



CHIA STARTER

Everything you need to get started with delicious and healthy protein-packed chia puddings.

5 Macro-Verified Recipes

ProteinPudding | proteinpudding.co

WHAT'S INSIDE

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- 1. Chocolate Chia Protein Pudding 20g protein
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Combined Shopping List

Pro Tips

Chocolate Chia Protein Pudding

20g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

250

CALORIES

20g

PROTEIN

20g

CARBS

12g

FAT

INGREDIENTS

60g chocolate plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

15g unsweetened cocoa powder

5g maple syrup or other sweetener
to taste

INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and cocoa powder.
- 2 Pour in the almond milk and sweetener, and whisk until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of almond milk.
- 5 Top with your favorite toppings, such as fresh berries, nuts, or seeds.

Matcha Chia Protein Pudding

18g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

220

CALORIES

18g

PROTEIN

18g

CARBS

10g

FAT

INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

5g matcha powder

5g maple syrup or other sweetener
to taste

INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and matcha powder.
- 2 Pour in the almond milk and sweetener, and whisk until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of almond milk.
- 5 Top with fresh berries or a sprinkle of coconut flakes.

Mango Chia Protein Pudding

16g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

240

CALORIES

16g

PROTEIN

25g

CARBS

10g

FAT

INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

240ml coconut milk

150g ripe mango, pureed

INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and coconut milk.
- 2 Stir in the pureed mango until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of coconut milk.
- 5 Top with fresh mango chunks and a sprinkle of toasted coconut.

Raspberry Chia Protein Pudding

17g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

230

CALORIES

17g

PROTEIN

22g

CARBS

10g

FAT

INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

100g fresh or frozen raspberries, mashed

INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and almond milk.
- 2 Stir in the mashed raspberries until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving.
- 5 Top with a few whole raspberries and a sprinkle of seeds.

Mixed Berry Chia Protein Pudding

18g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

240

CALORIES

18g

PROTEIN

24g

CARBS

10g

FAT

INGREDIENTS

45g vanilla plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

150g mixed berries (fresh or frozen)

INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and almond milk.
- 2 Gently stir in the mixed berries.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving.
- 5 Top with extra berries and a sprinkle of granola.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g chocolate plant-based protein powder
- 15g unsweetened cocoa powder
- 45g vanilla plant-based protein powder
- 5g matcha powder

DAIRY & EGGS

- 360ml unsweetened almond milk
- 240ml coconut milk

SWEETENERS & FLAVORINGS

- 5g maple syrup or other sweetener to taste

OTHER

- 45g chia seeds
- 150g ripe mango, pureed
- 100g fresh or frozen raspberries, mashed
- 150g mixed berries (fresh or frozen)

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 proteinpudding.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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

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