



Ashley's Meal Prep Monday!



Tik Tok Chicken

INGREDIENTS

Chicken breasts (I used 6 to prep for the entire week, 3 at a time in the skillet/oven)

Avocado oil

Garlic salt

Paprika

Lemon pepper

Sea salt

Preheat oven to 400.

Pat chicken dry and season with garlic salt, paprika, lemon pepper, and sea salt, coating both sides of the chicken breasts.

Heat up a cast iron skillet to medium high heat with 2-3 TBSP avocado oil.

Cook chicken breasts on one side for 5 minutes. Flip chicken over and immediately place entire skillet in the oven for 15 minutes. Let chicken rest before slicing.



CARTWRIGHT'S
MARKET