



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Orzo Salad Meal Prep

GROCERY ITEMS	
	Orzo, 1 cup
	Chickpeas, 1 15oz. can
	Spinach, 4 oz.
	Roasted Red Peppers, 2
	Kalamata Olives, 1/3 cup
	Quartered Artichoke Hearts, 12oz. jar
	Grape Tomatoes, 1 pint
	Eggs, 4 large
	Fresh Mozzarella, 8 oz.

PANTRY ITEMS	
	Olive Oil, 1/4 cup
	Red Wine Vinegar, 2 Tbsp
	Lemon Juice, 1 Tbsp
	Italian Seasoning Blend, 1 tsp
	Garlic Powder, 1/8 tsp
	Salt, 1/4 tsp
	Dijon Mustard, 1 tsp
	Sugar, 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.