

\$4 A Day Meal Budget Challenge Photos

These are a few photos I took during my 1 month, \$4 A Day Meal Budget Challenge. I love to cook, but I wish I knew how to write recipes. These are not the best photos in the world, but they do represent some of the meals you can have on a \$4 a day monthly budget.

– B. Poree



Sweet Potato, Yellow Squash & Lentil Stew Prep



Pasta with Tomato Lentil Sauce & French Green Beans with Sunflower Seeds



BBQ Stew Crunch Wraps & Apple Salad (*I cooked the leftover Sweet Potato, Squash & Lentil Stew down with BBQ sauce, wrapped and toasted it.*)



Sunflower Butter, Strawberry & Banana Crapes with Cinnamon Syrup (*Cinnamon Syrup is made with reduced simple syrup, cinnamon and vanilla*)



Broccoli Slaw with Cranberries, Basmati Rice, Sweet & Sour Dressing and Rice & Bean Balls



Black Beans, Rice & Plantains



Cucumber Salad Prep (*Dressing made with sugar, vinegar and purple onions*)



Dole Garlic, Tomato Basil Soup



Mango Avocado Salad with Minced Kale (*Parsley or mint also works well with this salad*)



Kale, Onions & Tomato Sauce Omelet on Toasted Garlic Roll (*I started making omelets after obsessively playing The Sims game. I always seem to overcook them but at least I know they're done*)



Ramen Prep (*I cooked the noodles with the broccoli carrot slaw, then added the sautéed mushroom and onion sauce afterwards*)



Ramen with Mushrooms, Onion, Broccoli & Carrots (*Broccoli Slaw has sliced broccoli and carrots. One of my favorite side dishes*)



Black Bean Stuffed Red Peppers Prep (*Looks like ground beef, but it's actually lentils cooked with BBQ sauce, onions and ground sunflower seeds. I usually use ground walnuts or pecans*)



Black Bean Stuffed Red Pepper with Rice and Broccoli (*My daughter shared a slice of her vegan cheese. It would have been just as good without it though*)



Red Bean and Potato Cakes, Rice & Broccoli Slaw (*I added cranberries and lemon dressing to the broccoli slaw*)



Sweet Potatoes, Pasta & a Non-Chicken Cutlet (*Made with flour, mashed red beans and an egg*)



Mushroom Rice Pilaf & Avocado Salad



Banana Oatmeal Cookies (*Ok, they're slightly burnt, but they still tasted good*).



Homemade Cinnamon Pear Bread (*It's amazing what you can do with some flour an egg and a can of pears*)



Sweet Potato Lentil Soup with Kale & Flatbread



Joe's O's Marshmallow Crispy Treats with Cranberries & Cinnamon Syrup (*I love Rice Krispies Treats. This is my take on that treat.*)



Homemade Mixed Berry Jam (*I made the jam with frozen Mixed berries from Dollar Tree and reused my old jelly jar.*)



Potatoes with Onion Gravy, Broccoli & Homemade BBQ Seitan (*I found a recipe for Homemade Seitan on Pinterest*)



Waffle Omelet Sandwich with Kale, Peppers & Onions



Oatmeal with Banana, Cranberries & Sunflower Seeds (*Yes I use a purple pen at work. What kind of Prince fan would I be if I didn't? 😊*)



Popcorn Krispies Treats (*Popcorn, Cranberries, Sunflower Seeds and melted Marshmallows*)



Rice & Bean Patty, Mac & No-Cheese & Broccoli (*No-cheese sauce made with a béchamel sauce, Turmeric and Smoked Paprika*)