



## 25G+ MUSCLE PACK

Maximum protein cookies for serious gains. 25g+ protein per serving.

5 Macro-Verified Recipes

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

## WHAT'S INSIDE

- |  |             |
|--|-------------|
| 1. Double Chocolate Protein Cookies        | 22g protein |
| 2. Cottage Cheese Protein Cookies          | 23g protein |
| 3. Greek Yogurt Protein Cookies            | 21g protein |
| 4. High Protein Cookies (30g)              | 30g protein |
| 5. Chocolate Peanut Butter Protein Cookies | 22g protein |
- 
- 

Combined Shopping List

---

Pro Tips

---

# 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

60g chocolate whey protein powder

30g unsweetened cocoa powder

3g baking soda

2g salt

115g almond butter

80g maple syrup

1 large egg

60g dark chocolate chips

## 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, cocoa powder, baking soda, and salt.'}
- 3 {'step': 'Mix Wet', 'text': 'In a separate bowl, combine almond butter, maple syrup, and egg until smooth.'}
- 4 {'step': 'Combine', 'text': 'Add wet to dry and stir until just combined. Fold in chocolate chips.'}
- 5 {'step': 'Bake', 'text': 'Scoop 12 portions onto the baking sheet. Bake for 10-12 minutes until set around edges.'}
- 6 {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes. Cookies will be very soft but will firm up.'}

# Cottage Cheese Protein Cookies

23g

Prep: 10 min

Cook: 14 min

Total: 24 min

Yield: 12 cookies

Difficulty: Easy

155

CALORIES

23g

PROTEIN

12g

CARBS

4g

FAT

## INGREDIENTS

225g cottage cheese (blended smooth)

60g vanilla whey protein powder

90g oat flour

60g maple syrup

1 large egg

3g baking powder

5g vanilla extract

2g salt

## INSTRUCTIONS

- 1 {'step': 'Blend Cottage Cheese', 'text': 'Blend cottage cheese until completely smooth with no lumps.'}
- 2 {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- 3 {'step': 'Mix Wet', 'text': 'Combine blended cottage cheese, egg, maple syrup, and vanilla.'}
- 4 {'step': 'Add Dry', 'text': 'Add oat flour, protein powder, baking powder, and salt. Mix until combined.'}
- 5 {'step': 'Shape', 'text': 'Scoop 12 portions onto baking sheet. Flatten slightly.'}
- 6 {'step': 'Bake', 'text': 'Bake for 12-14 minutes until edges are set and tops are slightly golden.'}
- 7 {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes. These are very soft when warm.'}

# Greek Yogurt Protein Cookies

21g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 cookies

Difficulty: Easy

150

CALORIES

21g

PROTEIN

14g

CARBS

4g

FAT

## INGREDIENTS

170g nonfat Greek yogurt

60g vanilla whey protein powder

90g oat flour

60g maple syrup

1 large egg

3g baking powder

5g vanilla extract

2g salt

45g chocolate chips (optional)

## INSTRUCTIONS

- 1 {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- 2 {'step': 'Mix Wet', 'text': 'Combine Greek yogurt, egg, maple syrup, and vanilla until smooth.'}
- 3 {'step': 'Add Dry', 'text': 'Add oat flour, protein powder, baking powder, and salt. Mix until combined.'}
- 4 {'step': 'Add Mix-ins', 'text': 'Fold in chocolate chips if using.'}
- 5 {'step': 'Shape', 'text': 'Scoop 12 portions onto baking sheet. Flatten slightly.'}
- 6 {'step': 'Bake', 'text': 'Bake for 10-12 minutes until edges are set.'}
- 7 {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes before transferring.'}

# High Protein Cookies (30g)

30g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 10 cookies

Difficulty: Medium

**220**

CALORIES

**30g**

PROTEIN

**14g**

CARBS

**7g**

FAT

## INGREDIENTS

90g oat flour

90g vanilla whey protein powder

30g casein protein powder

3g baking soda

2g salt

170g nonfat Greek yogurt

60g maple syrup

100g liquid egg whites

5g vanilla extract

## 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, whey protein, casein protein, baking soda, and salt.'}
- 3 {'step': 'Mix Wet', 'text': 'Combine Greek yogurt, maple syrup, egg whites, and vanilla until smooth.'}
- 4 {'step': 'Combine', 'text': 'Add wet to dry and mix until a thick batter forms. Let rest 5 minutes.'}
- 5 {'step': 'Shape', 'text': 'Scoop 10 large portions onto baking sheet. Flatten to 3/4 inch thick.'}
- 6 {'step': 'Bake', 'text': 'Bake for 11-12 minutes until edges are set and tops are slightly golden.'}
- 7 {'step': 'Cool', 'text': 'Cool on baking sheet for 10 minutes. These are dense and will firm up significantly.'}

# Chocolate Peanut Butter Protein Cookies

22g

Prep: 12 min

Cook: 12 min

Total: 24 min

Yield: 12 cookies

Difficulty: Easy

185

CALORIES

22g

PROTEIN

14g

CARBS

9g

FAT

## INGREDIENTS

90g oat flour

60g chocolate whey protein powder

25g unsweetened cocoa powder

3g baking soda

2g salt

85g almond butter

80g maple syrup

1 large egg

5g vanilla extract

64g natural peanut butter (for swirl)

## 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, cocoa powder, baking soda, and salt.'}
- 3 {'step': 'Mix Wet', 'text': 'Combine almond butter, maple syrup, egg, and vanilla until smooth.'}
- 4 {'step': 'Combine', 'text': 'Add wet to dry and mix until a dough forms.'}
- 5 {'step': 'Shape', 'text': 'Scoop 12 portions onto baking sheet. Make a small indent in each.'}
- 6 {'step': 'Add Swirl', 'text': 'Add 1/2 teaspoon peanut butter to each indent. Use a toothpick to swirl.'}
- 7 {'step': 'Bake', 'text': 'Bake for 10-12 minutes until edges are set.'}
- 8 {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes before transferring.'}

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

---

- 90g oat flour
- 60g chocolate whey protein powder
- 30g unsweetened cocoa powder
- 3g baking soda
- 60g vanilla whey protein powder
- 3g baking powder
- 90g vanilla whey protein powder
- 30g casein protein powder
- 25g unsweetened cocoa powder

## DAIRY & EGGS

---

- 115g almond butter
- 1 large egg
- 225g cottage cheese (blended smooth)
- 170g nonfat Greek yogurt
- 100g liquid egg whites
- 85g almond butter
- 64g natural peanut butter (for swirl)

## SWEETENERS & FLAVORINGS

---

- 80g maple syrup
- 60g dark chocolate chips
- 60g maple syrup
- 5g vanilla extract
- 45g chocolate chips (optional)

## **OTHER**

---

2g 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](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](http://proteincookies.co)