



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Spaghetti and Roasted Vegetable Meal Prep

GROCERY ITEMS	
	Spaghetti, 8oz.
	Ground Beef, 1/2 lb.
	Yellow Onion, 1 small
	Crushed Tomatoes, 28oz.
	Zucchini, 1.25 lbs.
	Yellow Squash, .5 lb.
	Red Onion, 1 small
	Fresh Parsley, 1/4 cup chopped (optional)

PANTRY ITEMS	
	Olive Oil, 3 Tbsp
	Butter, 2 Tbsp
	Italian Seasoning Blend, 1/2 Tbsp
	Salt and Pepper, to taste
	Dried Basil, 1 tsp

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