



CHOCOLATE LOVERS

A collection of our most decadent and chocolatey protein bites.

2 Macro-Verified Recipes

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WHAT'S INSIDE

1. Chocolate Protein Balls

20g protein

2. Chocolate Peanut Butter Protein Balls

21g protein

Combined Shopping List

Pro Tips

Chocolate Protein Balls

20g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

170
CALORIES

20g
PROTEIN

15g
CARBS

8g
FAT

INGREDIENTS

150g rolled oats

60g chocolate whey protein powder

45g unsweetened cocoa powder

128g almond butter

80g maple syrup

60g dark chocolate chips

INSTRUCTIONS

- 1 Combine oats, protein powder, and cocoa powder.
- 2 Stir in almond butter and maple syrup.
- 3 Fold in chocolate chips.
- 4 Roll into 20 balls.
- 5 Refrigerate until firm, about 30 minutes.

Chocolate Peanut Butter Protein Balls

21g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

180

CALORIES

21g

PROTEIN

14g

CARBS

10g

FAT

INGREDIENTS

150g rolled oats

60g chocolate whey protein powder

192g peanut butter

60g honey

30g unsweetened cocoa powder

60g chocolate chips

INSTRUCTIONS

- 1 Combine oats, protein powder, and cocoa.
- 2 Stir in peanut butter and honey.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate until firm.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 150g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 45g unsweetened cocoa powder
- ☐ 30g unsweetened cocoa powder

DAIRY & EGGS

- ☐ 128g almond butter
- ☐ 192g peanut butter

SWEETENERS & FLAVORINGS

- ☐ 80g maple syrup
- ☐ 60g dark chocolate chips
- ☐ 60g honey
- ☐ 60g chocolate chips

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

Want More Recipes?

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

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