BUDGET BYTE$

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Herb Butter Chicken Meal Prep

	GROCERY ITEMS
	Boneless skinless chicken thighs, 5
	Garlic, 5 cloves
	Chicken broth, 1/2 cup
	Parsley, handful (optional)
	Linguine or Fettuccine, 8 oz.
	Grape tomatoes, 1 pint
	Cannellini Beans, 15 oz. can
	Baby spinach, 4 oz.

	PANTRY ITEMS
	Olive oil, 2 Tbsp
	Italian Seasoning, 1/2 Tbsp
	Butter, 2 Tbsp
	Dried basil, 1/2 tsp
	Parmesan, 3 oz.
	Salt and Pepper to taste

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