



# HOLIDAY BITES

Festive and flavorful protein bites perfect for holiday gatherings.

4 Macro-Verified Recipes

ProteinBites | [proteinbites.co](https://proteinbites.co)

# WHAT'S INSIDE

1. Recipe Title 10	20g protein
2. Recipe Title 11	21g protein
3. Recipe Title 12	22g protein
4. Recipe Title 13	23g protein

Combined Shopping List

Pro Tips

# Recipe Title 10

20g

Prep: 10 min    Cook: 0 min    Total: 10 min    Yield: 12 servings    Difficulty: Easy

**185**  
CALORIES

**20g**  
PROTEIN

**15g**  
CARBS

**8g**  
FAT

## INGREDIENTS

120g ingredient 10

60g ingredient 11

## 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 11

21g

Prep: 10 min    Cook: 0 min    Total: 10 min    Yield: 12 servings    Difficulty: Easy

**187**  
CALORIES

**21g**  
PROTEIN

**16g**  
CARBS

**9g**  
FAT

## INGREDIENTS

120g ingredient 11

60g 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 12

22g

Prep: 10 min    Cook: 0 min    Total: 10 min    Yield: 12 servings    Difficulty: Easy

**189**  
CALORIES

**22g**  
PROTEIN

**14g**  
CARBS

**6g**  
FAT

## INGREDIENTS

- 120g ingredient 12
- 60g ingredient 13

## 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: 0 min    Total: 10 min    Yield: 12 servings    Difficulty: Easy

**191**  
CALORIES

**23g**  
PROTEIN

**15g**  
CARBS

**7g**  
FAT

## INGREDIENTS

120g ingredient 13

60g 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

# COMBINED SHOPPING LIST

## OTHER

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- ☐ 120g ingredient 10
- ☐ 60g ingredient 11
- ☐ 120g ingredient 11
- ☐ 60g ingredient 12
- ☐ 120g ingredient 12
- ☐ 60g ingredient 13
- ☐ 120g ingredient 13
- ☐ 60g ingredient 14

## 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](https://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.

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