



# **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