



QUICK BREAD COLLECTION

Delicious and easy-to-make protein quick breads for any occasion.

5 Macro-Verified Recipes

ProteinBread | protein-bread.com

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Combined Shopping List
Pro Tips

Healthy Protein Pumpkin Bread

24g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

210

CALORIES

24g

PROTEIN

19g

CARBS

7g

FAT

INGREDIENTS

240g pumpkin puree

100g vanilla whey protein powder

80g whole wheat flour

2 large eggs

60g maple syrup

60ml almond milk

1 tsp pumpkin pie spice

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C) and grease a loaf pan.
- 2 In a large bowl, combine the pumpkin puree, eggs, maple syrup, and almond milk.
- 3 In a separate bowl, whisk together the protein powder, whole wheat flour, pumpkin pie spice, and baking powder.
- 4 Add the dry ingredients to the wet ingredients and stir until just combined.
- 5 Pour the batter into the prepared loaf pan and bake for 25-30 minutes.
- 6 Let the bread cool before slicing and serving.

Delicious Protein Zucchini Bread

20g

Prep: 20 min

Cook: 35 min

Total: 55 min

Yield: 12 slices

Difficulty: Easy

190

CALORIES

20g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

200g grated zucchini

100g vanilla whey protein powder

100g all-purpose flour

2 large eggs

80g honey

60ml coconut oil, melted

1 tsp cinnamon

1/2 tsp baking soda

1/2 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease and flour a 9×5-inch loaf pan.
- 2 Squeeze the grated zucchini to remove excess moisture.
- 3 In a large bowl, whisk together the eggs, honey, and melted coconut oil.
- 4 Stir in the grated zucchini. In a separate bowl, combine the protein powder, flour, cinnamon, baking soda, and baking powder. Add the dry ingredients to the wet and mix until just combined.
- 5 Pour the batter into the prepared pan and bake for 30-35 minutes.
- 6 Cool in the pan for 10 minutes before transferring to a wire rack.

Fluffy Protein Cloud Bread

15g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 10 pieces

Difficulty: Medium

100

CALORIES

15g

PROTEIN

2g

CARBS

4g

FAT

INGREDIENTS

3 large eggs, separated

60g cream cheese, softened

30g unflavored whey protein powder

1/4 tsp cream of tartar

INSTRUCTIONS

- 1 Preheat your oven to 300°F (150°C).
- 2 In a clean bowl, beat the egg whites and cream of tartar until stiff peaks form.
- 3 In a separate bowl, mix the egg yolks, cream cheese, and protein powder until smooth.
- 4 Gently fold the yolk mixture into the egg whites until just combined, being careful not to deflate the whites.
- 5 Spoon the mixture onto a baking sheet lined with parchment paper, forming small circles. Bake for 15-20 minutes, or until golden brown.
- 6 Let them cool on the baking sheet for a few minutes before transferring to a wire rack.

High Protein Pumpkin Bread

26g

Prep: 15 min

Cook: 35 min

Total: 50 min

Yield: 12 slices

Difficulty: Easy

230

CALORIES

26g

PROTEIN

20g

CARBS

9g

FAT

INGREDIENTS

250g pumpkin puree

120g vanilla whey protein powder

70g almond flour

3 large eggs

50g coconut sugar

50ml melted coconut oil

1.5 tsp pumpkin pie spice

1 tsp baking soda

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease and flour a loaf pan.
- 2 In a large bowl, whisk together the pumpkin puree, eggs, coconut sugar, and melted coconut oil.
- 3 In a separate bowl, combine the whey protein powder, almond flour, pumpkin pie spice, and baking soda.
- 4 Add the dry ingredients to the wet ingredients and mix until just combined. Do not overmix.
- 5 Pour the batter into the prepared loaf pan and bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
- 6 Let the bread cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

Apple Cinnamon Protein Bread

21g

Prep: 20 min

Cook: 35 min

Total: 55 min

Yield: 12 slices

Difficulty: Easy

200

CALORIES

21g

PROTEIN

20g

CARBS

7g

FAT

INGREDIENTS

150g grated apple

120g vanilla whey protein powder

100g oat flour

2 large eggs

60g unsweetened applesauce

40g maple syrup

1.5 tsp cinnamon

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 Grate the apple and squeeze out excess moisture.
- 3 Whisk together eggs, applesauce, and maple syrup.
- 4 Stir in the grated apple. In a separate bowl, combine protein powder, oat flour, cinnamon, and baking powder. Add dry to wet and mix.
- 5 Pour into pan and bake for 30-35 minutes.
- 6 Cool before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 100g vanilla whey protein powder
- ☐ 80g whole wheat flour
- ☐ 1 tsp baking powder
- ☐ 100g all-purpose flour
- ☐ 1/2 tsp baking soda
- ☐ 1/2 tsp baking powder
- ☐ 30g unflavored whey protein powder
- ☐ 120g vanilla whey protein powder
- ☐ 70g almond flour
- ☐ 1 tsp baking soda
- ☐ 100g oat flour

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 60ml almond milk
- ☐ 3 large eggs, separated
- ☐ 60g cream cheese, softened
- ☐ 1/4 tsp cream of tartar
- ☐ 3 large eggs

PRODUCE

- ☐ 240g pumpkin puree
- ☐ 1 tsp pumpkin pie spice
- ☐ 250g pumpkin puree
- ☐ 1.5 tsp pumpkin pie spice

- ☐ 150g grated apple
- ☐ 60g unsweetened applesauce

SWEETENERS & FLAVORINGS

- ☐ 60g maple syrup
- ☐ 80g honey
- ☐ 50g coconut sugar
- ☐ 40g maple syrup

OTHER

- ☐ 200g grated zucchini
- ☐ 60ml coconut oil, melted
- ☐ 1 tsp cinnamon
- ☐ 50ml melted coconut oil
- ☐ 1.5 tsp cinnamon

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 protein-bread.com for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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

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