

OVERNIGHT OATS

GET THIS

- 100g oats
- 1 tbs chia seeds
- 30g protein powder (any type)
- 250ml milk/mylk of choice
- 1 tsp cacao
- 100g blueberries
- 1 medium banana

DO THIS

- Mix all ingredients together the night before, and leave overnight (surprise surprise) in the fridge
- Bonus tip: mix up multiple containers of dry ingredients on the weekend (eg. 5 jars of oats + chia seeds + cacao + protein powder) and then just add milk + fruit the night before

Want a meal plan full of meals like this, perfectly calculated to your individual requirements? Hit the button!

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