



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Glazed Chicken Thigh Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Bonless, Skinless Chicken Thighs, 1.5 lbs.
<input type="checkbox"/>	Potatoes, 1.5 lbs.
<input type="checkbox"/>	Garlic, 2 cloves
<input type="checkbox"/>	Fresh Parsley, 1 handful
<input type="checkbox"/>	Green Beans, 1 lb.
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PANTRY ITEMS	
<input type="checkbox"/>	Brown Sugar, 1/4 cup
<input type="checkbox"/>	Cayenne Pepper, 1/2 tsp
<input type="checkbox"/>	Garlic Powder, 1/2 tsp
<input type="checkbox"/>	Salt, 1 tsp
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Olive Oil, 2 Tbsps
<input type="checkbox"/>	Rosemary, 1 tsp
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*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.