



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Sticky Ginger Soy Glazed Chicken Meal Prep

| GROCERY ITEMS            |                                     |
|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Frozen broccoli florets, 3/4 lb     |
| <input type="checkbox"/> | Garlic, 6 cloves                    |
| <input type="checkbox"/> | Ginger, 1 inch                      |
| <input type="checkbox"/> | Boneless skinless chicken thighs, 8 |
| <input type="checkbox"/> | Green onions, 3/4 bunch             |
| <input type="checkbox"/> | Butter, 4 Tbsp                      |
| <input type="checkbox"/> | Angel hair pasta, 8 ounces          |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> |                                     |

| PANTRY ITEMS             |                                    |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Crushed red pepper flakes, 1/4 tsp |
| <input type="checkbox"/> | Brown sugar, 1/3 cup               |
| <input type="checkbox"/> | Soy sauce, 3 1/2 Tbsp              |
| <input type="checkbox"/> | Pepper                             |
| <input type="checkbox"/> | Cooking oil, 1 1/2 Tbsp            |
| <input type="checkbox"/> | Sesame seeds, 1 tsp                |
| <input type="checkbox"/> | Sesame oil, 1 tsp                  |
| <input type="checkbox"/> | Oyster sauce, 2 Tbsp               |
| <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.