



STARTER PACK

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

4 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

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

Combined Shopping List

Pro Tips

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

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

DAIRY & EGGS

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

PRODUCE

- ☐ 1 banana, sliced
- ☐ 1 ripe banana, mashed

SWEETENERS & FLAVORINGS

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

OTHER

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

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 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 recipes, interactive ingredient substitutions, and more free recipe packs.

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