

LEAN BODY®



Hot or Overnight Protein Oatmeal

HOW TO MAKE IT

For your Hot Oatmeal

1. Combine all of your ingredients together in a microwavable safe bowl
2. Microwave for 2-3 minutes

For your Overnight Oats

1. Combine all of your ingredients together in a container that has a lid
2. Stir or shake everything together
3. Put it in the fridge overnight

INGREDIENTS

Hot Oatmeal

- 1/2 Cup (40g) Rolled Oats
- 3/4 Cup (6 Ounces) Your Choice Flavor **Lean Body** RTD

Overnight Oats

- 3/4 Cup (60g) Rolled Oats
- 1/2 Cup (4 Ounces) Your Choice Flavor **Lean Body** RTD
- 2.65 Ounces (75g) Your Choice Flavor Greek Yogurt (1/2 Container)

NUTRITION

Hot Oatmeal

Makes: 1 Recipe
Calories: 246
Fat: 6g
Saturated Fat: 1g
Sodium: 180mg
Carbs: 29g
Fiber: 6g
Sugar: 1g
Protein: 19g

Overnight Oats

Makes: 1 Recipe
Calories: 367
Fat: 7g
Saturated Fat: 1g
Sodium: 165mg
Carbs: 46g
Fiber: 7g
Sugar: 4g
Protein: 30g

TIPS

Make sure your RTD and yogurt flavors compliment each other!

Add in some of our protein powder for even more protein!

