



QUICK PROATS

When you're short on time, these quick and easy protein oatmeal recipes are a lifesaver.

3 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Mixed Berry Protein Oatmeal

24g protein

2. Gluten-Free Certified Oats Protein Oatmeal

25g protein

3. Dairy-Free Coconut Milk Protein Oatmeal

22g protein

Combined Shopping List

Pro Tips

Mixed Berry Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

350

CALORIES

24g

PROTEIN

46g

CARBS

8g

FAT

INGREDIENTS

80g rolled oats

240ml milk

100g mixed berries (strawberries, blueberries, raspberries)

30g vanilla whey protein powder

15g honey

10g chia seeds

INSTRUCTIONS

- 1 Cook oats in milk with half the berries for 4 minutes.
- 2 Lightly mash the cooked berries.
- 3 Let cool 1-2 minutes.
- 4 Stir in protein powder.
- 5 Add remaining fresh berries, honey, and chia seeds.

Gluten-Free Certified Oats Protein Oatmeal

25g

Prep: 2 min

Cook: 5 min

Total: 7 min

Yield: 1 serving

Difficulty: Easy

320

CALORIES

25g

PROTEIN

35g

CARBS

8g

FAT

INGREDIENTS

50g certified gluten-free rolled oats

30g vanilla whey protein powder

240ml water or milk of choice

1 tbsp almond butter

1/2 banana, sliced

1 tsp honey or maple syrup

Pinch of cinnamon

Pinch of salt

INSTRUCTIONS

- 1** In a small pot, bring water and salt to a boil. Add the certified gluten-free oats and reduce heat to medium-low.
- 2** Cook for 4-5 minutes, stirring occasionally, until oats are creamy and most liquid is absorbed.
- 3** Remove from heat and stir in the protein powder until fully incorporated. Add a splash more liquid if needed.
- 4** Transfer to a bowl and top with almond butter, sliced banana, a drizzle of honey, and a sprinkle of cinnamon.
- 5** Serve immediately while warm and creamy.

Dairy-Free Coconut Milk Protein Oatmeal

22g

Prep: 2 min

Cook: 5 min

Total: 7 min

Yield: 1 serving

Difficulty: Easy

340

CALORIES

22g

PROTEIN

38g

CARBS

12g

FAT

INGREDIENTS

50g rolled oats

30g vanilla plant-based protein powder

180ml full-fat coconut milk

60ml water

2 tbsp shredded coconut

1 tbsp maple syrup

Fresh mango or pineapple for topping

Pinch of salt

INSTRUCTIONS

- 1 In a small pot, combine coconut milk, water, and salt. Bring to a gentle simmer.
- 2 Stir in the rolled oats and cook over medium-low heat for 4-5 minutes, stirring frequently.
- 3 Remove from heat and stir in the plant-based protein powder until smooth and creamy.
- 4 Transfer to a bowl and top with shredded coconut, fresh tropical fruit, and a drizzle of maple syrup.
- 5 Enjoy immediately for the best texture and flavor.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 80g rolled oats
- 30g vanilla whey protein powder
- 50g certified gluten-free rolled oats
- 50g rolled oats
- 30g vanilla plant-based protein powder

DAIRY & EGGS

- 240ml milk
- 240ml water or milk of choice
- 1 tbsp almond butter
- 180ml full-fat coconut milk

PRODUCE

- 1/2 banana, sliced
- Fresh mango or pineapple for topping

SWEETENERS & FLAVORINGS

- 15g honey
- 1 tsp honey or maple syrup
- 1 tbsp maple syrup

OTHER

- 100g mixed berries (strawberries, blueberries, raspberries)
- 10g chia seeds
- Pinch of cinnamon
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Pinch of salt

- 60ml water
- 2 tbsp shredded coconut

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinoatmeal.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified oatmeal recipes, interactive ingredient substitutions, and more free recipe packs.

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