



FRUIT PACK

Enjoy the natural sweetness of fruit in these delicious and healthy protein bites.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Chocolate Peanut Butter Protein Balls

21g protein

2. Keto Protein Balls

17g protein

3. Protein Power Balls

24g protein

4. Easy Protein Balls

15g protein

Combined Shopping List

Pro Tips

Chocolate Peanut Butter Protein Balls

21g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

180

CALORIES

21g

PROTEIN

14g

CARBS

10g

FAT

INGREDIENTS

150g rolled oats

60g chocolate whey protein powder

192g peanut butter

60g honey

30g unsweetened cocoa powder

60g chocolate chips

INSTRUCTIONS

- 1 Combine oats, protein powder, and cocoa.
- 2 Stir in peanut butter and honey.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate until firm.

Keto Protein Balls

17g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 18 balls

Difficulty: Easy

160

CALORIES

17g

PROTEIN

6g

CARBS

12g

FAT

INGREDIENTS

120g almond flour

60g vanilla whey protein powder

128g almond butter

60g sugar-free sweetener

30g unsweetened coconut flakes

30ml coconut oil, melted

INSTRUCTIONS

- 1 Combine almond flour, protein powder, and sweetener.
- 2 Stir in almond butter and coconut oil.
- 3 Fold in coconut flakes.
- 4 Form 18 balls.
- 5 Refrigerate 1 hour.

Protein Power Balls

24g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 16 balls Difficulty: Easy

195
CALORIES

24g
PROTEIN

12g
CARBS

9g
FAT

INGREDIENTS

90g vanilla whey protein powder

120g rolled oats

192g peanut butter

60g honey

30g chia seeds

INSTRUCTIONS

- 1 Mix all ingredients in a large bowl until well combined.
- 2 Let mixture sit 5 minutes to hydrate.
- 3 Form into 16 balls.
- 4 Refrigerate 30 minutes.

Easy Protein Balls

15g

Prep: 8 min

Cook: 0 min

Total: 8 min

Yield: 20 balls

Difficulty: Beginner

145

CALORIES

15g

PROTEIN

15g

CARBS

7g

FAT

INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

128g peanut butter

80g honey

INSTRUCTIONS

- 1 Combine all ingredients in a bowl.
- 2 Mix until dough forms.
- 3 Form 20 balls.
- 4 Eat immediately or refrigerate.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 150g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 30g unsweetened cocoa powder
- ☐ 120g almond flour
- ☐ 60g vanilla whey protein powder
- ☐ 90g vanilla whey protein powder
- ☐ 120g rolled oats
- ☐ 180g rolled oats

DAIRY & EGGS

- ☐ 192g peanut butter
- ☐ 128g almond butter
- ☐ 128g peanut butter

SWEETENERS & FLAVORINGS

- ☐ 60g honey
- ☐ 60g chocolate chips
- ☐ 60g sugar-free sweetener
- ☐ 80g honey

OTHER

- ☐ 30g unsweetened coconut flakes
- ☐ 30ml coconut oil, melted
- ☐ 30g chia seeds

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

Want More Recipes?

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