



ASHLEY'S MEAL PREP MONDAY

WITH CARTWRIGHT'S MARKET

ASHLEY'S BAKED CHICKEN

3-ISH LARGE CHICKEN BREASTS
1 TBSP AVOCADO OIL
1 TSP SMOKED PAPRIKA
1 TSP ONION POWDER
1 TSP OREGANO
1 TSP BASIL
1 TSP GARLIC POWDER
SALT/PEPPER TO TASTE

PREHEAT OVEN TO 450
PLACE CHICKEN IN BAKING DISH
DRIZZLE OIL
AND SPRINKLE HERBS ON TOP
USE TONGS (or clean hands)
TO COAT CHICKEN EVENLY
BAKE FOR 25-35 MINUTES
(depending on how thin/thick your
chicken is)

REMOVE FROM OVEN AND COVER
WITH FOIL FOR AT LEAST 10
MINUTES
DO NOT SKIP THAT STEP!

SLICE AGAINST THE GRAIN AND
SERVE!

AIRFRIED BROCCOLI

3-4 CUPS BROCCOLI
FLORETS
2 TBSP AVOCADO OIL
1 TSP GARLIC POWDER
SALT/PEPPER TO TASTE

COMBINE ALL IN LARGE
BOWL AND TOSS
TRANSFER TO AIR FRYER
AND SET TO 375 FOR 10
MINUTES
SHAKE HALFWAY
THROUGH

947
KARM
YOUR BRAND OF COUNTRY