



# BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

## Skillet Meatballs and Marinara Meal Prep

| GROCERY ITEMS |                                  |
|---------------|----------------------------------|
|               | Broccoli, 1 large                |
|               | Bananas, 4                       |
|               | Italian sausage, 1 lb            |
|               | Egg, large, 1                    |
|               | Yellow onion, 1 medium           |
|               | Garlic, 2 cloves                 |
|               | Pasta (any shape), 12 ounces     |
|               | Crushed tomatoes, (2) 14 oz cans |
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| PANTRY ITEMS |                          |
|--------------|--------------------------|
|              | Breadcrumbs, 1 cup       |
|              | Olive oil, 1 Tbsp        |
|              | Dried oregano, 1/2 tsp   |
|              | Dried basil, 1/2 tsp     |
|              | Salt, 1/2 tsp            |
|              | Pepper                   |
|              | Brown sugar, 1 tsp       |
|              | Tomato paste, 1 Tbsp     |
|              | Parmesan, grated, 3 Tbsp |
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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.