



STARTER PACK

5 essential protein bite recipes to get you started. Perfect for beginners!

5 Macro-Verified Recipes

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WHAT'S INSIDE

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- 1. Peanut Butter Protein Balls 18g protein
 - 2. No-Bake Protein Balls 16g protein
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 - 4. Chocolate Protein Balls 20g protein
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Combined Shopping List

Pro Tips

Peanut Butter Protein Balls

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

165

CALORIES

18g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

256g natural peanut butter

120g rolled oats

60g vanilla whey protein powder

80g honey

60g mini chocolate chips

5ml vanilla extract

INSTRUCTIONS

- 1 In a large bowl, combine the peanut butter, honey, and vanilla extract until smooth.
- 2 Stir in the oats and protein powder until well combined.
- 3 Gently fold in the mini chocolate chips.
- 4 Using wet hands, roll the mixture into 20 equal-sized balls.
- 5 Refrigerate for at least 30 minutes before serving. Store in the fridge for up to 2 weeks.

No-Bake Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 24 balls

Difficulty: Beginner

155

CALORIES

16g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

180g rolled oats

60g chocolate whey protein powder

128g almond butter

80g maple syrup

30g unsweetened cocoa powder

60ml almond milk

INSTRUCTIONS

- 1 Mix oats, protein powder, and cocoa powder in a large bowl.
- 2 Add almond butter, maple syrup, and almond milk. Stir until combined.
- 3 If too dry, add more milk. If too wet, add more oats.
- 4 Roll into 24 balls using damp hands.
- 5 Refrigerate 30 minutes until firm.

Oatmeal Protein Balls

17g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 20 balls

Difficulty: Easy

160

CALORIES

17g

PROTEIN

18g

CARBS

6g

FAT

INGREDIENTS

200g rolled oats

60g vanilla whey protein powder

128g cashew butter

80g honey

5g cinnamon

60g raisins

INSTRUCTIONS

- 1 Combine oats, protein powder, and cinnamon in a bowl.
- 2 Stir in cashew butter and honey until a dough forms.
- 3 Fold in the raisins.
- 4 Form into 20 balls.
- 5 Keep refrigerated for up to 10 days.

Chocolate Protein Balls

20g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

170

CALORIES

20g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

150g rolled oats

60g chocolate whey protein powder

45g unsweetened cocoa powder

128g almond butter

80g maple syrup

60g dark chocolate chips

INSTRUCTIONS

- 1 Combine oats, protein powder, and cocoa powder.
- 2 Stir in almond butter and maple syrup.
- 3 Fold in chocolate chips.
- 4 Roll into 20 balls.
- 5 Refrigerate until firm, about 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

- 120g rolled oats
- 60g vanilla whey protein powder
- 180g rolled oats
- 60g chocolate whey protein powder
- 30g unsweetened cocoa powder
- 200g rolled oats
- 150g rolled oats
- 45g unsweetened cocoa powder

DAIRY & EGGS

- 256g natural peanut butter
- 128g almond butter
- 60ml almond milk
- 128g cashew butter
- 128g peanut butter

SWEETENERS & FLAVORINGS

- 80g honey
- 60g mini chocolate chips
- 5ml vanilla extract
- 80g maple syrup
- 60g dark chocolate chips

OTHER

- 5g cinnamon
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60g raisins

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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