



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Spaghetti Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Parmesan, grated, 2 Tbsp
<input type="checkbox"/>	Lean ground beef, 1/2 lb
<input type="checkbox"/>	Yellow onion, 1 medium
<input type="checkbox"/>	Garlic, 2 cloves
<input type="checkbox"/>	Zucchini, 1 medium
<input type="checkbox"/>	Carrots, 2 medium
<input type="checkbox"/>	Frozen Broccoli florets, 1/2 lb
<input type="checkbox"/>	Pasta Sauce, 24 ounce jar
<input type="checkbox"/>	Spaghetti noodles, 12 ounces
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PANTRY ITEMS	
<input type="checkbox"/>	Olive oil, 2 Tbsp
<input type="checkbox"/>	Dried basil, 1/2 tsp
<input type="checkbox"/>	Dried oregano, 1/2 tsp
<input type="checkbox"/>	Salt, 1/4 tsp
<input type="checkbox"/>	Pepper, 1/8 tsp
<input type="checkbox"/>	Red pepper flakes, optional
<input type="checkbox"/>	Montreal steak seasoning, 1/2 Tbsp
<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.