



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Spaghetti and Roasted Vegetable Meal Prep

| GROCERY ITEMS | |
|---------------|---|
| | Spaghetti, 8oz. |
| | Ground Beef, 1/2 lb. |
| | Yellow Onion, 1 small |
| | Crushed Tomatoes, 28oz. |
| | Zucchini, 1.25 lbs. |
| | Yellow Squash, .5 lb. |
| | Red Onion, 1 small |
| | Fresh Parsley, 1/4 cup chopped (optional) |
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| PANTRY ITEMS | |
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| | Olive Oil, 3 Tbsp |
| | Butter, 2 Tbsp |
| | Italian Seasoning Blend, 1/2 Tbsp |
| | Salt and Pepper, to taste |
| | Dried Basil, 1 tsp |
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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.