



# Ashley's Meal Prep Monday!



## Air Fryer Chicken Breasts

### INGREDIENTS

2-3 boneless, skinless chicken breasts cut in half lengthwise  
1 TBSP avocado oil  
1 TSP garlic powder  
1 TSP onion powder  
1 TSP paprika  
1 TSP Italian seasoning  
1/2 TSP salt/pepper

I use an avocado spray and spritz each side of the chicken breasts. Mix all seasonings together and rub on the chicken breasts, on all sides, until coated.

Place chicken in a single layer in the air fryer. Air fry for 10 minutes at 380 degrees, then flip and air fry for 5 more minutes.

Remove from air fryer and allow to rest for 5 minutes before slicing and serving.



RECIPE: @GALONAMMISSION.COM

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