



# MEAL PREP BARS

Save time and stay on track with these easy-to-make meal prep protein bars.

4 Macro-Verified Recipes

ProteinBars | [proteinbars.co](https://proteinbars.co)

# WHAT'S INSIDE

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2. Meal Prep Berry Breakfast Bars	18g protein
3. Meal Prep Banana Bread Protein Bars	19g protein
4. Meal Prep Pumpkin Spice Protein Bars	18g protein

Combined Shopping List

Pro Tips

# Meal Prep Oat and Honey Protein Bars

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 12 bars

Difficulty: Easy

**240**

CALORIES

**20g**

PROTEIN

**28g**

CARBS

**10g**

FAT

## INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

120g almond butter

80g honey

60ml milk

50g chopped nuts

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats and protein powder.
- 3 In a separate bowl, whisk together the almond butter, honey, and milk.
- 4 Pour the wet ingredients into the dry ingredients and mix until well combined. Stir in the chopped nuts.
- 5 Press the mixture into the prepared pan and bake for 15 minutes.
- 6 Let the bars cool completely before cutting into 12 bars.

# Meal Prep Berry Breakfast Bars

18g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**230**

CALORIES

**18g**

PROTEIN

**25g**

CARBS

**11g**

FAT

## INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

2 large eggs

120g unsweetened applesauce

60g honey

150g mixed berries (fresh or frozen)

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats, protein powder, eggs, applesauce, and honey. Mix until well combined.
- 3 Gently fold in the mixed berries.
- 4 Pour the mixture into the prepared pan and bake for 20 minutes, or until golden brown.
- 5 Let the bars cool completely in the pan.
- 6 Cut into 12 bars and store in an airtight container in the refrigerator.

# Meal Prep Banana Bread Protein Bars

19g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**240**

CALORIES

**19g**

PROTEIN

**26g**

CARBS

**11g**

FAT

## INGREDIENTS

2 ripe bananas, mashed

120g vanilla whey protein powder

180g rolled oats

2 large eggs

60g honey

50g chopped walnuts

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the mashed bananas, protein powder, rolled oats, eggs, and honey. Mix until well combined.
- 3 Stir in the chopped walnuts.
- 4 Pour the mixture into the prepared pan and bake for 20 minutes.
- 5 Let the bars cool completely in the pan.
- 6 Cut into 12 bars and store in the refrigerator.

# Meal Prep Pumpkin Spice Protein Bars

18g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**230**

CALORIES

**18g**

PROTEIN

**24g**

CARBS

**11g**

FAT

## INGREDIENTS

240g pumpkin puree

120g vanilla whey protein powder

180g rolled oats

2 large eggs

60g maple syrup

1 teaspoon pumpkin pie spice

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the pumpkin puree, protein powder, rolled oats, eggs, maple syrup, and pumpkin pie spice. Mix until well combined.
- 3 Pour the mixture into the prepared pan and bake for 20 minutes.
- 4 Let the bars cool completely in the pan.
- 5 Cut into 12 bars and store in the refrigerator.
- 6 Enjoy a taste of fall in a healthy protein bar.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 180g rolled oats
- ☐ 120g vanilla whey protein powder

## DAIRY & EGGS

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- ☐ 120g almond butter
- ☐ 60ml milk
- ☐ 2 large eggs

## PRODUCE

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- ☐ 120g unsweetened applesauce
- ☐ 2 ripe bananas, mashed
- ☐ 240g pumpkin puree
- ☐ 1 teaspoon pumpkin pie spice

## SWEETENERS & FLAVORINGS

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- ☐ 80g honey
- ☐ 60g honey
- ☐ 60g maple syrup

## OTHER

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- ☐ 50g chopped nuts
- ☐ 150g mixed berries (fresh or frozen)
- ☐ 50g chopped 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 [proteinbars.co](https://proteinbars.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.



## Want More Recipes?

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

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