



# CHIA STARTER

Everything you need to get started with delicious and healthy protein-packed chia puddings.

5 Macro-Verified Recipes

ProteinPudding | [proteinpudding.co](https://proteinpudding.co)

## WHAT'S INSIDE

1. Chocolate Chia Protein Pudding

20g protein

2. Matcha Chia Protein Pudding

18g protein

3. Mango Chia Protein Pudding

16g protein

4. Raspberry Chia Protein Pudding

17g protein

5. Mixed Berry Chia Protein Pudding

18g protein

Combined Shopping List

Pro Tips

# Chocolate Chia Protein Pudding

20g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

**250**

CALORIES

**20g**

PROTEIN

**20g**

CARBS

**12g**

FAT

## INGREDIENTS

60g chocolate plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

15g unsweetened cocoa powder

5g maple syrup or other sweetener to taste

## INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and cocoa powder.
- 2 Pour in the almond milk and sweetener, and whisk until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of almond milk.
- 5 Top with your favorite toppings, such as fresh berries, nuts, or seeds.

# Matcha Chia Protein Pudding

18g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

**220**

CALORIES

**18g**

PROTEIN

**18g**

CARBS

**10g**

FAT

## INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

5g matcha powder

5g maple syrup or other sweetener to taste

## INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and matcha powder.
- 2 Pour in the almond milk and sweetener, and whisk until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of almond milk.
- 5 Top with fresh berries or a sprinkle of coconut flakes.

# Mango Chia Protein Pudding

16g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

**240**

CALORIES

**16g**

PROTEIN

**25g**

CARBS

**10g**

FAT

## INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

240ml coconut milk

150g ripe mango, pureed

## INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and coconut milk.
- 2 Stir in the pureed mango until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of coconut milk.
- 5 Top with fresh mango chunks and a sprinkle of toasted coconut.

# Raspberry Chia Protein Pudding

17g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

**230**

CALORIES

**17g**

PROTEIN

**22g**

CARBS

**10g**

FAT

## INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

100g fresh or frozen raspberries, mashed

## INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and almond milk.
- 2 Stir in the mashed raspberries until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving.
- 5 Top with a few whole raspberries and a sprinkle of seeds.

# Mixed Berry Chia Protein Pudding

18g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

**240**

CALORIES

**18g**

PROTEIN

**24g**

CARBS

**10g**

FAT

## INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

150g mixed berries (fresh or frozen)

## INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and almond milk.
- 2 Gently stir in the mixed berries.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving.
- 5 Top with extra berries and a sprinkle of granola.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

---

- ☐ 60g chocolate plant-based protein powder
- ☐ 15g unsweetened cocoa powder
- ☐ 45g vanilla plant-based protein powder
- ☐ 5g matcha powder

## DAIRY & EGGS

---

- ☐ 360ml unsweetened almond milk
- ☐ 240ml coconut milk

## SWEETENERS & FLAVORINGS

---

- ☐ 5g maple syrup or other sweetener to taste

## OTHER

---

- ☐ 45g chia seeds
- ☐ 150g ripe mango, pureed
- ☐ 100g fresh or frozen raspberries, mashed
- ☐ 150g mixed berries (fresh or frozen)



## 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 [proteinpudding.co](https://proteinpudding.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

## Want More Recipes?

Visit us for more macro-verified puddings recipes, interactive ingredient substitutions, and more free recipe packs.

[proteinpudding.co](https://proteinpudding.co)