



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Sticky Ginger Soy Glazed Chicken Meal Prep

GROCERY ITEMS	
	Frozen broccoli florets, 3/4 lb
	Garlic, 6 cloves
	Ginger, 1 inch
	Boneless skinless chicken thighs, 8
	Green onions, 3/4 bunch
	Butter, 4 Tbsp
	Angel hair pasta, 8 ounces

PANTRY ITEMS	
	Crushed red pepper flakes, 1/4 tsp
	Brown sugar, 1/3 cup
	Soy sauce, 3 1/2 Tbsp
	Pepper
	Cooking oil, 1 1/2 Tbsp
	Sesame seeds, 1 tsp
	Sesame oil, 1 tsp
	Oyster sauce, 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.