BUDGET BYTE$

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Pressure Cooker Chicken Meal Prep

	GROCERY ITEMS
	Bone-in, Skin-on Chicken Thighs, 4
	Sweet Potatoes, 2 (2 lbs.)
	Cilantro, 1/4 bunch

	PANTRY ITEMS
	Za'atar, 1 Tbsp
	Long grain white rice, 1.5 cups
	Salt, 3/4 tsp
	Cumin, 1/2 Tbsp
	Turmeric, 1 tsp
	Cinnamon, 1 tsp
	Cayenne pepper, 1/4 tsp
	Paprika, 1 tsp
	Olive oil, 2 Tbsp

*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.