



DESSERT FOR BREAKFAST

Indulgent yet healthy oatmeal recipes that taste like dessert but are packed with protein.

4 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Recipe Title 11	21g protein
2. Recipe Title 13	23g protein
3. Recipe Title 15	20g protein
4. Recipe Title 17	22g protein

Combined Shopping List

Pro Tips

Recipe Title 11

21g

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

355
CALORIES

21g
PROTEIN

41g
CARBS

13g
FAT

INGREDIENTS

100g ingredient 11

50g ingredient 12

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 13

23g

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

365
CALORIES

23g
PROTEIN

43g
CARBS

11g
FAT

INGREDIENTS

- 100g ingredient 13
- 50g ingredient 14

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 15

20g

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

375
CALORIES

20g
PROTEIN

45g
CARBS

13g
FAT

INGREDIENTS

100g ingredient 15

50g ingredient 16

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 17

22g

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

385
CALORIES

22g
PROTEIN

47g
CARBS

11g
FAT

INGREDIENTS

- 100g ingredient 17
- 50g ingredient 18

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 11
- ☐ 50g ingredient 12
- ☐ 100g ingredient 13
- ☐ 50g ingredient 14
- ☐ 100g ingredient 15
- ☐ 50g ingredient 16
- ☐ 100g ingredient 17
- ☐ 50g ingredient 18

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.

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