



# CHOCOLATE LOVERS

A collection of our most decadent and chocolatey protein bites.

4 Macro-Verified Recipes

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

# WHAT'S INSIDE

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Combined Shopping List

Pro Tips

# Chocolate Coconut Energy Bites

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 24 bites

Difficulty: Easy

**150**

CALORIES

**18g**

PROTEIN

**12g**

CARBS

**8g**

FAT

## INGREDIENTS

240g rolled oats

120g shredded coconut

60g chocolate whey protein powder

50g cocoa powder

250g peanut butter

180g honey

5ml vanilla extract

## INSTRUCTIONS

- 1 In a large bowl, mix together the rolled oats, shredded coconut, protein powder, and cocoa powder.
- 2 Add the peanut butter, honey, and vanilla extract to the bowl.
- 3 Stir all the ingredients together until well combined. The mixture should be thick and sticky.
- 4 Take small portions of the mixture and roll them into bite-sized balls, about 1-inch in diameter.
- 5 Place the bites on a baking sheet lined with parchment paper and chill in the refrigerator for at least 30 minutes to firm up.
- 6 Store the bites in an airtight container in the refrigerator for up to a week.

# Recipe Title 3

23g

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

**171**  
CALORIES

**23g**  
PROTEIN

**14g**  
CARBS

**9g**  
FAT

## INGREDIENTS

- 120g ingredient 3
- 60g ingredient 4

## 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 4

24g

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

**173**  
CALORIES

**24g**  
PROTEIN

**15g**  
CARBS

**6g**  
FAT

## INGREDIENTS

120g ingredient 4

60g 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 5

20g

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

**175**  
CALORIES

**20g**  
PROTEIN

**16g**  
CARBS

**7g**  
FAT

## INGREDIENTS

120g ingredient 5

60g ingredient 6

## 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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- ☐ 240g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 50g cocoa powder

## DAIRY & EGGS

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- ☐ 250g peanut butter

## SWEETENERS & FLAVORINGS

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- ☐ 180g honey
- ☐ 5ml vanilla extract

## OTHER

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- ☐ 120g shredded coconut
- ☐ 120g ingredient 3
- ☐ 60g ingredient 4
- ☐ 120g ingredient 4
- ☐ 60g ingredient 5
- ☐ 120g ingredient 5
- ☐ 60g ingredient 6

## 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)