



SAVORY OATS

Tired of sweet oatmeal? Try these savory and protein-rich oatmeal recipes for a change.

4 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Recipe Title 12

22g protein

2. Recipe Title 14

24g protein

3. Recipe Title 16

21g protein

4. Recipe Title 18

23g protein

Combined Shopping List

Pro Tips

Recipe Title 12

22g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

360

CALORIES

22g

PROTEIN

42g

CARBS

10g

FAT

INGREDIENTS

100g ingredient 12

50g 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 14

24g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

370

CALORIES

24g

PROTEIN

44g

CARBS

12g

FAT

INGREDIENTS

100g ingredient 14

50g ingredient 15

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 16

21g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

380

CALORIES

21g

PROTEIN

46g

CARBS

10g

FAT

INGREDIENTS

100g ingredient 16

50g ingredient 17

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 18

23g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

390

CALORIES

23g

PROTEIN

48g

CARBS

12g

FAT

INGREDIENTS

100g ingredient 18

50g ingredient 19

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

- 100g ingredient 12
- 50g ingredient 13
- 100g ingredient 14
- 50g ingredient 15
- 100g ingredient 16
- 50g ingredient 17
- 100g ingredient 18
- 50g ingredient 19

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.

proteinoatmeal.co