

CHEATSHEET

OVERNIGHT OATS



Coach Kayla sharing one of her favourite overnight oats recipes that could also double as a great pre-workout meal. She encourages having this about 60-90 minutes before you start your warm up to ensure everything's fully digested and you feel your best.

She used Canadian Protein whey protein isolate, maple flavour - but you can sub in any flavour you prefer.

Recipe by Kayla Mauws (follow on IG at @kaylamauws.fitness)

INGREDIENTS

40 grams large flake oats (measured dry)
50 grams 0% plain Greek yogurt (or flavour of choice; macros will vary)
1 tsp of cinnamon
15 grams isolate protein powder (I used Canadian Protein maple flavour)
2 grams chia seeds
60 grams unsweetened original almond milk or can also use water
70 grams fresh raspberries

DIRECTIONS

Mix protein powder, almond milk and yogurt together in a bowl.
Mix oats, chia seeds and cinnamon together in a separate bowl.
Add wet ingredients to dry ingredients and mix together.
Refrigerate for a minimum of 4-5 hours or overnight.
Add toppings of choice; in this case I had raspberries.

MACROS: (for above recipe) P25 C38 F5

IDEAS FOR OTHER TOPPING:

Chocolate chips, banana, other berries, honey, maple syrup, peanut butter, almond butter, any flavour of yogurt or protein powder, nutmeg, pumpkin spice flavouring, pumpkin purée... the options are endless!

Another idea could be to make a funky monkey version of these overnight oats with chocolate protein powder, honey, banana and any kind of nut butter... yum!

Mix up your own version of this and share on Instagram
- be sure to tag us all for a repost!

Preworkout	
Carbs 38.4g · Fat 5.1g · Protein 25.2g	
Triple Zero Plain Greek Yogurt Oikos, 50 grams	26
Chia seeds 2 g	10
Almond Milk - Vanilla - Unsweetened Almond Milk, 60 gram	11
Raspberries 70 g	36
Large Flake Oats Quaker Oats, 40 gram	160
100% Whey Isolate Canadian Protein, 15 g	60



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