



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Pineapple BBQ Chicken Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Frozen broccoli florets, 10 oz
<input type="checkbox"/>	Boneless skinless chicken thighs, 6 total
<input type="checkbox"/>	Jalapeno, 1
<input type="checkbox"/>	Green onions, 2
<input type="checkbox"/>	Garlic, 1 clove
<input type="checkbox"/>	Pineapple, sliced in juice, 20 oz can
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PANTRY ITEMS	
<input type="checkbox"/>	Olive oil, 1 Tbsp
<input type="checkbox"/>	Salt, 1/2 Tbsp
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	BBQ sauce, 1/2 cup
<input type="checkbox"/>	Dry jasmine rice, 1 1/2 cups
<input type="checkbox"/>	Coconut milk, 15 oz can
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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.