

**Plan a Healthy Menu on a Small Budget. You have a weekly allotment of \$162.50. Produce a weekly menu of healthy foods for a family of four. The menu must include breakfast, lunch, dinner, and a daily snack. In order to complete the exercise, obtain food prices from grocery stores in the area and then plan the menu based on dietary needs and food prices as published by the local grocery stores. Present your budget and explain the difficulties you encountered in planning healthy, balanced meals for a family of four with the money available for food.**

### **BREAKFAST MENU FOR THE WEEK**

- Oatmeal
- Whole wheat cinnamon and raisin bagel with cream cheese and hot tea
- Honey Nuts cereal with oat milk
- Boiled eggs
- Bread with scrambled eggs

### **LUNCH MENU FOR THE WEEK**

- Tuna sandwich
- Turkey wrap
- Brown rice and Black beans
- Wheat pasta salad
- Avocado toast

### **DINNER MENU FOR THE WEEK**

- Chicken alfredo with spinach pasta
- Ground chicken tacos with vegetable toppings only
- Baked chicken breast with boiled sweet potatoes and broccoli
- Steamed tilapia with quinoa
- Tin Mackerel in tomato sauce with brown rice
- Curry chick peas and pita bread
- Grill chicken salad

### **SNACKS MENU FOR THE WEEK**

- Peanuts
- Chips and Humus
- Oatmeal bars

**BUDGET**

<b>Items</b>	<b>Cost</b>	<b>Total</b>
Quaker oats 18 oz	<b>\$6.69</b>	<b>\$6.69</b>
Ocean Spray Sweetened Dried Original Cranberries, 6 oz	<b>\$4.19</b>	<b>\$4.19</b>
Pepperidge Farm Cinnamon Raisin Bagels, 6 bagels	<b>\$5.39</b>	<b>\$5.39</b>
Philadelphia Dairy Cream Cheese Original, 8 oz	<b>\$5.99</b>	<b>\$5.99</b>
Grace Instant Lemon Ginger Tea, 14 sachets	<b>\$2.39</b>	<b>\$2.39</b>
General Mills Cheerios Gluten Free Honey Nut Cereal, 10.8 oz	<b>\$8.39</b>	<b>\$8.39</b>
Planet Oat Original Extra Creamy Oatmilk, 52 fl oz	<b>\$5.39</b>	<b>\$5.39</b>
Eggland's Best Organic Cage Free Grade A Brown Large Eggs, 12 ct	<b>\$5.99</b>	<b>\$5.99</b>
2 Arnold Organic 22 Grains & Seeds Bread, 1 lb 11 oz	<b>\$6.29</b>	<b>\$12.58</b>
2 Bumble Bee Chunk Light Tuna in Water, 5 oz	<b>\$1.89</b>	<b>\$3.78</b>
Turkey slices	<b>\$4.99</b>	<b>\$4.99</b>
Mission Wraps Garden Spinach Herb Tortillas, 15 oz	<b>\$3.69</b>	<b>\$3.69</b>
Luigi Vitelli Rotini 100% Durum Wheat Semolina Pasta, 16 oz	<b>\$1.99</b>	<b>\$1.99</b>
4 Avocados	<b>\$2.99</b>	<b>\$2.99</b>
2 Chicken breast	<b>\$5.39</b>	<b>\$10.78</b>
Ragu Classic Alfredo Pasta Sauce, 16 oz	<b>\$4.59</b>	<b>\$4.59</b>
Ronzoni Garden Delight Trio Italiano Pasta Blend, 12 oz	<b>\$2.59</b>	<b>\$2.59</b>
Ortega 12 Fiesta Flats Flat Bottom Taco Shells, 5.6 oz	<b>\$3.49</b>	<b>\$3.49</b>
2 Dole Classic Iceberg, salad 12 oz	<b>\$3.49</b>	<b>\$6.98</b>

**MELISSA BURT-MILLER | JOURNAL REFLECTION 9**

5 Sweet Potatoes	<b>\$5.39</b>	<b>\$5.39</b>
Green Giant Broccoli Florettes, 12 oz	<b>\$3.99</b>	<b>\$3.99</b>
4 Tilapia fish	<b>\$9.56</b>	<b>\$9.56</b>
Quinoa	<b>\$3.89</b>	<b>\$3.89</b>
Carolina Whole Grain Brown Rice, 32 oz	<b>\$4.19</b>	<b>\$4.19</b>
2 Grace in Tomato Sauce Classic Mackerel, 5.5 oz	<b>\$2.58</b>	<b>\$2.58</b>
Goya Chick Peas, 16 oz	<b>\$2.89</b>	<b>\$2.89</b>
Pita bread	<b>\$3.29</b>	<b>\$3.29</b>
Nature Valley Almond Chewy Sweet & Salty Nut Granola Bars, 1.2 oz, 6 ct Granola Bars	<b>\$6.39</b>	<b>\$6.39</b>
Planters Unsalted Dry Roasted Peanuts, 16 oz	<b>\$5.59</b>	<b>\$5.59</b>
Sabra Classic Hummus with Rold Gold Pretzels	<b>\$7.99</b>	<b>\$7.99</b>
		<b>GRAND TOTAL: \$166.12</b>

This activity was exciting, and planning the meals was fun because I love to plan and prep.

However, the challenge I faced was meeting the budget of \$162.50. Even though I went over, I had to drop some menu items to get as close to the budget as possible. The prices were taken from my local supermarket; Fine Fare.