



ASHLEY'S MEAL PREP MONDAY

WITH CARTWRIGHT'S MARKET

APPLE CINNAMON OVERNIGHT OATS

1/2 CUP OLD FASHIONED ROLLED OATS

2 TSP CHIA SEEDS

1 TSP PB 2 POWDER

SPRINKLE OF CINNAMON

SLIVERED APPLE SLICES

(I used half of one apple for seven jars)

SQUIRT OF LIQUID ALLULOSE

(Zero calorie sweetener)

1/2 OR 2/3 CUP VANILLA UNSWEETENED
ALMOND MILK

STIR, THROW ON THE LID, SHAKE IT UP,
HEAT IT UP IN THE MORNING FOR 1:30