



# MEAL PREP BARS

Save time and stay on track with these easy-to-make meal prep protein bars.

4 Macro-Verified Recipes

ProteinBars | [proteinbars.co](https://proteinbars.co)

## WHAT'S INSIDE

1. Meal Prep Oat and Honey Protein Bars

20g protein

2. Meal Prep Berry Breakfast Bars

18g protein

3. Meal Prep Banana Bread Protein Bars

19g protein

4. Meal Prep Pumpkin Spice Protein Bars

18g protein

Combined Shopping List

Pro Tips

# Meal Prep Oat and Honey Protein Bars

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 12 bars

Difficulty: Easy

**240**

CALORIES

**20g**

PROTEIN

**28g**

CARBS

**10g**

FAT

## INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

120g almond butter

80g honey

60ml milk

50g chopped nuts

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats and protein powder.
- 3 In a separate bowl, whisk together the almond butter, honey, and milk.
- 4 Pour the wet ingredients into the dry ingredients and mix until well combined. Stir in the chopped nuts.
- 5 Press the mixture into the prepared pan and bake for 15 minutes.
- 6 Let the bars cool completely before cutting into 12 bars.

# Meal Prep Berry Breakfast Bars

18g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**230**

CALORIES

**18g**

PROTEIN

**25g**

CARBS

**11g**

FAT

## INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

2 large eggs

120g unsweetened applesauce

60g honey

150g mixed berries (fresh or frozen)

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats, protein powder, eggs, applesauce, and honey. Mix until well combined.
- 3 Gently fold in the mixed berries.
- 4 Pour the mixture into the prepared pan and bake for 20 minutes, or until golden brown.
- 5 Let the bars cool completely in the pan.
- 6 Cut into 12 bars and store in an airtight container in the refrigerator.

# Meal Prep Banana Bread Protein Bars

19g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**240**

CALORIES

**19g**

PROTEIN

**26g**

CARBS

**11g**

FAT

## INGREDIENTS

2 ripe bananas, mashed

120g vanilla whey protein powder

180g rolled oats

2 large eggs

60g honey

50g chopped walnuts

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the mashed bananas, protein powder, rolled oats, eggs, and honey. Mix until well combined.
- 3 Stir in the chopped walnuts.
- 4 Pour the mixture into the prepared pan and bake for 20 minutes.
- 5 Let the bars cool completely in the pan.
- 6 Cut into 12 bars and store in the refrigerator.

# Meal Prep Pumpkin Spice Protein Bars

18g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**230**

CALORIES

**18g**

PROTEIN

**24g**

CARBS

**11g**

FAT

## INGREDIENTS

240g pumpkin puree

120g vanilla whey protein powder

180g rolled oats

2 large eggs

60g maple syrup

1 teaspoon pumpkin pie spice

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the pumpkin puree, protein powder, rolled oats, eggs, maple syrup, and pumpkin pie spice. Mix until well combined.
- 3 Pour the mixture into the prepared pan and bake for 20 minutes.
- 4 Let the bars cool completely in the pan.
- 5 Cut into 12 bars and store in the refrigerator.
- 6 Enjoy a taste of fall in a healthy protein bar.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 180g rolled oats
- ☐ 120g vanilla whey protein powder

## DAIRY & EGGS

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- ☐ 120g almond butter
- ☐ 60ml milk
- ☐ 2 large eggs

## PRODUCE

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- ☐ 120g unsweetened applesauce
- ☐ 2 ripe bananas, mashed
- ☐ 240g pumpkin puree
- ☐ 1 teaspoon pumpkin pie spice

## SWEETENERS & FLAVORINGS

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- ☐ 80g honey
- ☐ 60g honey
- ☐ 60g maple syrup

## OTHER

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- ☐ 50g chopped nuts
- ☐ 150g mixed berries (fresh or frozen)
- ☐ 50g chopped walnuts

## 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 [proteinbars.co](https://proteinbars.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.



## Want More Recipes?

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

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