



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Garden Vegetable Turkey Loaf Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Green Beans, 1 lb
<input type="checkbox"/>	Butter, 3 Tbsp
<input type="checkbox"/>	Onion, 1 small
<input type="checkbox"/>	Garlic, 1 clove
<input type="checkbox"/>	Carrots, 2 medium
<input type="checkbox"/>	Zucchini, 1 small
<input type="checkbox"/>	Button mushrooms, 8 oz
<input type="checkbox"/>	Ketchup, 3/4 cup
<input type="checkbox"/>	Egg, 1 large
<input type="checkbox"/>	Ground turkey, 93% lean, 19 oz
<input type="checkbox"/>	Dijon mustard, 1/2 tsp
<input type="checkbox"/>	Sharp cheddar, shredded, 1 1/2 cups
<input type="checkbox"/>	Elbow macaroni, 2 cups
<input type="checkbox"/>	Evaporated milk, 3/4 cup
<input type="checkbox"/>	

PANTRY ITEMS	
<input type="checkbox"/>	Salt
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Olive oil, 1 Tbsp
<input type="checkbox"/>	Worcestershire sauce, 1 Tbsp
<input type="checkbox"/>	Plain breadcrumbs, 3/4 cup
<input type="checkbox"/>	Brown sugar, 2 Tbsp
<input type="checkbox"/>	Apple cider vinegar, 2 Tbsp
<input type="checkbox"/>	Cayenne pepper, pinch
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

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