



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Skillet Meatballs and Marinara Meal Prep

GROCERY ITEMS	
	Broccoli, 1 large
	Bananas, 4
	Italian sausage, 1 lb
	Egg, large, 1
	Yellow onion, 1 medium
	Garlic, 2 cloves
	Pasta (any shape), 12 ounces
	Crushed tomatoes, (2) 14 oz cans

PANTRY ITEMS	
	Breadcrumbs, 1 cup
	Olive oil, 1 Tbsp
	Dried oregano, 1/2 tsp
	Dried basil, 1/2 tsp
	Salt, 1/2 tsp
	Pepper
	Brown sugar, 1 tsp
	Tomato paste, 1 Tbsp
	Parmesan, grated, 3 Tbsp

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