



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Maple Dijon Chicken Thigh Meal Prep

GROCERY ITEMS	
	Zucchini, 4 small
	Garlic, 1 clove
	Boneless skinless chicken thighs, 6 total
	Carrots, 1 lb
	Parsley, 1/3 bunch
	Feta cheese, crumbled, 2 oz
	Lemon juice, 1/2 Tbsp
	Orzo, 1 cup
	Dijon mustard, 1/4 cup

PANTRY ITEMS	
	Olive oil, 5 Tbsp
	Salt, 1/4 Tbsp
	Pepper
	Real maple syrup, 2 Tbsp
	Soy sauce, 2 tsp
	Dried rosemary, 1/2 Tbsp
	Ground cumin, 1/2 Tbsp

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