

Weekly Meal Plan for a family of four

Weekly Budget: \$162.50

Breakfast

- Oatmeal with Fruit (\$11.98)
- Toast and Peanut Butter (\$6.48)
- Granola & Yogurt (\$12.97)
- Protein Waffles (\$6.99)
- Eggs & Bacon (\$12.48)

Lunch

- Turkey & Cheese Sandwich (\$10.48)
- Black Bean Vegetable Soup (\$10.35)
- Chicken Salad on Toast (\$9.87)
- Ham & Cheese Sandwich (\$10.35)
- Packed Salad (\$15.31)

Dinner

- Rotisserie Chicken with Vegetables (\$9.49)
- Fried Rice (\$9.99)
- Homemade Chili (\$10.15)
- Pizza (\$10.98)
- Spaghetti and Meat Sauce (\$15.31)

When thinking about planning healthy meals, oftentimes I found myself struggling to get a decent healthy meal that fits with the budget. With the cost of groceries going up consistently, with a tight budget you are more likely to find it difficult to get healthy options, and this may result in opting for more convenient and less healthy options. However, with careful planning and smart shopping, it is possible to provide healthy and nutritious meals for a family on a tight budget.