



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Garlic Parmesan Kale Pasta Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Cherry tomatoes, 1 pint
<input type="checkbox"/>	Lemon juice, 1/4 cup
<input type="checkbox"/>	Garlic cloves, 5
<input type="checkbox"/>	Boneless skinless chicken breasts, 1.5 lbs
<input type="checkbox"/>	Kale, 1 bunch approx 1/2 pound
<input type="checkbox"/>	Butter, 2 Tbsp
<input type="checkbox"/>	Parmesan, grated, 1/4 cup
<input type="checkbox"/>	Angel hair pasta, 1/2 lb
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PANTRY ITEMS	
<input type="checkbox"/>	Olive oil, 3/8 cup
<input type="checkbox"/>	Dried orgeano, 1/2 Tbsp
<input type="checkbox"/>	Salt, 1/2 tsp
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Red pepper flakes, optional
<input type="checkbox"/>	
<input type="checkbox"/>	
<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.