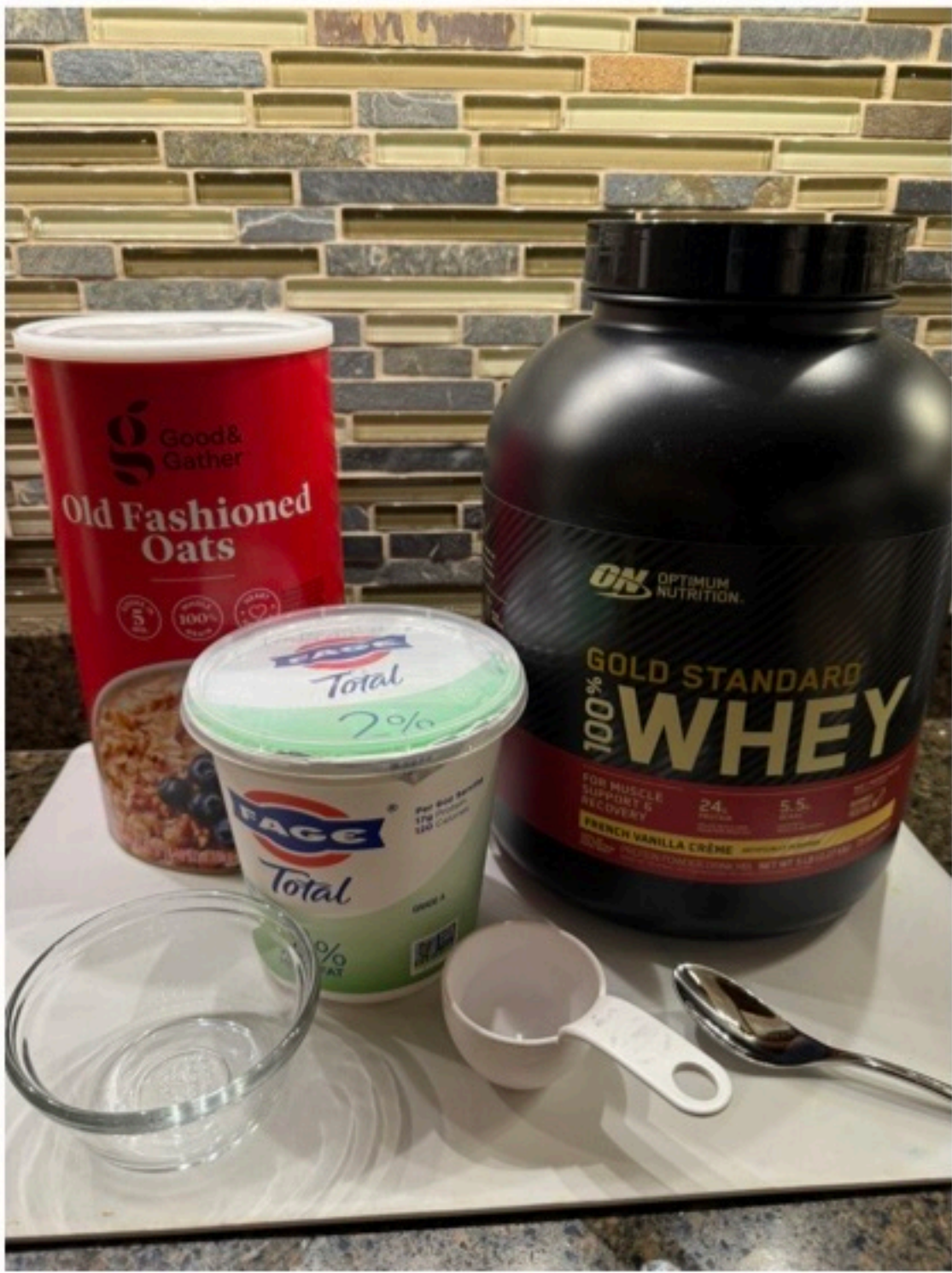


Overnight Oats Preworkout Breakfast



Title	Overnight Oats
Servings	1
Nutrition Facts (per 1 Serving)	
Calories	183
Total Fat	2.9 g
Saturated	1.2 g
Trans	0 g
Polyunsaturated	0.5 g
Monounsaturated	0.4 g
Cholesterol	25 mg
Sodium	62.6 mg
Total Carbohydrates	19.1 g
Dietary Fiber	3.1 g
Sugar	3.4 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	🔒
Protein	19.9 g
Vitamin D	0 %
Calcium	10.5 %
Iron	5.4 %
Potassium	97.5 mg
Vitamin A	0.6 %
Vitamin C	7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Overnight Oats Recipe Makes 1 Serving

1. Night before mix $\frac{1}{4}$ C oats and $\frac{1}{4}$ C water in a bowl and leave on counter
2. In the morning, add protein powder and mix
3. Add $\frac{1}{4}$ C plain Greek yogurt and mix
4. Optional add berries
5. Log your meal and enjoy!