



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Maple Miso Roasted Carrot Meal Prep

FRESH ITEMS	
<input type="checkbox"/>	Butter, 1 Tbsp
<input type="checkbox"/>	Ginger, fresh, 1 tsp grated
<input type="checkbox"/>	Carrots, 1 lb.
<input type="checkbox"/>	Lacinato or curly kale, 1 bunch
<input type="checkbox"/>	Garlic, 2 cloves
<input type="checkbox"/>	
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PANTRY ITEMS	
<input type="checkbox"/>	White miso, 2 Tbsp
<input type="checkbox"/>	Real maple syrup, 2 Tbsp
<input type="checkbox"/>	Soy sauce, 2 1/3 Tbsp
<input type="checkbox"/>	Cooking oil, 1 Tbsp
<input type="checkbox"/>	Toasted sesame oil, 1 tsp
<input type="checkbox"/>	Sesame seeds, 1 Tbsp
<input type="checkbox"/>	Brown basmati rice, 3 cups uncooked
<input type="checkbox"/>	
<input type="checkbox"/>	
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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.