



# HOLIDAY BITES

Festive and flavorful protein bites perfect for holiday gatherings.

4 Macro-Verified Recipes

ProteinBites | [proteinbites.co](http://proteinbites.co)

## WHAT'S INSIDE

1. Recipe Title 10

20g protein

2. Recipe Title 11

21g protein

3. Recipe Title 12

22g protein

4. Recipe Title 13

23g protein

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Combined Shopping List

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Pro Tips

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# Recipe Title 10

20g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

**185**

CALORIES

**20g**

PROTEIN

**15g**

CARBS

**8g**

FAT

## INGREDIENTS

120g ingredient 10

60g ingredient 11

## 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 11

21g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

**187**

CALORIES

**21g**

PROTEIN

**16g**

CARBS

**9g**

FAT

## INGREDIENTS

120g ingredient 11

60g ingredient 12

## 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 12

22g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

**189**

CALORIES

**22g**

PROTEIN

**14g**

CARBS

**6g**

FAT

## INGREDIENTS

120g ingredient 12

60g ingredient 13

## 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 13

23g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

**191**

CALORIES

**23g**

PROTEIN

**15g**

CARBS

**7g**

FAT

## INGREDIENTS

120g ingredient 13

60g ingredient 14

## 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

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- 120g ingredient 10
- 60g ingredient 11
- 120g ingredient 11
- 60g ingredient 12
- 120g ingredient 12
- 60g ingredient 13
- 120g ingredient 13
- 60g ingredient 14

## 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](https://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.

[proteinbites.co](http://proteinbites.co)