



ASHLEY'S MEAL PREP MONDAY

WITH CARTWRIGHT'S MARKET

BAKED CHICKEN MEATBALLS

2 LBS GROUND CHICKEN
2 EGGS
1 CUP BREADCRUMBS
(I use Italian)
1/2 GRATED PARMESAN
(I omit this... the whole lactose thing)
2-3 TBSP AVOCADO OIL
1 TSP GARLIC POWDER
1 TSP ONION POWDER
1 TSP ITALIAN SEASONING
1/2 TSP BASIL
1/2 TSP OREGANO
SMALL-MEDIUM YELLOW ONION
(minced)
SALT/PEPPER TO TASTE
FEEL FREE TO GET CREATIVE!
ADD ADDITIONAL HERBS/SPICES

PRE HEAT OVEN TO 400
LINE A COOKIE SHEET WITH FOIL
AND SPRAY WITH A LITTLE OIL

MIX ALL INGREDIENTS IN A
BOWL (I like to use my hands and get
up in there)

ROLL MIXTURE INTO ABOUT 30
BALLS

BAKE FOR 25-30 MINUTES

ENJOY!!!

THESE ALSO FREEZE REALLY
WELL TOO!

Cut the recipe in half if not meal prepping for the week. :)