



# STARTER PACK

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

4 Macro-Verified Recipes

ProteinOatmeal | [proteinoatmeal.co](http://proteinoatmeal.co)

## WHAT'S INSIDE

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- |                                  |             |
|----------------------------------|-------------|
| 1. Overnight Protein Oats        | 23g protein |
| 2. Chocolate Protein Oatmeal     | 25g protein |
| 3. Peanut Butter Protein Oatmeal | 27g protein |
| 4. Banana Protein Oatmeal        | 24g protein |
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Combined Shopping List

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Pro Tips

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# Overnight Protein Oats

23g

Prep: 5 min

Cook: 0 min

Total: 485 min

Yield: 1 serving

Difficulty: Beginner

**340**

CALORIES

**23g**

PROTEIN

**40g**

CARBS

**10g**

FAT

## INGREDIENTS

80g rolled oats

30g vanilla whey protein powder

200ml milk

100g Greek yogurt

15g chia seeds

15g maple syrup

100g strawberries

## INSTRUCTIONS

- 1 Mix oats, protein powder, milk, yogurt, chia seeds, and maple syrup in a jar.
- 2 Mix well to prevent protein clumps.
- 3 Cover and refrigerate overnight (at least 8 hours).
- 4 In the morning, top with fresh strawberries.
- 5 Enjoy cold or microwave for 1 minute if you prefer warm.

# Chocolate Protein Oatmeal

25g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

**380**

CALORIES

**25g**

PROTEIN

**46g**

CARBS

**11g**

FAT

## INGREDIENTS

80g rolled oats

240ml chocolate almond milk

30g chocolate whey protein powder

15g unsweetened cocoa powder

20g dark chocolate chips

1 banana, sliced

## INSTRUCTIONS

- 1 Cook oats in chocolate almond milk for 4 minutes.
- 2 Stir in cocoa powder while cooking.
- 3 Remove from heat, let cool 2 minutes.
- 4 Mix in protein powder until smooth.
- 5 Add chocolate chips and banana slices.

# Peanut Butter Protein Oatmeal

27g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

**420**

CALORIES

**27g**

PROTEIN

**44g**

CARBS

**15g**

FAT

## INGREDIENTS

80g rolled oats

240ml milk

30g vanilla whey protein powder

32g peanut butter

1 banana, sliced

10g honey

## INSTRUCTIONS

- 1 Cook oats in milk until creamy, about 4 minutes.
- 2 Stir in peanut butter while still warm.
- 3 Let cool 1-2 minutes.
- 4 Mix in protein powder.
- 5 Top with banana and drizzle with honey.

# Banana Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Beginner

**350**

CALORIES

**24g**

PROTEIN

**48g**

CARBS

**8g**

FAT

## INGREDIENTS

80g rolled oats

240ml milk

1 ripe banana, mashed

30g vanilla whey protein powder

5g cinnamon

15g walnuts

## INSTRUCTIONS

- 1 Mash banana in the pot before adding other ingredients.
- 2 Add oats, milk, and cinnamon. Cook 4 minutes.
- 3 Remove from heat, cool 1 minute.
- 4 Stir in protein powder.
- 5 Sprinkle with walnuts and extra banana slices if desired.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 80g rolled oats
- 30g vanilla whey protein powder
- 30g chocolate whey protein powder
- 15g unsweetened cocoa powder

## DAIRY & EGGS

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- 200ml milk
- 100g Greek yogurt
- 240ml chocolate almond milk
- 240ml milk
- 32g peanut butter

## PRODUCE

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- 1 banana, sliced
- 1 ripe banana, mashed

## SWEETENERS & FLAVORINGS

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- 15g maple syrup
- 20g dark chocolate chips
- 10g honey

## OTHER

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- 15g chia seeds
- 100g strawberries
- 5g cinnamon
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15g walnuts

## 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](https://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](http://proteinoatmeal.co)