



## SAVORY BREAKFAST

Not a fan of sweet breakfasts? This pack is for you! Enjoy a variety of savory pancakes and crepes.

2 Macro-Verified Recipes

ProteinPancakes | [proteinpancakes.co](http://proteinpancakes.co)

## WHAT'S INSIDE

1. Savory Herb and Cheese Pancakes

28g protein

2. Savory Spinach and Feta Protein Crepes

25g protein

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Combined Shopping List

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Pro Tips

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# Savory Herb and Cheese Pancakes

28g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 3 pancakes

Difficulty: Easy

**220**

CALORIES

**28g**

PROTEIN

**10g**

CARBS

**12g**

FAT

## INGREDIENTS

40g unflavored whey protein powder

2 large eggs

30g almond flour

60ml water or milk

30g shredded cheddar cheese

1 tbsp chopped fresh chives

1/2 tsp garlic powder

Salt and pepper to taste

## INSTRUCTIONS

- 1 In a bowl, whisk together the unflavored whey protein powder, eggs, almond flour, water, garlic powder, salt, and pepper until smooth.
- 2 Stir in the shredded cheddar cheese and chopped chives.
- 3 Heat a lightly oiled skillet over medium heat. Pour about 1/3 of the batter to form a pancake.
- 4 Cook for 2-3 minutes per side, until golden brown and the cheese is melted.
- 5 Serve warm on their own or with a side of sour cream or Greek yogurt.

# Savory Spinach and Feta Protein Crepes

25g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

**260**

CALORIES

**25g**

PROTEIN

**15g**

CARBS

**14g**

FAT

## INGREDIENTS

60g all-purpose flour

30g unflavored whey protein powder

2 eggs

240ml milk

1 tbsp melted butter

120g fresh spinach, wilted

60g feta cheese, crumbled

Salt and pepper to taste

## INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, eggs, milk, and melted butter. Blend until smooth and let it rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the pan. Cook for 1-2 minutes per side.
- 3 In a bowl, combine the wilted spinach and crumbled feta cheese. Season with salt and pepper to taste.
- 4 Spread the spinach and feta filling onto each crepe and fold.
- 5 Serve immediately, garnished with a sprinkle of fresh herbs.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 40g unflavored whey protein powder
- 30g almond flour
- 1/2 tsp garlic powder
- 60g all-purpose flour
- 30g unflavored whey protein powder

## DAIRY & EGGS

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- 2 large eggs
- 60ml water or milk
- 30g shredded cheddar cheese
- 2 eggs
- 240ml milk
- 1 tbsp melted butter
- 60g feta cheese, crumbled

## OTHER

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- 1 tbsp chopped fresh chives
- Salt and pepper to taste
- 120g fresh spinach, wilted

## 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 [proteinpancakes.co](http://proteinpancakes.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

## Want More Recipes?

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

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