



MEAL PREP

Plan your week with these easy and convenient meal prep oatmeal recipes.

4 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Coconut Protein Oatmeal

22g protein

2. Coffee Protein Oatmeal

24g protein

3. Carrot Cake Protein Oatmeal

23g protein

4. Almond Butter Protein Oatmeal

26g protein

Combined Shopping List

Pro Tips

Coconut Protein Oatmeal

22g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

360

CALORIES

22g

PROTEIN

42g

CARBS

12g

FAT

INGREDIENTS

80g rolled oats

200ml coconut milk

30g vanilla whey protein powder

20g shredded coconut

100g mango, diced

10g honey

INSTRUCTIONS

- 1 Cook oats in coconut milk for 4 minutes.
- 2 Let cool 1-2 minutes.
- 3 Stir in protein powder.
- 4 Add shredded coconut and diced mango.
- 5 Drizzle with honey.

Coffee Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

340

CALORIES

24g

PROTEIN

40g

CARBS

10g

FAT

INGREDIENTS

80g rolled oats

180ml brewed coffee

60ml milk

30g vanilla whey protein powder

15g almond butter

10g maple syrup

10g dark chocolate chips

INSTRUCTIONS

- 1 Use freshly brewed coffee, cooled slightly.
- 2 Cook oats in coffee and milk for 4 minutes.
- 3 Let cool 2 minutes.
- 4 Stir in protein powder.
- 5 Add almond butter, maple syrup, and chocolate chips.

Carrot Cake Protein Oatmeal

23g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

370

CALORIES

23g

PROTEIN

48g

CARBS

10g

FAT

INGREDIENTS

80g rolled oats

240ml milk

50g shredded carrots

30g vanilla whey protein powder

5g cinnamon

2g nutmeg

20g raisins

15g cream cheese

INSTRUCTIONS

- 1 Cook oats in milk with carrots and spices for 5 minutes.
- 2 Let cool 1-2 minutes.
- 3 Stir in protein powder.
- 4 Fold in raisins.
- 5 Add a dollop of cream cheese on top.

Almond Butter Protein Oatmeal

26g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

400

CALORIES

26g

PROTEIN

42g

CARBS

14g

FAT

INGREDIENTS

80g rolled oats

240ml almond milk

30g vanilla whey protein powder

32g almond butter

1 banana, sliced

10g sliced almonds

INSTRUCTIONS

- 1 Cook oats in almond milk for 4 minutes.
- 2 Stir in almond butter while warm.
- 3 Let cool 1 minute.
- 4 Mix in protein powder.
- 5 Add banana slices and sliced almonds.

COMBINED SHOPPING LIST

DRY INGREDIENTS

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

DAIRY & EGGS

- ☐ 200ml coconut milk
- ☐ 60ml milk
- ☐ 15g almond butter
- ☐ 240ml milk
- ☐ 15g cream cheese
- ☐ 240ml almond milk
- ☐ 32g almond butter

PRODUCE

- ☐ 1 banana, sliced

SWEETENERS & FLAVORINGS

- ☐ 10g honey
- ☐ 10g maple syrup
- ☐ 10g dark chocolate chips

OTHER

- ☐ 20g shredded coconut
- ☐ 100g mango, diced
- ☐ 180ml brewed coffee
- ☐ 50g shredded carrots
- ☐

5g cinnamon

☐ 2g nutmeg

☐ 20g raisins

☐ 10g sliced almonds

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 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)