



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Apple Dijon Kale Salad Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Cheddar Cheese, 8 ounces
<input type="checkbox"/>	Garlic, 1 clove
<input type="checkbox"/>	Kale, about one bunch or 1/2 lb
<input type="checkbox"/>	Granny smith apple, 1 medium
<input type="checkbox"/>	Dijon mustard, 1 1/2 Tbsp
<input type="checkbox"/>	Raisins, 1/4 cup
<input type="checkbox"/>	Walnut halves, 1/2 cup
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PANTRY ITEMS	
<input type="checkbox"/>	Olive oil, 1/2 cup
<input type="checkbox"/>	Apple cider vinegar, 1/4 cup
<input type="checkbox"/>	Salt, 3/4 Tbsp
<input type="checkbox"/>	Pepper, 1/2 tsp
<input type="checkbox"/>	All purpose flour, 4 cups
<input type="checkbox"/>	Instant yeast, 1/4 tsp
<input type="checkbox"/>	Italian seasoning, 2 Tbsp
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*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.