



## STARTER PACK

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

5 Macro-Verified Recipes

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

## WHAT'S INSIDE

1. Peanut Butter Protein Balls

18g protein

2. No-Bake Protein Balls

16g protein

3. Oatmeal Protein Balls

17g protein

4. Chocolate Protein Balls

20g protein

5. Easy Protein Balls

15g protein

Combined Shopping List

Pro Tips

# Peanut Butter Protein Balls

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

**165**

CALORIES

**18g**

PROTEIN

**14g**

CARBS

**9g**

FAT

## INGREDIENTS

256g natural peanut butter

120g rolled oats

60g vanilla whey protein powder

80g honey

60g mini chocolate chips

5ml vanilla extract

## INSTRUCTIONS

- 1 In a large bowl, combine the peanut butter, honey, and vanilla extract until smooth.
- 2 Stir in the oats and protein powder until well combined.
- 3 Gently fold in the mini chocolate chips.
- 4 Using wet hands, roll the mixture into 20 equal-sized balls.
- 5 Refrigerate for at least 30 minutes before serving. Store in the fridge for up to 2 weeks.

# No-Bake Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 24 balls

Difficulty: Beginner

**155**  
CALORIES

**16g**  
PROTEIN

**16g**  
CARBS

**7g**  
FAT

## INGREDIENTS

180g rolled oats

60g chocolate whey protein powder

128g almond butter

80g maple syrup

30g unsweetened cocoa powder

60ml almond milk

## INSTRUCTIONS

- 1 Mix oats, protein powder, and cocoa powder in a large bowl.
- 2 Add almond butter, maple syrup, and almond milk. Stir until combined.
- 3 If too dry, add more milk. If too wet, add more oats.
- 4 Roll into 24 balls using damp hands.
- 5 Refrigerate 30 minutes until firm.

# Oatmeal Protein Balls

17g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 20 balls

Difficulty: Easy

**160**

CALORIES

**17g**

PROTEIN

**18g**

CARBS

**6g**

FAT

## INGREDIENTS

200g rolled oats

60g vanilla whey protein powder

128g cashew butter

80g honey

5g cinnamon

60g raisins

## INSTRUCTIONS

- 1 Combine oats, protein powder, and cinnamon in a bowl.
- 2 Stir in cashew butter and honey until a dough forms.
- 3 Fold in the raisins.
- 4 Form into 20 balls.
- 5 Keep refrigerated for up to 10 days.

# Chocolate Protein Balls

20g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

**170**  
CALORIES

**20g**  
PROTEIN

**15g**  
CARBS

**8g**  
FAT

## INGREDIENTS

150g rolled oats

60g chocolate whey protein powder

45g unsweetened cocoa powder

128g almond butter

80g maple syrup

60g dark chocolate chips

## INSTRUCTIONS

- 1 Combine oats, protein powder, and cocoa powder.
- 2 Stir in almond butter and maple syrup.
- 3 Fold in chocolate chips.
- 4 Roll into 20 balls.
- 5 Refrigerate until firm, about 30 minutes.

# Easy Protein Balls

15g

Prep: 8 min

Cook: 0 min

Total: 8 min

Yield: 20 balls

Difficulty: Beginner

**145**

CALORIES

**15g**

PROTEIN

**15g**

CARBS

**7g**

FAT

## INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

128g peanut butter

80g honey

## INSTRUCTIONS

- 1 Combine all ingredients in a bowl.
- 2 Mix until dough forms.
- 3 Form 20 balls.
- 4 Eat immediately or refrigerate.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g rolled oats
- ☐ 60g vanilla whey protein powder
- ☐ 180g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 30g unsweetened cocoa powder
- ☐ 200g rolled oats
- ☐ 150g rolled oats
- ☐ 45g unsweetened cocoa powder

## DAIRY & EGGS

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- ☐ 256g natural peanut butter
- ☐ 128g almond butter
- ☐ 60ml almond milk
- ☐ 128g cashew butter
- ☐ 128g peanut butter

## SWEETENERS & FLAVORINGS

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- ☐ 80g honey
- ☐ 60g mini chocolate chips
- ☐ 5ml vanilla extract
- ☐ 80g maple syrup
- ☐ 60g dark chocolate chips

## OTHER

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- ☐ 5g cinnamon
- ☐



60g raisins

## 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)