



SAVORY BREAKFAST

Not a fan of sweet breakfasts? This pack is for you! Enjoy a variety of savory pancakes and crepes.

2 Macro-Verified Recipes

ProteinPancakes | proteinpancakes.co

WHAT'S INSIDE

1. Savory Herb and Cheese Pancakes

28g protein

2. Savory Spinach and Feta Protein Crepes

25g protein

Combined Shopping List

Pro Tips

Savory Herb and Cheese Pancakes

28g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 3 pancakes

Difficulty: Easy

220

CALORIES

28g

PROTEIN

10g

CARBS

12g

FAT

INGREDIENTS

40g unflavored whey protein powder

2 large eggs

30g almond flour

60ml water or milk

30g shredded cheddar cheese

1 tbsp chopped fresh chives

1/2 tsp garlic powder

Salt and pepper to taste

INSTRUCTIONS

- 1 In a bowl, whisk together the unflavored whey protein powder, eggs, almond flour, water, garlic powder, salt, and pepper until smooth.
- 2 Stir in the shredded cheddar cheese and chopped chives.
- 3 Heat a lightly oiled skillet over medium heat. Pour about 1/3 of the batter to form a pancake.
- 4 Cook for 2-3 minutes per side, until golden brown and the cheese is melted.
- 5 Serve warm on their own or with a side of sour cream or Greek yogurt.

Savory Spinach and Feta Protein Crepes

25g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

260

CALORIES

25g

PROTEIN

15g

CARBS

14g

FAT

INGREDIENTS

60g all-purpose flour

30g unflavored whey protein powder

2 eggs

240ml milk

1 tbsp melted butter

120g fresh spinach, wilted

60g feta cheese, crumbled

Salt and pepper to taste

INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, eggs, milk, and melted butter. Blend until smooth and let it rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the pan. Cook for 1-2 minutes per side.
- 3 In a bowl, combine the wilted spinach and crumbled feta cheese. Season with salt and pepper to taste.
- 4 Spread the spinach and feta filling onto each crepe and fold.
- 5 Serve immediately, garnished with a sprinkle of fresh herbs.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 40g unflavored whey protein powder
- ☐ 30g almond flour
- ☐ 1/2 tsp garlic powder
- ☐ 60g all-purpose flour
- ☐ 30g unflavored whey protein powder

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 60ml water or milk
- ☐ 30g shredded cheddar cheese
- ☐ 2 eggs
- ☐ 240ml milk
- ☐ 1 tbsp melted butter
- ☐ 60g feta cheese, crumbled

OTHER

- ☐ 1 tbsp chopped fresh chives
- ☐ Salt and pepper to taste
- ☐ 120g fresh spinach, wilted

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 proteinpancakes.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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

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