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Journal #9

To start planning a healthy menu on a small budget, I conducted research on local grocery store prices and factored in dietary needs for a family of four. As per the USDA, a family of four typically spends around \$150 to \$200 per week on groceries. Keeping this in mind, I decided to create a menu that costs \$150 for the week. Here is the weekly menu:

Breakfast:

- Oatmeal with fruit (bananas) - \$5
- Yogurt with granola and fruit (berries) - \$12
- Scrambled eggs with whole wheat toast - \$10
- Pancakes with fruit (strawberries) - \$8

Lunch:

- Tuna salad sandwich with veggies (carrots and cucumber) - \$10
- Grilled chicken salad with veggies (lettuce, tomatoes, and bell peppers) - \$16
- Mac and cheese with veggies (broccoli) - \$8
- Loaded baked potatoes with veggies (green onion) - \$12

Dinner:

- Baked fish with veggies (asparagus) - \$20
- Turkey chili with whole wheat pasta - \$15

- Grilled chicken with quinoa and veggies (zucchini and bell pepper) - \$25
- Veggie stir-fry with tofu and rice - \$18

#### Snacks:

- Fresh fruit - \$10
- Hummus and veggies (carrots and celery) - \$12
- Nuts and raisins - \$8
- Popcorn - \$4

TOTAL: \$150

#### Challenges Faced:

- Sticking to a small budget while also ensuring that the meals are healthy and balanced was a challenge.
- Finding affordable options for protein (i.e. meat, fish, and tofu) was also difficult.
- Ensuring variety in the menu while keeping costs low was another challenge.

Overall, it was a difficult but rewarding exercise to plan a healthy menu on a small budget. With proper planning and creativity, it is possible to create tasty and nutritious meals for a family without breaking the bank.