



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. Vanilla Protein Oatmeal 24g protein
 - 2. Strawberry Protein Oatmeal 23g protein
 - 3. Savory Protein Oatmeal 28g protein
 - 4. Maple Pecan Protein Oatmeal 24g protein
-

Combined Shopping List

Pro Tips

Vanilla Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Beginner

320

CALORIES

24g

PROTEIN

40g

CARBS

8g

FAT

INGREDIENTS

80g rolled oats

240ml milk

30g vanilla whey protein powder

5ml vanilla extract

10g honey

Toppings of choice

INSTRUCTIONS

- 1 Cook oats in milk with vanilla extract for 4 minutes.
- 2 Let cool 1-2 minutes off heat.
- 3 Stir in protein powder.
- 4 Add honey and mix.
- 5 Add your favorite toppings - fruit, nuts, or chocolate.

Strawberry Protein Oatmeal

23g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

330

CALORIES

23g

PROTEIN

42g

CARBS

8g

FAT

INGREDIENTS

80g rolled oats

240ml milk

100g strawberries, sliced

30g strawberry or vanilla whey
protein powder

15g almond butter

5g honey

INSTRUCTIONS

- 1 Cook oats in milk for 4 minutes.
- 2 Remove from heat, let cool 1 minute.
- 3 Stir in protein powder.
- 4 Add fresh strawberries and almond butter.
- 5 Drizzle with honey.

Savory Protein Oatmeal

28g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 1 serving

Difficulty: Medium

380

CALORIES

28g

PROTEIN

38g

CARBS

14g

FAT

INGREDIENTS

80g rolled oats

240ml water or broth

1 egg

30g shredded cheddar cheese

2g salt

1g black pepper

30g spinach

1 egg for topping

INSTRUCTIONS

- 1 Cook oats in water or broth for 3 minutes.
- 2 Crack one egg into oats, stir vigorously to create creamy texture.
- 3 Add salt, pepper, and spinach. Cook 2 more minutes.
- 4 Stir in shredded cheese until melted.
- 5 Fry remaining egg and place on top.

Maple Pecan Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

400

CALORIES

24g

PROTEIN

46g

CARBS

14g

FAT

INGREDIENTS

80g rolled oats

240ml milk

30g vanilla whey protein powder

20g maple syrup

30g pecans, chopped

5g butter

INSTRUCTIONS

- 1 Toast pecans in butter for 2 minutes until fragrant.
- 2 Cook oats in milk for 4 minutes.
- 3 Let cool 1 minute.
- 4 Stir in protein powder.
- 5 Top with toasted pecans and drizzle with maple syrup.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 80g rolled oats
- 30g vanilla whey protein powder
- 30g strawberry or vanilla whey protein powder

DAIRY & EGGS

- 240ml milk
- 15g almond butter
- 1 egg
- 30g shredded cheddar cheese
- 1 egg for topping
- 5g butter

SWEETENERS & FLAVORINGS

- 5ml vanilla extract
- 10g honey
- 5g honey
- 20g maple syrup

OTHER

- Toppings of choice
- 100g strawberries, sliced
- 240ml water or broth
- 2g salt
- 1g black pepper
- 30g spinach
-

30g pecans, chopped

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