



## STARTER PACK

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

5 Macro-Verified Recipes

ProteinCookies | [proteincookies.co](https://proteincookies.co)

# WHAT'S INSIDE

1. Chocolate Chip Protein Cookies	21g protein
2. Peanut Butter Protein Cookies	24g protein
3. No-Bake Protein Cookies	18g protein
4. Oatmeal Raisin Protein Cookies	19g protein
5. Double Chocolate Protein Cookies	22g 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

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a large bowl, whisk together the oat flour, protein powder, baking soda, and salt until well combined.
- 3 In a separate bowl, mix the almond butter, maple syrup, egg, and vanilla extract until smooth.
- 4 Pour the wet ingredients into the dry and stir until just combined. Fold in the chocolate chips. Do not overmix.
- 5 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.
- 6 Let cookies cool on the baking sheet for 5 minutes before transferring to a wire rack. They will firm up as they cool.

# Peanut Butter Protein Cookies

24g

Prep: 8 min

Cook: 10 min

Total: 18 min

Yield: 12 cookies

Difficulty: Beginner

**185**

CALORIES

**24g**

PROTEIN

**10g**

CARBS

**9g**

FAT

## INGREDIENTS

256g natural peanut butter

60g vanilla whey protein powder

2 large eggs

80g granulated sweetener (monk fruit or erythritol)

3g baking soda

2g vanilla extract

## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.
- 3 Add the protein powder and baking soda. Stir until a thick dough forms.
- 4 Roll dough into 12 balls and place on the baking sheet. Use a fork to create the classic crosshatch pattern, pressing down to flatten slightly.
- 5 Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.
- 6 Cool on the baking sheet for 10 minutes. Cookies will firm up significantly as they cool.

# No-Bake Protein Cookies

18g

Prep: 10 min

Cook: 0 min

Total: 15 min

Yield: 12 cookies

Difficulty: Beginner

**155**  
CALORIES

**18g**  
PROTEIN

**16g**  
CARBS

**6g**  
FAT

## INGREDIENTS

90g rolled oats

60g chocolate whey protein powder

128g natural peanut butter

80g honey or maple syrup

30g unsweetened cocoa powder

60ml almond milk

3g vanilla extract

## INSTRUCTIONS

- 1 In a large bowl, combine the oats, protein powder, and cocoa powder. Stir to combine.
- 2 Add the peanut butter, honey, almond milk, and vanilla extract. Mix until a thick, sticky dough forms.
- 3 If the mixture is too dry, add more almond milk 1 tablespoon at a time. If too wet, add more oats.
- 4 Using wet hands, roll the mixture into 12 balls and flatten into cookie shapes on a parchment-lined tray.
- 5 Refrigerate for at least 30 minutes until firm. Store in the refrigerator for up to 1 week.

# Oatmeal Raisin Protein Cookies

19g

Prep: 12 min

Cook: 14 min

Total: 26 min

Yield: 12 cookies

Difficulty: Easy

**170**  
CALORIES

**19g**  
PROTEIN

**20g**  
CARBS

**5g**  
FAT

## INGREDIENTS

120g rolled oats

60g vanilla whey protein powder

60g oat flour

5g cinnamon

3g baking soda

2g salt

170g unsweetened applesauce

60g maple syrup

1 large egg

60g raisins

## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, combine oats, oat flour, protein powder, cinnamon, baking soda, and salt.
- 3 In another bowl, whisk together applesauce, maple syrup, and egg.
- 4 Pour wet ingredients into dry and stir until combined. Fold in raisins.
- 5 Drop rounded tablespoons onto the baking sheet. Bake for 12-14 minutes until edges are golden.
- 6 Cool on baking sheet for 5 minutes before transferring to a wire rack.

# Double Chocolate Protein Cookies

22g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 cookies

Difficulty: Easy

**175**  
CALORIES

**22g**  
PROTEIN

**15g**  
CARBS

**7g**  
FAT

## INGREDIENTS

90g oat flour

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60g chocolate whey protein powder

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30g unsweetened cocoa powder

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3g baking soda

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2g salt

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115g almond butter

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80g maple syrup

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1 large egg

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60g dark chocolate chips

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## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Whisk together oat flour, protein powder, cocoa powder, baking soda, and salt.
- 3 In a separate bowl, combine almond butter, maple syrup, and egg until smooth.
- 4 Add wet to dry and stir until just combined. Fold in chocolate chips.
- 5 Scoop 12 portions onto the baking sheet. Bake for 10-12 minutes until set around edges.
- 6 Cool on baking sheet for 5 minutes. Cookies will be very soft but will firm up.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g oat flour
- ☐ 60g vanilla whey protein powder
- ☐ 3g baking soda
- ☐ 90g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 30g unsweetened cocoa powder
- ☐ 120g rolled oats
- ☐ 60g oat flour
- ☐ 90g oat flour

## DAIRY & EGGS

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- ☐ 115g almond butter
- ☐ 1 large egg
- ☐ 256g natural peanut butter
- ☐ 2 large eggs
- ☐ 128g natural peanut butter
- ☐ 60ml almond milk

## PRODUCE

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- ☐ 80g granulated sweetener (monk fruit or erythritol)
- ☐ 170g unsweetened applesauce

## SWEETENERS & FLAVORINGS

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- ☐ 80g maple syrup
- ☐ 5g vanilla extract
- ☐



60g dark chocolate chips

☐ 2g vanilla extract

☐ 80g honey or maple syrup

☐ 3g vanilla extract

☐ 60g maple syrup

#### OTHER

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☐ 2g salt

☐ 5g cinnamon

☐ 60g raisins

## 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](https://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.

[proteincookies.co](https://proteincookies.co)