



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Falafel and Hummus Meal Prep

GROCERY ITEMS	
	Whole wheat pitas, 2
	Red onion, 3/4
	Parsley, 1/2 bunch
	Cilantro, 1/4 bunch
	Garlic, 5 cloves
	Lemon juice, 1/4 cup + 1 Tbsp
	Cucumbers, 2
	Roma tomatoes, 4
	Green bell pepper, 1
	Feta cheese, crumbled, 2 oz
	Chickpeas, (3) 15 oz cans

PANTRY ITEMS	
	Salt, 2 tsp
	Cayenne, 1/2 tsp
	Cumin, 1 1/4 tsp
	Baking powder, 1 tsp
	All purpose flour, 1/2 cup
	Cooking oil, 1/4 cup
	Olive oil, 1/4 cup plus 2 Tbsp
	Tahini, 1/4 cup
	Red wine vinegar, 2 Tbsp
	Dried oregano, 1 tsp
	Pepper

*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.