



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Chicken Adobo Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Bone-in, Skin-on Chicken, 4 lbs.
<input type="checkbox"/>	Kale, 1 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"/>	Soy sauce, 1/2 cup
<input type="checkbox"/>	Apple cider vinegar, 1/2 cup
<input type="checkbox"/>	Vegetable Oil, 3 Tbsp
<input type="checkbox"/>	Honey, 2 Tbsp
<input type="checkbox"/>	Bay leaves, 3
<input type="checkbox"/>	Garlic, 6 cloves
<input type="checkbox"/>	Cayenne pepper, 1/4 tsp
<input type="checkbox"/>	Peppercorns, 1 Tbsp
<input type="checkbox"/>	Butter, 2 Tbsp
<input type="checkbox"/>	Turmeric, 1 tsp
<input type="checkbox"/>	Cumin, 1/4 tsp
<input type="checkbox"/>	Cinnamon, 1/8 tsp
<input type="checkbox"/>	Jasmine Rice, 2 cups
<input type="checkbox"/>	Chicken broth, 3 cups
<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.