



STARTER PACK

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

5 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Simple Protein Banana Bread Recipe	22g protein
2. Ultimate High-Protein Banana Bread	30g protein
3. Everyday High Protein Bread	25g protein
4. Lemon Blueberry Protein Bread	20g protein
5. Apple Cinnamon Protein Bread	21g protein

Combined Shopping List
Pro Tips

Simple Protein Banana Bread Recipe

22g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 slices

Difficulty: Easy

200

CALORIES

22g

PROTEIN

18g

CARBS

7g

FAT

INGREDIENTS

180g ripe bananas

90g vanilla whey protein

100g all-purpose flour

1 large egg

50ml milk

40g brown sugar

1.5 tsp baking powder

0.5 tsp cinnamon

INSTRUCTIONS

- 1 Preheat oven to 180°C (350°F). Grease a loaf pan.
- 2 In a bowl, mash the bananas with a fork.
- 3 Add the egg, milk, and brown sugar to the bananas and mix well. In a separate bowl, combine the flour, protein powder, baking powder, and cinnamon. Add the dry ingredients to the wet and stir until just combined.
- 4 Pour the batter into the loaf pan.
- 5 Bake for 20-25 minutes, or until a skewer inserted into the center comes out clean.
- 6 Let it cool before slicing.

Ultimate High-Protein Banana Bread

30g

Prep: 15 min

Cook: 35 min

Total: 50 min

Yield: 10 slices

Difficulty: Medium

250

CALORIES

30g

PROTEIN

24g

CARBS

9g

FAT

INGREDIENTS

250g ripe bananas

80g whey protein isolate
(unflavored)

50g micellar casein (vanilla)

60g almond flour

40g coconut flour

3 large eggs

100g Greek yogurt

50g erythritol or sweetener of
choice

2 tsp baking powder

1 tsp cinnamon

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease a loaf pan thoroughly.
- 2 In a large bowl, mash the bananas. Whisk in the eggs and Greek yogurt until smooth.
- 3 In a separate bowl, combine whey protein, casein, almond flour, coconut flour, sweetener, baking powder, and cinnamon.
- 4 Gently fold the dry ingredients into the wet ingredients until just combined. The batter will be thick.
- 5 Spread the batter into the prepared pan and bake for 30-35 minutes. Check for doneness with a toothpick.
- 6 Let the bread cool in the pan for 15 minutes, then transfer to a wire rack to cool completely before slicing.

Everyday High Protein Bread

25g

Prep: 15 min

Cook: 35 min

Total: 50 min

Yield: 10 slices

Difficulty: Easy

200

CALORIES

25g

PROTEIN

12g

CARBS

7g

FAT

INGREDIENTS

150g vital wheat gluten

80g oat fiber

50g flaxseed meal

1 packet (7g) instant yeast

240ml warm water

30ml olive oil

1 tsp salt

INSTRUCTIONS

- 1 In a small bowl, combine the warm water and yeast. Let it sit for 5 minutes until foamy.
- 2 In a large bowl, whisk together the vital wheat gluten, oat fiber, flaxseed meal, and salt.
- 3 Add the yeast mixture and olive oil to the dry ingredients. Mix until a dough forms.
- 4 Knead the dough on a lightly floured surface for 5-7 minutes, until it becomes elastic.
- 5 Place the dough in a greased loaf pan, cover, and let it rise for 30 minutes. Bake at 375°F (190°C) for 25-30 minutes.
- 6 Let the bread cool completely before slicing.

Lemon Blueberry Protein Bread

20g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

190

CALORIES

20g

PROTEIN

18g

CARBS

7g

FAT

INGREDIENTS

120g vanilla whey protein powder

100g oat flour

100g fresh or frozen blueberries

3 large eggs

120ml milk

60g sweetener

1 lemon, zested and juiced

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 In a large bowl, mix together the protein powder, oat flour, eggs, milk, sweetener, lemon zest, and lemon juice.
- 3 Gently fold in the blueberries.
- 4 Pour the batter into the loaf pan and bake for 25-30 minutes.
- 5 Let the bread cool before slicing.
- 6 A sweet and zesty protein treat.

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

- ☐ 90g vanilla whey protein
- ☐ 100g all-purpose flour
- ☐ 1.5 tsp baking powder
- ☐ 80g whey protein isolate (unflavored)
- ☐ 60g almond flour
- ☐ 40g coconut flour
- ☐ 2 tsp baking powder
- ☐ 80g oat fiber
- ☐ 120g vanilla whey protein powder
- ☐ 100g oat flour
- ☐ 1 tsp baking powder

DAIRY & EGGS

- ☐ 1 large egg
- ☐ 50ml milk
- ☐ 3 large eggs
- ☐ 100g Greek yogurt
- ☐ 120ml milk
- ☐ 2 large eggs

PRODUCE

- ☐ 180g ripe bananas
- ☐ 250g ripe bananas
- ☐ 1 lemon, zested and juiced
- ☐ 150g grated apple

- ☐ 60g unsweetened applesauce

SWEETENERS & FLAVORINGS

- ☐ 40g brown sugar
- ☐ 50g micellar casein (vanilla)
- ☐ 40g maple syrup

OTHER

- ☐ 0.5 tsp cinnamon
- ☐ 50g erythritol or sweetener of choice
- ☐ 1 tsp cinnamon
- ☐ 150g vital wheat gluten
- ☐ 50g flaxseed meal
- ☐ 1 packet (7g) instant yeast
- ☐ 240ml warm water
- ☐ 30ml olive oil
- ☐ 1 tsp salt
- ☐ 100g fresh or frozen blueberries
- ☐ 60g sweetener
- ☐ 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.

protein-bread.com