

Margaret Spellen

SWK555

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Journal Activity 9

BUDGET PLAN

BREAKFAST

- Oatmeal with sliced banana and honey (\$4.60 per serving)
- Scrambled eggs with whole-grain toast and sliced tomatoes (\$5.40 per serving)
- Greek yogurt with mixed berries and granola (\$4.70 per serving)
- Peanut butter and banana smoothie with whole-grain toast (\$5.50 per serving). Total cost for four people: 20.20.

LUNCH

- Turkey and cheese wrap with carrot sticks and hummus (\$4.40 per serving)
- Chicken and vegetable stir fry with brown rice (\$6.10 per serving)
- Tuna salad with whole-grain crackers and sliced cucumbers (\$3.79 per serving)
- Vegetarian chili with cornbread (\$4.25 per serving). Total cost for four people: \$18.54

DINNER

- Baked salmon with roasted sweet potatoes and green beans (\$5.50 per serving)
- Grilled chicken with quinoa and mixed vegetables (\$7.09 per serving)
- Whole-grain pasta with meat sauce and side salad (\$5.75 per serving)

- Vegetable bean soup with whole-grain bread (\$4.59 per serving). Total for four people:
\$22.93

SNACK

- Apple slices with peanut butter (\$2.50 per serving)
- Homemade popcorn with cinnamon (\$3.49 per serving)
- Yogurt with honey and sliced almonds (\$6.89 per serving)
- Carrot sticks with ranch dressing (\$5.00 per serving). Total cost for four people: \$17.88

The grand total cost of spending is \$79.55, with savings of \$82.95. Based on a weekly allotment of \$162.50 for a family of four, the challenge is to plan a healthy balance menu for breakfast, lunch, dinner, and a daily snack. The main difficulty in planning such a menu is to balance nutrition with affordability, especially when considering fresh fruits and vegetables, lean proteins, and whole grains.