



Ashley's Meal Prep Monday!



Snack Attack

INGREDIENTS

Organic Corn Thins
Sugar free Sunbutter
Allulose (calorie free
sweetener)
Banana
Granola
Honey



This is the perfect snack if you're like me and get a sweet tooth every now and again. This is also one of my go-to's for a pre workout snack.

I usually eyeball it, but you can follow macros/calorie intake. Typically, I'll spread about 1/2 TBSP of sunbutter on top of a corn thin, with a squirt of Allulose (it helps the sunbutter have a little sweetness). I'll top that with sliced banana and a little granola - sometimes I'll even drizzle honey on top. You can get creative and add whatever toppings you prefer for an easy peasy snack attack!

CARTWRIGHT'S
MARKET