



MEAL PREP

Plan your week with these easy and convenient meal prep oatmeal recipes.

4 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Recipe Title 19	24g protein
2. Recipe Title 21	21g protein
3. Recipe Title 23	23g protein
4. Recipe Title 25	20g protein

Combined Shopping List

Pro Tips

Recipe Title 19

24g

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

395

CALORIES

24g

PROTEIN

49g

CARBS

13g

FAT

INGREDIENTS

100g ingredient 19

50g ingredient 20

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 21

21g

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

405

CALORIES

21g

PROTEIN

51g

CARBS

11g

FAT

INGREDIENTS

100g ingredient 21

50g ingredient 22

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 23

23g

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

415
CALORIES

23g
PROTEIN

53g
CARBS

13g
FAT

INGREDIENTS

- 100g ingredient 23
- 50g ingredient 24

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 25

20g

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

425
CALORIES

20g
PROTEIN

55g
CARBS

11g
FAT

INGREDIENTS

- 100g ingredient 25
- 50g ingredient 26

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 19
- ☐ 50g ingredient 20
- ☐ 100g ingredient 21
- ☐ 50g ingredient 22
- ☐ 100g ingredient 23
- ☐ 50g ingredient 24
- ☐ 100g ingredient 25
- ☐ 50g ingredient 26

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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