



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Glazed Chicken Thigh Meal Prep

GROCERY ITEMS	
	Bonless, Skinless Chicken Thighs, 1.5 lbs.
	Potatoes, 1.5 lbs.
	Garlic, 2 cloves
	Fresh Parsley, 1 handful
	Green Beans, 1 lb.

PANTRY ITEMS	
	Brown Sugar, 1/4 cup
	Cayenne Pepper, 1/2 tsp
	Garlic Powder, 1/2 tsp
	Salt, 1 tsp
	Pepper
	Olive Oil, 2 Tbsps
	Rosemary, 1 tsp

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