



QUICK PROATS

When you're short on time, these quick and easy protein oatmeal recipes are a lifesaver.

3 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Recipe Title 20	20g protein
2. Recipe Title 22	22g protein
3. Recipe Title 24	24g protein

Combined Shopping List

Pro Tips

Recipe Title 20

20g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

400

CALORIES

20g

PROTEIN

50g

CARBS

10g

FAT

INGREDIENTS

100g ingredient 20

50g ingredient 21

INSTRUCTIONS

1

Detailed instructions for step 1

2

Detailed instructions for step 2

3

Detailed instructions for step 3

4

Detailed instructions for step 4

5

Detailed instructions for step 5

Recipe Title 22

22g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

410
CALORIES

22g
PROTEIN

52g
CARBS

12g
FAT

INGREDIENTS

- 100g ingredient 22
- 50g ingredient 23

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 24

24g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

420

CALORIES

24g

PROTEIN

54g

CARBS

10g

FAT

INGREDIENTS

100g ingredient 24

50g ingredient 25

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

COMBINED SHOPPING LIST

OTHER

- ☐ 100g ingredient 20
- ☐ 50g ingredient 21
- ☐ 100g ingredient 22
- ☐ 50g ingredient 23
- ☐ 100g ingredient 24
- ☐ 50g ingredient 25

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 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