



# OVERNIGHT STARTER

A collection of our easiest and most delicious overnight oat recipes to get you started.

5 Macro-Verified Recipes

ProteinOatmeal | [proteinoatmeal.co](https://proteinoatmeal.co)

# WHAT'S INSIDE

1. Classic Vanilla Overnight Oats	25g protein
2. Recipe Title 4	24g protein
3. Recipe Title 6	21g protein
4. Recipe Title 8	23g protein
5. Recipe Title 10	20g protein

Combined Shopping List
Pro Tips

# Classic Vanilla Overnight Oats

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 1 serving

Difficulty: Easy

**350**

CALORIES

**25g**

PROTEIN

**40g**

CARBS

**12g**

FAT

## INGREDIENTS

80g rolled oats

30g vanilla whey protein powder

15g chia seeds

240ml unsweetened almond milk

5ml vanilla extract

Sweetener to taste

## INSTRUCTIONS

- 1 In a jar or bowl, mix together the rolled oats, vanilla whey protein powder, and chia seeds.
- 2 Pour in the unsweetened almond milk and vanilla extract.
- 3 Stir everything together until well combined. Add sweetener to your desired taste.
- 4 Cover the container and refrigerate for at least 4 hours, or overnight.
- 5 Stir before serving and add your favorite toppings like berries or nuts.

# Recipe Title 4

24g

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

320

CALORIES

24g

PROTEIN

34g

CARBS

10g

FAT

## INGREDIENTS

100g ingredient 4

50g ingredient 5

## 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 6

21g

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

330

CALORIES

21g

PROTEIN

36g

CARBS

12g

FAT

## INGREDIENTS

100g ingredient 6

50g ingredient 7

## 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 8

23g

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

**340**  
CALORIES

**23g**  
PROTEIN

**38g**  
CARBS

**10g**  
FAT

## INGREDIENTS

100g ingredient 8

50g ingredient 9

## 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 10

20g

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

350

CALORIES

20g

PROTEIN

40g

CARBS

12g

FAT

## INGREDIENTS

100g ingredient 10

50g 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

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 80g rolled oats
- ☐ 30g vanilla whey protein powder

## DAIRY & EGGS

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- ☐ 240ml unsweetened almond milk

## SWEETENERS & FLAVORINGS

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- ☐ 5ml vanilla extract

## OTHER

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- ☐ 15g chia seeds
- ☐ Sweetener to taste
- ☐ 100g ingredient 4
- ☐ 50g ingredient 5
- ☐ 100g ingredient 6
- ☐ 50g ingredient 7
- ☐ 100g ingredient 8
- ☐ 50g ingredient 9
- ☐ 100g ingredient 10
- ☐ 50g ingredient 11



## 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](https://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.

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