



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Tuna & White Bean Salad Meal Prep

FRESH ITEMS	
<input type="checkbox"/>	Grape tomatoes, 1 pint
<input type="checkbox"/>	Baby carrots, 1/2 lb
<input type="checkbox"/>	Green onions, 4 whole
<input type="checkbox"/>	Lemon juice, 2 Tbsp
<input type="checkbox"/>	Chunk light tuna in water, 2, 5 oz cans
<input type="checkbox"/>	White beans, 2, 15 oz cans
<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"/>	Salt
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Crackers (optional)
<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.