



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Cheeseburger Meatloaf Meal Prep

GROCERY ITEMS	
	1 large Egg
	1/2 cup Minced Onion
	4 oz. Sharp Cheddar
	1 lb. Ground Beef
	1/2 cup Ketchup
	2.5 lbs. Russet Potatoes
	4 Tbsp Butter
	1/2 cup Whole Milk
	1 lb. Frozen Green Beans

PANTRY ITEMS	
	1/4 cup Plain Breadcrumbs
	1 tsp Smoked Paprika
	3/4 tsp Garlic Powder
	1.5 tsp Salt
	1 Tbsp Brown Sugar
	1 tsp Yellow Mustard
	1 tsp Worcestershire Sauce
	1 tsp Dried Parsley
	1/2 tsp Dried Oregano
	1/2 tsp Dried Basil
	1/4 tsp Onion Powder
	Freshly Cracked Pepper

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