



Queen Bee Overnight Oats: Your Sweet-Craving Shield for the Holiday Season

It's the season when the cookies, the treats, the "just one more bite" moments *sneak in*.

Want to curb those cravings before they even start?

Build your complex carbs into your very first Queen Bee Meal of the day.

A satiating, fiber-rich, protein-packed breakfast calms blood sugar, keeps your energy steady, and naturally reduces the desire to reach for sweets later on.

Your move this week: Overnight Oats, Monday–Friday.

Easy. Nourishing. Craving-crushing.

Prep Ahead (5 Containers):

Each container gets:

- ½ cup gluten-free oats
- 1 Tbsp chia seeds
- 1 Tbsp flax seeds (*This is a MUST. Add to your smoothies this week too!*)
- 1 scoop protein powder
- ⅔–1 cup liquid to cover:
 - Mon/Tues: coconut milk
 - Wed–Fri: nut milk



✨ Your Queen Bee Oats for the Week

🍇 Monday – Dark Berry Crunch

- 1 cup dark berries
- ½ cup walnuts

🥜 Tuesday – Nut Butter Dream

- 2 Tbsp cashew or nut butter
- 2 Tbsp macadamia nuts

🍌 Wednesday – Banana Split-ish

- ½ banana
- ½ cup other fruit
- ½ cup gluten-free granola
- 1 Tbsp maple syrup

🍓 Thursday – P, B & J Oats

- 2 cups strawberries
- 2 Tbsp maple syrup
- ¼ cup nut butter

🎃 Friday – Pumpkin Pie Oats

- 3 Tbsp pumpkin
- 1 tsp cinnamon
- ½ tsp pumpkin spice
- ¼ cup almonds or pecans
- 1 Tbsp honey



Queen Bee Wisdom: Getting the Right Oats **Consistency Takes Practice**

Don't give up after one or two tries—it's a craft.

Try these techniques:

- Blend your liquid + protein powder first for a smooth base. Pour over oats, add liquid as needed, stir until slightly runny.
- Pulse oats once in a blender to help them absorb liquid faster (great when you *forget* to prep).
- Blend all ingredients together for a thicker, mushier, flavor-rich jar.
- Layer dry ingredients in the jar and shake vigorously after adding at least $\frac{3}{4}$ cup liquid.

Queen Bee Sweetness Rule:

Use dark berries as your primary sweetener.

Add natural sugars last, in tsp amounts (honey, maple syrup, cinnamon.)

Crown yourself this week

Start your morning with strength, steadiness, and nourishment—so the afternoon cookies don't stand a chance.

Merry, merry!

Xo,
jenny