



## MEAL PREP

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

4 Macro-Verified Recipes

ProteinOatmeal | [proteinoatmeal.co](http://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

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Combined Shopping List

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Pro Tips

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# 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

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

## DAIRY & EGGS

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

## PRODUCE

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- 1 banana, sliced

## SWEETENERS & FLAVORINGS

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

## OTHER

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- 20g shredded coconut
- 100g mango, diced
- 180ml brewed coffee
- 50g shredded carrots
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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](https://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, interactive ingredient substitutions, and more free recipe packs.

[proteinoatmeal.co](http://proteinoatmeal.co)