



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Curry Chicken Salad Meal Prep

GROCERY ITEMS	
<input type="checkbox"/>	Granny smith apples, 2 medium
<input type="checkbox"/>	Mayonnaise, 1/4 cup
<input type="checkbox"/>	Yogurt, plain, 1/4 cup
<input type="checkbox"/>	Lemon juice, 1 tsp
<input type="checkbox"/>	Pre-cooked chicken, 2.5 cups
<input type="checkbox"/>	Celery, 2 stalks
<input type="checkbox"/>	Green onions, 3 whole
<input type="checkbox"/>	Wheat thin crackers, 3/4 box
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PANTRY ITEMS	
<input type="checkbox"/>	Honey, 1/2 tsp
<input type="checkbox"/>	Curry powder, 1 tsp
<input type="checkbox"/>	Salt, 1/4 tsp
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Almonds, sliced, 1/2 cup
<input type="checkbox"/>	Raisins, 1/2 cup
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
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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.