U.S. (CONUS), FY 2025**

The meals and incidental expense (M&IE) breakdowns in the table below are provided should federal travelers need to deduct meals furnished by the government or included in a registration fee from their M&IE allowance consistent with Federal Travel Regulation 301-11.18. Meals provided by a common carrier or a complimentary meal provided by a hotel/motel do not affect per diem (301-11.17).

| **M&IE Total** | **Breakfast** | **Lunch** | **Dinner** | **Incidental****Expenses** | **First & Last Day of Travel** |
| --- | --- | --- | --- | --- | --- |
| $68 | $16 | $19 | $28 | $5 | $51.00 |
| $74 | $18 | $20 | $31 | $5 | $55.50 |
| $80 | $20 | $22 | $33 | $5 | $60.00 |
| $86 | $22 | $23 | $36 | $5 | $64.50 |
| $92 | $23 | $26 | $38 | $5 | $69.00 |