



FRUIT PACK

Enjoy the natural sweetness of fruit in these delicious and healthy protein bites.

5 Macro-Verified Recipes

ProteinBites | proteinbites.co

WHAT'S INSIDE

1. Apricot Almond Protein Bites	16g protein
2. Recipe Title 6	21g protein
3. Recipe Title 7	22g protein
4. Recipe Title 8	23g protein
5. Recipe Title 9	24g protein

Combined Shopping List
Pro Tips

Apricot Almond Protein Bites

16g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 20 bites

Difficulty: Easy

140

CALORIES

16g

PROTEIN

15g

CARBS

7g

FAT

INGREDIENTS

200g dried apricots

150g almonds

120g rolled oats

60g vanilla whey protein powder

60g almond butter

30ml maple syrup

INSTRUCTIONS

- 1 In a food processor, pulse the almonds and dried apricots until they are finely chopped.
- 2 In a bowl, combine the apricot-almond mixture with rolled oats and protein powder.
- 3 Add the almond butter and maple syrup and mix until a sticky dough forms.
- 4 Roll the mixture into small balls.
- 5 Refrigerate for 20 minutes before serving.
- 6 Keep in an airtight container in the fridge.

Recipe Title 6

21g

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

177
CALORIES

21g
PROTEIN

14g
CARBS

8g
FAT

INGREDIENTS

120g ingredient 6

60g ingredient 7

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 7

22g

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

179
CALORIES

22g
PROTEIN

15g
CARBS

9g
FAT

INGREDIENTS

120g ingredient 7

60g ingredient 8

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 8

23g

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

181
CALORIES

23g
PROTEIN

16g
CARBS

6g
FAT

INGREDIENTS

- 120g ingredient 8
- 60g ingredient 9

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 9

24g

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

183
CALORIES

24g
PROTEIN

14g
CARBS

7g
FAT

INGREDIENTS

- 120g ingredient 9
- 60g ingredient 10

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

DRY INGREDIENTS

- ☐ 120g rolled oats
- ☐ 60g vanilla whey protein powder

DAIRY & EGGS

- ☐ 60g almond butter

SWEETENERS & FLAVORINGS

- ☐ 30ml maple syrup

OTHER

- ☐ 200g dried apricots
- ☐ 150g almonds
- ☐ 120g ingredient 6
- ☐ 60g ingredient 7
- ☐ 120g ingredient 7
- ☐ 60g ingredient 8
- ☐ 120g ingredient 8
- ☐ 60g ingredient 9
- ☐ 120g ingredient 9
- ☐ 60g ingredient 10

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.

proteinbites.co