

Ashley's Meal Prep Monday!

Meal Prep Under an Hour!



INGREDIENTS

- 1 1/2 lb ground turkey
- 1 medium onion
- avocado oil
- minced garlic
- leftover rice
- 2 large heads of broccoli
- 4 chicken breasts
- salt/pepper - Italian seasoning
- hummus
- corn thins



Sometimes your plans just go right out the window! Thankfully, I know how to meal prep in a pinch. I used avocado spray on 4 chicken breasts, then sprinkled salt, pepper and italian seasoning. Baked these badboys for about 35-40 minutes at 375.

While in the oven, I sauted some onion, added in ground turkey with minced garlic and when it was about halfway cooked, I added coconut aminos. Since I was short on time, I figured steaming broccoli would be the easiest route. I also still had leftover rice in the fridge, BOOM. One meal down.

I always have ingredients for overnight oats in my pantry, so that's for breakfast (super easy and fast - there's a few recipes at www.krrm.com)

I'll thin slice the chicken and have it with hummus topped corn thins and a side of fruit. Yum!

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