Journal 9 Social Welfare

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.

Sunday

Breakfast-One banana, Greek yogurt

Lunch -Turkey and cheese sandwiches

Dinner- Broccoli and chicken cutlet

Monday

Breakfast- boiled eggs whole wheat bread oranges

Lunch- green salad with feta cheese

Dinner- cooked pasta with dinner roll

Tuesday –

Breakfast- Oatmeal with blueberries

Lunch- chicken gyro

Dinner- Mash potatoes and steak

Wednesday

Breakfast– Pancakes and bananas

Lunch- Bacon Lettuce Tomato on a whole wheat toast

Dinner- tomato basil soup

Thursday

Breakfast- Whole wheat avocado toast with scrambled eggs

Lunch- chicken alfredo pasta

Dinner- Spinach, Pesto, Chicken Quinoa bowls

Friday

Breakfast- Bagel with cream cheese

Lunch- chicken taco lettuce wraps

Dinner- beef stew

Saturday

Breakfast- Pancakes

Lunch- chicken cesar wrap

Dinner- turkey chili

I found this exercise to be difficult on a budget of $162.50 for a family of 4 because of the high cost of produce in the supermarket and the cost of dairy especially with how expensive eggs become. This budget did not even include snacks for the week and I notice how repetitive the menu was in different options of how to cook the chicken. For example chicken pasta, on a quinoa bowl, on a wrap or even sliced cutlets. I notice this budget will also work in urban communities with African American and Hispanics because in certain Caucasian neighborhoods the supermarket is super pricey and the access to organic produce is more expensive.