



SAVORY BREAD PACK

Flavorful and savory protein breads perfect for any meal.

2 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Savory Herb Protein Bread

22g protein

2. Cheese and Chive Protein Bread

24g protein

Combined Shopping List

Pro Tips

Savory Herb Protein Bread

22g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

190

CALORIES

22g

PROTEIN

14g

CARBS

7g

FAT

INGREDIENTS

120g unflavored whey protein powder

100g almond flour

3 large eggs

120ml unsweetened almond milk

30g grated Parmesan cheese

1 tbsp chopped fresh rosemary

1 tsp garlic powder

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 In a large bowl, whisk together all the ingredients until well combined.
- 3 Pour the batter into the prepared loaf pan and smooth the top.
- 4 Bake for 25-30 minutes, or until the top is golden and a toothpick inserted into the center comes out clean.
- 5 Let the bread cool in the pan for 10 minutes before transferring to a wire rack.
- 6 Slice and enjoy this savory protein bread.

Cheese and Chive Protein Bread

24g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

220

CALORIES

24g

PROTEIN

12g

CARBS

11g

FAT

INGREDIENTS

120g unflavored whey protein powder

100g almond flour

50g grated cheddar cheese

3 large eggs

120ml unsweetened almond milk

2 tbsp chopped fresh chives

1 tsp garlic powder

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 In a large bowl, whisk together all the ingredients until well combined.
- 3 Pour the batter into the prepared loaf pan.
- 4 Bake for 25-30 minutes, until golden and cooked through.
- 5 Let the bread cool before slicing.
- 6 Enjoy this delicious savory bread.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 120g unflavored whey protein powder
- 100g almond flour
- 1 tsp garlic powder
- 1 tsp baking powder

DAIRY & EGGS

- 3 large eggs
- 120ml unsweetened almond milk
- 30g grated Parmesan cheese
- 50g grated cheddar cheese

OTHER

- 1 tbsp chopped fresh rosemary
- 2 tbsp chopped fresh chives

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 protein-bread.com for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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

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