



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Apple Spice Pork Chop Meal Prep

GROCERY ITEMS	
	Frozen green beans, 1/2 lb
	Russet potatoes, 3 lbs
	Butter, 4 Tbsp
	Pork chops, 4
	Onion, 1 medium
	Fuji apples, 2 medium

PANTRY ITEMS	
	Chicken broth, 2 cups
	Onion salt blend, 1/2 Tbsp
	Vegetable oil, 2 Tbsp
	Salt
	Pepper
	Brown sugar, 1 Tbsp
	Cinnamon, 1/4 tsp
	Nutmeg, 1/8 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.