

Sukurat Jawando

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SWK355

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Activity Journal 9

Meal Plan

Creating a healthy menu on a small budget is very challenging, but it is possible. Below is my weekly menu for my family of four with the \$162.50 budget.

Breakfast: (\$6-\$7)

- Oatmeal, milk with fruit and nuts
- Banana pancakes with peanut butter and honey
- Pap, milk and Moin Moin
- Toast bread, Tuna and Tea with honey
- Whole grain toast with fried egg and a cup of cereal

Lunch: (\$8-\$9/ meal)

- Jollof rice, plantain and chicken
- Vegetable soup and pounded yam
- Beans and Cornbread with Juice
- Fish pepper soup and White Rice
- Yam pottage, steamed vegetables and steak

Dinner: (\$9-10/ meal)

- Spaghetti with meat sauce and salad
- Mashed potatoes with grilled chicken and corn
- Vegetable salad with tofu and rice noodles
- Plantain and egg with sardine
- Sweet potato pottage with steamed veggies

Daily snack:

- Mixed fruits with Greek yogurt (\$4.00)

Total cost: \$160.02

The difficulties with planning a healthy, balanced menu on a small budget include the limited variety of ingredients that can be purchased within the allotted amount, and the need to stretch ingredients across multiple meals. It can also be challenging to ensure that the meals meet all dietary needs, such as getting enough protein, vitamins, and fiber. It requires careful planning and consideration of prices, portion sizes, and meal combinations to make the most out of the available resources.

My tips for finding affordable yet nutritious ingredients when planning a budget-friendly menu are:

1. Shop at local farmers markets or discount stores for fresh produce.
2. Buy in-season fruits and vegetables.

3. Look for sales and discounts on items like whole grains, legumes, and lean proteins.
4. Purchase generic or store-brand items instead of name brands.
5. Opt for frozen or canned fruits and vegetables when fresh options are more expensive.
6. Plan meals that use the same ingredients to reduce waste and save money.
7. Experiment with vegetarian or plant-based meals, as these tend to be less expensive than meat-based dishes.
8. Use herbs and spices to add flavor without adding cost.
9. Make meals from scratch instead of buying pre-packaged or processed foods.
10. Cook in bulk and freeze leftovers for later meals.