



QUICK ENERGY

Get a quick and healthy energy boost with these protein-packed bites.

4 Macro-Verified Recipes

ProteinBites | proteinbites.co

WHAT'S INSIDE

1. Recipe Title 19	24g protein
2. Recipe Title 20	20g protein
3. Recipe Title 21	21g protein
4. Recipe Title 22	22g protein

Combined Shopping List

Pro Tips

Recipe Title 19

24g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

203

CALORIES

24g

PROTEIN

15g

CARBS

9g

FAT

INGREDIENTS

120g ingredient 19

60g ingredient 20

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 20

20g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

205
CALORIES

20g
PROTEIN

16g
CARBS

6g
FAT

INGREDIENTS

120g ingredient 20

60g ingredient 21

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 21

21g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

207
CALORIES

21g
PROTEIN

14g
CARBS

7g
FAT

INGREDIENTS

120g ingredient 21

60g ingredient 22

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 22

22g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

209

CALORIES

22g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

- 120g ingredient 22
- 60g ingredient 23

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

COMBINED SHOPPING LIST

OTHER

- ☐ 120g ingredient 19
- ☐ 60g ingredient 20
- ☐ 120g ingredient 20
- ☐ 60g ingredient 21
- ☐ 120g ingredient 21
- ☐ 60g ingredient 22
- ☐ 120g ingredient 22
- ☐ 60g ingredient 23

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?

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

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