Healthy Menu on a Small Budget

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Breakfast:

- Old Fashioned Oats-42 oz-$ 4.89

- Eggland's Best Grade A large eggs-12 ct- $ 3.49
- Horizon Organic Whole Grassfed Milk-0.5 gal (2) - $ 11.78
- All Natural Pork Sausage roll-1lb (2)- $8.00

Lunch

- Arnold Oatnut Bread-24 oz (2) -$ 8.58
- 2lbs of low-salt turkey -$ 20
- Maruchan Souper 6-pack chicken Ramen soup (2) -$4.98
- Tap Water-Free

Snack

- Organic Bananas -2lb (3) -$ 4.77
- Peanut Butter Sandwich crackers 8ct. (2) - $ 3.98
- Baby cut carrots 1lb- $1.49

Dinner

- Whole wheat spaghetti 16 oz (2) - $3.98
- Tomato, Basil, and Garlic Pasta Sauce (2)- $3.18
- Jennie-O All Natural Ground Turkey 16oz (2) -$9.18
- Organic Spring Mix Lettuce 5oz (2) -$7.38
- Ken's Steak House Lite Northern Italian with Basil and Romano Salad dressing 16 fl oz-$3.49
- Crystal light Natural Lemonade Drink Mix pitcher packets 6pk -$2.79
- Tap Water -Free

After creating a healthy menu on a small budget, I could spend $101.96 on groceries. I sourced the groceries from Target because they are inexpensive, especially their in-house brand. The challenge of creating a menu was that it is not easy to find food that is healthy, and inexpensive for a family of four. Most of the unhealthiest food is cheap, and the most expensive food is healthy food, and the quantity is not enough for a family of four. Based on my menu, it's not easy to purchase food that is healthy, sometimes I may have to purchase some items that are not

organic. I tried to purchase food that can stretch and be filling for a family of four stomachs. This

challenge was not easy because the cost of food prices has inflated. I tried to include some types

of fruits, vegetables, protein, and complex carbs into the family of four diets because it's more

nutrient-dense, meaning the food would keep the fuller for a longer period. I was able to save

some money, and I did that because I never knew if a family of four would need more money for

food if this week's menu is not enough.