



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Cheeseburger Meatloaf Meal Prep

| GROCERY ITEMS | |
|---------------|--------------------------|
| | 1 large Egg |
| | 1/2 cup Minced Onion |
| | 4 oz. Sharp Cheddar |
| | 1 lb. Ground Beef |
| | 1/2 cup Ketchup |
| | 2.5 lbs. Russet Potatoes |
| | 4 Tbsp Butter |
| | 1/2 cup Whole Milk |
| | 1 lb. Frozen Green Beans |
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| PANTRY ITEMS | |
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| | 1/4 cup Plain Breadcrumbs |
| | 1 tsp Smoked Paprika |
| | 3/4 tsp Garlic Powder |
| | 1.5 tsp Salt |
| | 1 Tbsp Brown Sugar |
| | 1 tsp Yellow Mustard |
| | 1 tsp Worcestershire Sauce |
| | 1 tsp Dried Parsley |
| | 1/2 tsp Dried Oregano |
| | 1/2 tsp Dried Basil |
| | 1/4 tsp Onion Powder |
| | Freshly Cracked Pepper |
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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.