



KIDS' LUNCHBOX PACK

Kid-approved protein cookies that are perfect for school lunches.

3 Macro-Verified Recipes

ProteinCookies | proteincookies.co

WHAT'S INSIDE

1. Chocolate Chip Protein Cookies

21g protein

2. Birthday Cake Protein Cookies

19g protein

3. Protein Cookies for Kids

12g protein

Combined Shopping List

Pro Tips

Chocolate Chip Protein Cookies

21g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 cookies

Difficulty: Easy

165

CALORIES

21g

PROTEIN

14g

CARBS

6g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

3g baking soda

2g salt

115g almond butter

80g maple syrup

1 large egg

5g vanilla extract

60g dark chocolate chips

INSTRUCTIONS

- {'step': 'Preheat and Prep', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.'}
- {'step': 'Mix Dry Ingredients', 'text': 'In a large bowl, whisk together the oat flour, protein powder, baking soda, and salt until well combined.'}
- {'step': 'Combine Wet Ingredients', 'text': 'In a separate bowl, mix the almond butter, maple syrup, egg, and vanilla extract until smooth.'}
- {'step': 'Form Dough', 'text': 'Pour the wet ingredients into the dry and stir until just combined. Fold in the chocolate chips. Do not overmix.'}
- {'step': 'Shape and Bake', 'text': 'Scoop 12 equal portions of dough onto the prepared baking sheet. Flatten slightly with your palm. Bake for 10-12 minutes until edges are golden but centers look slightly underdone.'}
- {'step': 'Cool', 'text': 'Let cookies cool on the baking sheet for 5 minutes before transferring to a wire rack. They will firm up as they cool.'}

Birthday Cake Protein Cookies

19g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 12 cookies

Difficulty: Easy

165

CALORIES

19g

PROTEIN

16g

CARBS

5g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

3g baking powder

2g salt

85g Greek yogurt

60g maple syrup

30g coconut oil, melted

5g vanilla extract

3g butter extract (optional)

40g rainbow sprinkles

INSTRUCTIONS

1

{'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}

2

{'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, baking powder, and salt.'}

3

{'step': 'Mix Wet', 'text': 'In another bowl, combine Greek yogurt, maple syrup, coconut oil, vanilla, and butter extract.'}

4

{'step': 'Combine', 'text': 'Add wet to dry and mix until combined. Gently fold in sprinkles.'}

5

{'step': 'Shape', 'text': 'Scoop 12 portions onto the baking sheet. Flatten slightly.'}

6

{'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are just set. Do not overbake.'}

7

{'step': 'Decorate', 'text': 'Press additional sprinkles on top while still warm. Cool completely.'}

Protein Cookies for Kids

12g

Prep: 10 min Cook: 10 min Total: 20 min Yield: 16 cookies Difficulty: Beginner

130
CALORIES

12g
PROTEIN

16g
CARBS

4g
FAT

INGREDIENTS

150g oat flour

45g vanilla whey protein powder

3g baking soda

1g salt

170g mashed ripe banana

60g honey

30g coconut oil, melted

5g vanilla extract

45g mini chocolate chips

INSTRUCTIONS

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, baking soda, and salt.'}
- {'step': 'Mix Wet', 'text': 'Mash banana until smooth. Add honey, coconut oil, and vanilla. Mix well.'}
- {'step': 'Combine', 'text': 'Add wet to dry and mix until combined. Fold in chocolate chips.'}
- {'step': 'Shape', 'text': 'Scoop 16 small portions onto baking sheet.'}
- {'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are golden.'}
- {'step': 'Cool', 'text': 'Cool completely before packing in lunchboxes.'}

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 120g oat flour
- ☐ 60g vanilla whey protein powder
- ☐ 3g baking soda
- ☐ 3g baking powder
- ☐ 150g oat flour
- ☐ 45g vanilla whey protein powder

DAIRY & EGGS

- ☐ 115g almond butter
- ☐ 1 large egg
- ☐ 85g Greek yogurt
- ☐ 3g butter extract (optional)

PRODUCE

- ☐ 170g mashed ripe banana

SWEETENERS & FLAVORINGS

- ☐ 80g maple syrup
- ☐ 5g vanilla extract
- ☐ 60g dark chocolate chips
- ☐ 60g maple syrup
- ☐ 60g honey
- ☐ 45g mini chocolate chips

OTHER

- ☐

2g salt

☐ 30g coconut oil, melted

☐ 40g rainbow sprinkles

☐ 1g salt

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

Want More Recipes?

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

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