



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Pressure Cooker Chicken Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Bone-in, Skin-on Chicken Thighs, 4
<input type="checkbox"/>	Sweet Potatoes, 2 (2 lbs.)
<input type="checkbox"/>	Cilantro, 1/4 bunch
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PANTRY ITEMS	
<input type="checkbox"/>	Za'atar, 1 Tbsp
<input type="checkbox"/>	Long grain white rice, 1.5 cups
<input type="checkbox"/>	Salt, 3/4 tsp
<input type="checkbox"/>	Cumin, 1/2 Tbsp
<input type="checkbox"/>	Turmeric, 1 tsp
<input type="checkbox"/>	Cinnamon, 1 tsp
<input type="checkbox"/>	Cayenne pepper, 1/4 tsp
<input type="checkbox"/>	Paprika, 1 tsp
<input type="checkbox"/>	Olive oil, 2 Tbsp
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<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.