



OVERNIGHT STARTER

A collection of our easiest and most delicious overnight oat recipes to get you started.

5 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

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- 1. Classic Vanilla Overnight Oats 25g protein
 - 2. Recipe Title 4 24g protein
 - 3. Recipe Title 6 21g protein
 - 4. Recipe Title 8 23g protein
 - 5. Recipe Title 10 20g protein
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Combined Shopping List

Pro Tips

Classic Vanilla Overnight Oats

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 1 serving

Difficulty: Easy

350

CALORIES

25g

PROTEIN

40g

CARBS

12g

FAT

INGREDIENTS

80g rolled oats

30g vanilla whey protein powder

15g chia seeds

240ml unsweetened almond milk

5ml vanilla extract

Sweetener to taste

INSTRUCTIONS

- 1 In a jar or bowl, mix together the rolled oats, vanilla whey protein powder, and chia seeds.
- 2 Pour in the unsweetened almond milk and vanilla extract.
- 3 Stir everything together until well combined. Add sweetener to your desired taste.
- 4 Cover the container and refrigerate for at least 4 hours, or overnight.
- 5 Stir before serving and add your favorite toppings like berries or nuts.

Recipe Title 4

24g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

320

CALORIES

24g

PROTEIN

34g

CARBS

10g

FAT

INGREDIENTS

100g ingredient 4

50g ingredient 5

INSTRUCTIONS

- 1** Detailed instructions for step 1
- 2** Detailed instructions for step 2
- 3** Detailed instructions for step 3
- 4** Detailed instructions for step 4
- 5** Detailed instructions for step 5

Recipe Title 6

21g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

330

CALORIES

21g

PROTEIN

36g

CARBS

12g

FAT

INGREDIENTS

100g ingredient 6

50g ingredient 7

INSTRUCTIONS

- 1** Detailed instructions for step 1
- 2** Detailed instructions for step 2
- 3** Detailed instructions for step 3
- 4** Detailed instructions for step 4
- 5** Detailed instructions for step 5

Recipe Title 8

23g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

340

CALORIES

23g

PROTEIN

38g

CARBS

10g

FAT

INGREDIENTS

100g ingredient 8

50g ingredient 9

INSTRUCTIONS

- 1** Detailed instructions for step 1
- 2** Detailed instructions for step 2
- 3** Detailed instructions for step 3
- 4** Detailed instructions for step 4
- 5** Detailed instructions for step 5

Recipe Title 10

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Medium

350

CALORIES

20g

PROTEIN

40g

CARBS

12g

FAT

INGREDIENTS

100g ingredient 10

50g ingredient 11

INSTRUCTIONS

- 1** Detailed instructions for step 1
- 2** Detailed instructions for step 2
- 3** Detailed instructions for step 3
- 4** Detailed instructions for step 4
- 5** Detailed instructions for step 5

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 80g rolled oats
- 30g vanilla whey protein powder

DAIRY & EGGS

- 240ml unsweetened almond milk

SWEETENERS & FLAVORINGS

- 5ml vanilla extract

OTHER

- 15g chia seeds
- Sweetener to taste
- 100g ingredient 4
- 50g ingredient 5
- 100g ingredient 6
- 50g ingredient 7
- 100g ingredient 8
- 50g ingredient 9
- 100g ingredient 10
- 50g ingredient 11

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, interactive ingredient substitutions, and more free recipe packs.

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