



# SAVORY OATS

Tired of sweet oatmeal? Try these savory and protein-rich oatmeal recipes for a change.

4 Macro-Verified Recipes

ProteinOatmeal | [proteinoatmeal.co](https://proteinoatmeal.co)

# WHAT'S INSIDE

|                                |             |
|--------------------------------|-------------|
| 1. Vanilla Protein Oatmeal     | 24g protein |
| 2. Strawberry Protein Oatmeal  | 23g protein |
| 3. Savory Protein Oatmeal      | 28g protein |
| 4. Maple Pecan Protein Oatmeal | 24g protein |

Combined Shopping List

Pro Tips

# Vanilla Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Beginner

**320**

CALORIES

**24g**

PROTEIN

**40g**

CARBS

**8g**

FAT

## INGREDIENTS

80g rolled oats

240ml milk

30g vanilla whey protein powder

5ml vanilla extract

10g honey

Toppings of choice

## INSTRUCTIONS

- 1 Cook oats in milk with vanilla extract for 4 minutes.
- 2 Let cool 1-2 minutes off heat.
- 3 Stir in protein powder.
- 4 Add honey and mix.
- 5 Add your favorite toppings - fruit, nuts, or chocolate.

# Strawberry Protein Oatmeal

23g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

**330**

CALORIES

**23g**

PROTEIN

**42g**

CARBS

**8g**

FAT

## INGREDIENTS

80g rolled oats

240ml milk

100g strawberries, sliced

30g strawberry or vanilla whey  
protein powder

15g almond butter

5g honey

## INSTRUCTIONS

- 1 Cook oats in milk for 4 minutes.
- 2 Remove from heat, let cool 1 minute.
- 3 Stir in protein powder.
- 4 Add fresh strawberries and almond butter.
- 5 Drizzle with honey.

# Savory Protein Oatmeal

28g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 1 serving

Difficulty: Medium

**380**

CALORIES

**28g**

PROTEIN

**38g**

CARBS

**14g**

FAT

## INGREDIENTS

80g rolled oats

240ml water or broth

1 egg

30g shredded cheddar cheese

2g salt

1g black pepper

30g spinach

1 egg for topping

## INSTRUCTIONS

- 1 Cook oats in water or broth for 3 minutes.
- 2 Crack one egg into oats, stir vigorously to create creamy texture.
- 3 Add salt, pepper, and spinach. Cook 2 more minutes.
- 4 Stir in shredded cheese until melted.
- 5 Fry remaining egg and place on top.

# Maple Pecan Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

**400**

CALORIES

**24g**

PROTEIN

**46g**

CARBS

**14g**

FAT

## INGREDIENTS

80g rolled oats

240ml milk

30g vanilla whey protein powder

20g maple syrup

30g pecans, chopped

5g butter

## INSTRUCTIONS

- 1 Toast pecans in butter for 2 minutes until fragrant.
- 2 Cook oats in milk for 4 minutes.
- 3 Let cool 1 minute.
- 4 Stir in protein powder.
- 5 Top with toasted pecans and drizzle with maple syrup.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

---

- ☐ 80g rolled oats
- ☐ 30g vanilla whey protein powder
- ☐ 30g strawberry or vanilla whey protein powder

## DAIRY & EGGS

---

- ☐ 240ml milk
- ☐ 15g almond butter
- ☐ 1 egg
- ☐ 30g shredded cheddar cheese
- ☐ 1 egg for topping
- ☐ 5g butter

## SWEETENERS & FLAVORINGS

---

- ☐ 5ml vanilla extract
- ☐ 10g honey
- ☐ 5g honey
- ☐ 20g maple syrup

## OTHER

---

- ☐ Toppings of choice
- ☐ 100g strawberries, sliced
- ☐ 240ml water or broth
- ☐ 2g salt
- ☐ 1g black pepper
- ☐ 30g spinach
- ☐

30g pecans, chopped



## 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](https://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.

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