



## QUICK ENERGY

Get a quick and healthy energy boost with these protein-packed bites.

4 Macro-Verified Recipes

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

## WHAT'S INSIDE

1. Vegan Protein Balls

16g protein

2. Nut-Free Protein Balls

15g protein

3. Lemon Protein Balls

15g protein

4. Trail Mix Protein Balls

18g protein

Combined Shopping List

Pro Tips

# Vegan Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

**155**  
CALORIES

**16g**  
PROTEIN

**16g**  
CARBS

**7g**  
FAT

## INGREDIENTS

180g rolled oats

60g vanilla pea protein powder

128g almond butter

80g maple syrup

60g vegan chocolate chips

5ml vanilla extract

## INSTRUCTIONS

- 1 Combine oats and protein powder.
- 2 Stir in almond butter, maple syrup, and vanilla.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate 30 minutes.

# Nut-Free Protein Balls

15g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 20 balls

Difficulty: Easy

**150**  
CALORIES

**15g**  
PROTEIN

**16g**  
CARBS

**7g**  
FAT

## INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

192g sunflower seed butter

60g honey

60g mini chocolate chips

## INSTRUCTIONS

- 1 Mix oats and protein powder.
- 2 Stir in sunflower butter and honey.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate until firm.

# Lemon Protein Balls

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

**145**  
CALORIES

**15g**  
PROTEIN

**15g**  
CARBS

**6g**  
FAT

## INGREDIENTS

150g oat flour

60g vanilla whey protein powder

128g cashew butter

60g honey

15ml fresh lemon juice

10g lemon zest

## INSTRUCTIONS

- 1 Combine oat flour and protein powder.
- 2 Stir in cashew butter, honey, lemon juice, and zest.
- 3 Form 20 balls.
- 4 Roll in extra lemon zest or powdered sweetener.
- 5 Refrigerate 30 minutes.

# Trail Mix Protein Balls

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 18 balls

Difficulty: Easy

**175**  
CALORIES

**18g**  
PROTEIN

**17g**  
CARBS

**9g**  
FAT

## INGREDIENTS

150g rolled oats

60g vanilla whey protein powder

128g mixed nut butter

60g honey

30g mixed nuts, chopped

30g dried cranberries

30g dark chocolate chips

## INSTRUCTIONS

- 1 Combine oats, protein powder, nut butter, and honey.
- 2 Fold in nuts, cranberries, and chocolate chips.
- 3 Form 18 balls.
- 4 Refrigerate until firm.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 180g rolled oats
- ☐ 60g vanilla pea protein powder
- ☐ 60g vanilla whey protein powder
- ☐ 150g oat flour
- ☐ 150g rolled oats

## DAIRY & EGGS

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- ☐ 128g almond butter
- ☐ 192g sunflower seed butter
- ☐ 128g cashew butter
- ☐ 128g mixed nut butter

## PRODUCE

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- ☐ 15ml fresh lemon juice
- ☐ 10g lemon zest

## SWEETENERS & FLAVORINGS

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- ☐ 80g maple syrup
- ☐ 60g vegan chocolate chips
- ☐ 5ml vanilla extract
- ☐ 60g honey
- ☐ 60g mini chocolate chips
- ☐ 30g dark chocolate chips

## OTHER

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30g mixed nuts, chopped

☐ 30g dried cranberries



## 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)