

A Week In Baton Rouge, LA, On A \$23,000 Income

YOU

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Welcome to [Money Diaries](#), where we're tackling what might be the last taboo facing modern working women: money. We're asking millennials how they spend their hard-earned money during a seven-day period — and we're tracking every last dollar.

Today: a graduate research assistant and PhD student who makes \$23,000 per year and spends some of her money this week on Spicy Nacho Doritos.

7:15 p.m. — On the way back from the park, I stop by the new neighborhood grocery to grab food for tomorrow. I buy gluten-free crackers for tonight's soup, coffee filters for the office, a frozen gluten-free pizza, and a pack of grapefruit LaCroix. Once I get home I bake the pizza for tomorrow's lunch along with some fresh pumpkin bread. **\$22.20**

8:45 p.m. — Everything is ready for tomorrow, so I sit down with a bowl of leftover curried butternut squash soup and a grapefruit LaCroix to watch a little Netflix. Shortly after I sit down, the pumpkin bread is finished. As soon as it's cool enough, I grab a fresh slice and make a cup of hot maple icewine tea.

11:30 p.m. — I make it into bed after far too much Netflix and fall asleep while reading a compilation of poetry by Mary Oliver — another of my favorites!

Daily Total: \$22.20

