



STARTER PACK

5 essential protein bar recipes to get you started. Perfect for beginners!

5 Macro-Verified Recipes

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WHAT'S INSIDE

1. No-Bake Chocolate Peanut Butter Bars

22g protein

2. Vegan Almond Joy Protein Bars

15g protein

3. High-Protein Chocolate Brownie Bars

25g protein

4. Meal Prep Oat and Honey Protein Bars

20g protein

5. No-Bake Cashew Coconut Protein Bars

18g protein

Combined Shopping List

Pro Tips

No-Bake Chocolate Peanut Butter Bars

22g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

250

CALORIES

22g

PROTEIN

20g

CARBS

15g

FAT

INGREDIENTS

240g creamy peanut butter

120g honey

120g vanilla whey protein powder

90g rolled oats

60g dark chocolate chips

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, mix together the peanut butter and honey until well combined.
- 3 Add the protein powder and rolled oats to the bowl and mix until a thick dough forms.
- 4 Press the dough evenly into the prepared pan.
- 5 Melt the dark chocolate chips in the microwave in 30-second intervals, stirring until smooth.
- 6 Pour the melted chocolate over the dough and spread evenly. Refrigerate for at least 30 minutes before cutting into bars.

Vegan Almond Joy Protein Bars

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

220

CALORIES

15g

PROTEIN

18g

CARBS

14g

FAT

INGREDIENTS

150g shredded coconut

120g vanilla plant-based protein powder

80g coconut oil, melted

60g maple syrup

24 whole almonds

100g vegan dark chocolate chips

INSTRUCTIONS

- 1 In a bowl, combine the shredded coconut, protein powder, melted coconut oil, and maple syrup. Mix until well combined.
- 2 Press the mixture into a lined 8×8 inch pan.
- 3 Press two whole almonds into the top of each future bar location.
- 4 Refrigerate for 20 minutes to firm up.
- 5 Melt the vegan dark chocolate chips in the microwave.
- 6 Drizzle the melted chocolate over the bars and refrigerate until set. Cut into 12 bars.

High-Protein Chocolate Brownie Bars

25g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

200

CALORIES

25g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

1 can (425g) black beans, rinsed and drained

120g chocolate whey protein powder

60g unsweetened cocoa powder

60g erythritol

2 large eggs

60g unsweetened applesauce

1 teaspoon baking powder

50g sugar-free chocolate chips

INSTRUCTIONS

- 1** Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2** In a food processor, blend the black beans, protein powder, cocoa powder, erythritol, eggs, and applesauce until smooth.
- 3** Add the baking powder and pulse a few times to combine.
- 4** Pour the batter into a bowl and stir in the sugar-free chocolate chips.
- 5** Pour the batter into the prepared pan and bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
- 6** Let the brownie cool completely before cutting into 12 bars.

Meal Prep Oat and Honey Protein Bars

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 12 bars

Difficulty: Easy

240

CALORIES

20g

PROTEIN

28g

CARBS

10g

FAT

INGREDIENTS

180g rolled oats

120g vanilla whey protein powder

120g almond butter

80g honey

60ml milk

50g chopped nuts

INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the rolled oats and protein powder.
- 3 In a separate bowl, whisk together the almond butter, honey, and milk.
- 4 Pour the wet ingredients into the dry ingredients and mix until well combined. Stir in the chopped nuts.
- 5 Press the mixture into the prepared pan and bake for 15 minutes.
- 6 Let the bars cool completely before cutting into 12 bars.

No-Bake Cashew Coconut Protein Bars

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 12 bars

Difficulty: Easy

260

CALORIES

18g

PROTEIN

20g

CARBS

16g

FAT

INGREDIENTS

240g cashew butter

120g vanilla whey protein powder

90g shredded coconut

80g maple syrup

60g coconut flour

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine all ingredients and mix until a thick dough forms.
- 3 Press the dough evenly into the prepared pan.
- 4 Refrigerate for at least 1 hour to set.
- 5 Cut into 12 bars and store in the refrigerator.
- 6 For extra flavor, drizzle with melted white chocolate before chilling.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 120g vanilla whey protein powder
- 90g rolled oats
- 120g vanilla plant-based protein powder
- 120g chocolate whey protein powder
- 60g unsweetened cocoa powder
- 1 teaspoon baking powder
- 180g rolled oats
- 60g coconut flour

DAIRY & EGGS

- 240g creamy peanut butter
- 2 large eggs
- 120g almond butter
- 60ml milk
- 240g cashew butter

PRODUCE

- 60g unsweetened applesauce

SWEETENERS & FLAVORINGS

- 120g honey
- 60g dark chocolate chips
- 60g maple syrup
- 100g vegan dark chocolate chips
- 50g sugar-free chocolate chips
-

80g honey

80g maple syrup

OTHER

- 150g shredded coconut
- 80g coconut oil, melted
- 24 whole almonds
- 1 can (425g) black beans, rinsed and drained
- 60g erythritol
- 50g chopped nuts
- 90g shredded coconut

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

Want More Recipes?

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

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