



QUICK BREAD COLLECTION

Delicious and easy-to-make protein quick breads for any occasion.

5 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Healthy Protein Pumpkin Bread

24g protein

2. Delicious Protein Zucchini Bread

20g protein

3. Fluffy Protein Cloud Bread

15g protein

4. High Protein Pumpkin Bread

26g protein

5. Apple Cinnamon Protein Bread

21g protein

Combined Shopping List

Pro Tips

Healthy Protein Pumpkin Bread

24g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

210

CALORIES

24g

PROTEIN

19g

CARBS

7g

FAT

INGREDIENTS

240g pumpkin puree

100g vanilla whey protein powder

80g whole wheat flour

2 large eggs

60g maple syrup

60ml almond milk

1 tsp pumpkin pie spice

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C) and grease a loaf pan.
- 2 In a large bowl, combine the pumpkin puree, eggs, maple syrup, and almond milk.
- 3 In a separate bowl, whisk together the protein powder, whole wheat flour, pumpkin pie spice, and baking powder.
- 4 Add the dry ingredients to the wet ingredients and stir until just combined.
- 5 Pour the batter into the prepared loaf pan and bake for 25-30 minutes.
- 6 Let the bread cool before slicing and serving.

Delicious Protein Zucchini Bread

20g

Prep: 20 min

Cook: 35 min

Total: 55 min

Yield: 12 slices

Difficulty: Easy

190

CALORIES

20g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

200g grated zucchini

100g vanilla whey protein powder

100g all-purpose flour

2 large eggs

80g honey

60ml coconut oil, melted

1 tsp cinnamon

1/2 tsp baking soda

1/2 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease and flour a 9×5-inch loaf pan.
- 2 Squeeze the grated zucchini to remove excess moisture.
- 3 In a large bowl, whisk together the eggs, honey, and melted coconut oil.
- 4 Stir in the grated zucchini. In a separate bowl, combine the protein powder, flour, cinnamon, baking soda, and baking powder. Add the dry ingredients to the wet and mix until just combined.
- 5 Pour the batter into the prepared pan and bake for 30-35 minutes.
- 6 Cool in the pan for 10 minutes before transferring to a wire rack.

Fluffy Protein Cloud Bread

15g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 10 pieces

Difficulty: Medium

100

CALORIES

15g

PROTEIN

2g

CARBS

4g

FAT

INGREDIENTS

3 large eggs, separated

60g cream cheese, softened

30g unflavored whey protein powder

1/4 tsp cream of tartar

INSTRUCTIONS

- 1 Preheat your oven to 300°F (150°C).
- 2 In a clean bowl, beat the egg whites and cream of tartar until stiff peaks form.
- 3 In a separate bowl, mix the egg yolks, cream cheese, and protein powder until smooth.
- 4 Gently fold the yolk mixture into the egg whites until just combined, being careful not to deflate the whites.
- 5 Spoon the mixture onto a baking sheet lined with parchment paper, forming small circles. Bake for 15-20 minutes, or until golden brown.
- 6 Let them cool on the baking sheet for a few minutes before transferring to a wire rack.

High Protein Pumpkin Bread

26g

Prep: 15 min

Cook: 35 min

Total: 50 min

Yield: 12 slices

Difficulty: Easy

230

CALORIES

26g

PROTEIN

20g

CARBS

9g

FAT

INGREDIENTS

250g pumpkin puree

120g vanilla whey protein powder

70g almond flour

3 large eggs

50g coconut sugar

50ml melted coconut oil

1.5 tsp pumpkin pie spice

1 tsp baking soda

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease and flour a loaf pan.
- 2 In a large bowl, whisk together the pumpkin puree, eggs, coconut sugar, and melted coconut oil.
- 3 In a separate bowl, combine the whey protein powder, almond flour, pumpkin pie spice, and baking soda.
- 4 Add the dry ingredients to the wet ingredients and mix until just combined. Do not overmix.
- 5 Pour the batter into the prepared loaf pan and bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
- 6 Let the bread cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

Apple Cinnamon Protein Bread

21g

Prep: 20 min

Cook: 35 min

Total: 55 min

Yield: 12 slices

Difficulty: Easy

200

CALORIES

21g

PROTEIN

20g

CARBS

7g

FAT

INGREDIENTS

150g grated apple

120g vanilla whey protein powder

100g oat flour

2 large eggs

60g unsweetened applesauce

40g maple syrup

1.5 tsp cinnamon

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 Grate the apple and squeeze out excess moisture.
- 3 Whisk together eggs, applesauce, and maple syrup.
- 4 Stir in the grated apple. In a separate bowl, combine protein powder, oat flour, cinnamon, and baking powder. Add dry to wet and mix.
- 5 Pour into pan and bake for 30-35 minutes.
- 6 Cool before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 100g vanilla whey protein powder
- ☐ 80g whole wheat flour
- ☐ 1 tsp baking powder
- ☐ 100g all-purpose flour
- ☐ 1/2 tsp baking soda
- ☐ 1/2 tsp baking powder
- ☐ 30g unflavored whey protein powder
- ☐ 120g vanilla whey protein powder
- ☐ 70g almond flour
- ☐ 1 tsp baking soda
- ☐ 100g oat flour

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 60ml almond milk
- ☐ 3 large eggs, separated
- ☐ 60g cream cheese, softened
- ☐ 1/4 tsp cream of tartar
- ☐ 3 large eggs

PRODUCE

- ☐ 240g pumpkin puree
- ☐ 1 tsp pumpkin pie spice
- ☐ 250g pumpkin puree
- ☐ 1.5 tsp pumpkin pie spice

- ☐ 150g grated apple
- ☐ 60g unsweetened applesauce

SWEETENERS & FLAVORINGS

- ☐ 60g maple syrup
- ☐ 80g honey
- ☐ 50g coconut sugar
- ☐ 40g maple syrup

OTHER

- ☐ 200g grated zucchini
- ☐ 60ml coconut oil, melted
- ☐ 1 tsp cinnamon
- ☐ 50ml melted coconut oil
- ☐ 1.5 tsp cinnamon

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?

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

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