



SANDWICH BREAD PACK

The perfect protein sandwich breads for your favorite fillings.

3 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Everyday High Protein Bread	25g protein
2. Whole Wheat Protein Sandwich Bread	18g protein
3. Multigrain Protein Sandwich Bread	20g protein

Combined Shopping List

Pro Tips

Everyday High Protein Bread

25g

Prep: 15 min

Cook: 35 min

Total: 50 min

Yield: 10 slices

Difficulty: Easy

200

CALORIES

25g

PROTEIN

12g

CARBS

7g

FAT

INGREDIENTS

150g vital wheat gluten

80g oat fiber

50g flaxseed meal

1 packet (7g) instant yeast

240ml warm water

30ml olive oil

1 tsp salt

INSTRUCTIONS

- 1 In a small bowl, combine the warm water and yeast. Let it sit for 5 minutes until foamy.
- 2 In a large bowl, whisk together the vital wheat gluten, oat fiber, flaxseed meal, and salt.
- 3 Add the yeast mixture and olive oil to the dry ingredients. Mix until a dough forms.
- 4 Knead the dough on a lightly floured surface for 5-7 minutes, until it becomes elastic.
- 5 Place the dough in a greased loaf pan, cover, and let it rise for 30 minutes. Bake at 375°F (190°C) for 25-30 minutes.
- 6 Let the bread cool completely before slicing.

Whole Wheat Protein Sandwich Bread

18g

Prep: 20 min

Cook: 35 min

Total: 55 min

Yield: 14 slices

Difficulty: Easy

170
CALORIES

18g
PROTEIN

16g
CARBS

5g
FAT

INGREDIENTS

200g whole wheat flour

100g vital wheat gluten

50g unflavored whey protein

1 packet (7g) instant yeast

300ml warm water

30ml honey

30ml olive oil

1 tsp salt

INSTRUCTIONS

- 1 In a bowl, combine warm water, honey, and yeast. Let it sit for 5-10 minutes until foamy.
- 2 In a large bowl, whisk together the whole wheat flour, vital wheat gluten, whey protein, and salt.
- 3 Pour the wet ingredients into the dry ingredients and add the olive oil. Mix until a shaggy dough forms.
- 4 Knead the dough for 5-7 minutes on a floured surface. Place in a greased bowl, cover, and let it rise for 1 hour.
- 5 Punch down the dough, shape it into a loaf, and place it in a greased loaf pan. Let it rise for another 30 minutes. Bake at 375°F (190°C) for 30-35 minutes.
- 6 Let the bread cool completely before slicing.

Multigrain Protein Sandwich Bread

20g

Prep: 20 min

Cook: 35 min

Total: 55 min

Yield: 14 slices

Difficulty: Easy

180

CALORIES

20g

PROTEIN

18g

CARBS

6g

FAT

INGREDIENTS

150g whole wheat flour

100g vital wheat gluten

50g mixed seeds (sunflower, pumpkin, flax)

50g unflavored whey protein

1 packet (7g) instant yeast

300ml warm water

30ml molasses

30ml olive oil

1 tsp salt

INSTRUCTIONS

- 1 Combine warm water, molasses, and yeast. Let sit for 5-10 minutes.
- 2 In a large bowl, whisk together the flours, gluten, seeds, protein, and salt.
- 3 Pour the wet ingredients and olive oil into the dry and mix to form a dough.
- 4 Knead for 5-7 minutes. Let rise in a covered, greased bowl for 1 hour.
- 5 Shape into a loaf, place in a greased pan, and let rise for 30 minutes. Bake at 375°F (190°C) for 30-35 minutes.
- 6 Cool completely before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 80g oat fiber
- ☐ 200g whole wheat flour
- ☐ 50g unflavored whey protein
- ☐ 150g whole wheat flour

PRODUCE

- ☐ 50g mixed seeds (sunflower, pumpkin, flax)

SWEETENERS & FLAVORINGS

- ☐ 30ml honey

OTHER

- ☐ 150g vital wheat gluten
- ☐ 50g flaxseed meal
- ☐ 1 packet (7g) instant yeast
- ☐ 240ml warm water
- ☐ 30ml olive oil
- ☐ 1 tsp salt
- ☐ 100g vital wheat gluten
- ☐ 300ml warm water
- ☐ 30ml molasses

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 protein-bread.com for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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