



# HIGH-PROTEIN PACK

Maximize your protein intake with these bars, each packed with over 20g of protein.

4 Macro-Verified Recipes

ProteinBars | [proteinbars.co](https://proteinbars.co)

# WHAT'S INSIDE

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# High-Protein Chocolate Brownie Bars

25g

Prep: 10 min

Cook: 20 min

Total: 30 min

Yield: 12 bars

Difficulty: Easy

**200**

CALORIES

**25g**

PROTEIN

**15g**

CARBS

**8g**

FAT

## INGREDIENTS

1 can (425g) black beans, rinsed and drained

120g chocolate whey protein powder

60g unsweetened cocoa powder

60g erythritol

2 large eggs

60g unsweetened applesauce

1 teaspoon baking powder

50g sugar-free chocolate chips

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a food processor, blend the black beans, protein powder, cocoa powder, erythritol, eggs, and applesauce until smooth.
- 3 Add the baking powder and pulse a few times to combine.
- 4 Pour the batter into a bowl and stir in the sugar-free chocolate chips.
- 5 Pour the batter into the prepared pan and bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
- 6 Let the brownie cool completely before cutting into 12 bars.

# High-Protein Lemon Bars

19g

Prep: 15 min

Cook: 25 min

Total: 40 min

Yield: 16 bars

Difficulty: Medium

**220**

CALORIES

**19g**

PROTEIN

**18g**

CARBS

**12g**

FAT

## INGREDIENTS

120g almond flour

60g vanilla whey protein powder

60g coconut oil, melted

3 large eggs

180g erythritol

80ml fresh lemon juice

30g coconut flour

Zest of 2 lemons

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a bowl, combine the almond flour, protein powder, and melted coconut oil. Press into the prepared pan and bake for 10 minutes.
- 3 In another bowl, whisk together the eggs, erythritol, lemon juice, coconut flour, and lemon zest until smooth.
- 4 Pour the filling over the hot crust and bake for another 15-20 minutes, or until the filling is set.
- 5 Let the bars cool completely in the pan.
- 6 Refrigerate for at least 2 hours before cutting into 16 bars.

# High-Protein Samoa Bars

20g

Prep: 20 min

Cook: 10 min

Total: 30 min

Yield: 12 bars

Difficulty: Medium

**280**

CALORIES

**20g**

PROTEIN

**22g**

CARBS

**18g**

FAT

## INGREDIENTS

120g almond flour

60g vanilla whey protein powder

60g coconut oil, melted

120g sugar-free caramel sauce

90g toasted shredded coconut

100g dark chocolate chips

## INSTRUCTIONS

- 1 In a bowl, combine the almond flour, protein powder, and melted coconut oil. Press into a lined 8×8 inch pan and bake at 175°C (350°F) for 10 minutes.
- 2 Let the base cool completely.
- 3 In a bowl, combine the caramel sauce and toasted coconut.
- 4 Spread the caramel coconut mixture over the cooled base.
- 5 Melt the dark chocolate chips and drizzle over the top.
- 6 Refrigerate for at least 1 hour before cutting into 12 bars.

# High-Protein Red Velvet Bars

22g

Prep: 15 min

Cook: 20 min

Total: 35 min

Yield: 12 bars

Difficulty: Medium

**270**

CALORIES

**22g**

PROTEIN

**20g**

CARBS

**16g**

FAT

## INGREDIENTS

1 can (425g) beets, pureed

120g vanilla whey protein powder

60g unsweetened cocoa powder

60g erythritol

2 large eggs

60g unsweetened applesauce

1 teaspoon vanilla extract

120g cream cheese, softened

30g powdered erythritol

## INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line an 8×8 inch pan with parchment paper.
- 2 In a food processor, blend the pureed beets, protein powder, cocoa powder, erythritol, eggs, applesauce, and vanilla extract until smooth.
- 3 Pour the batter into the prepared pan and bake for 18-20 minutes.
- 4 Let the bars cool completely.
- 5 In a bowl, beat the cream cheese and powdered erythritol until smooth and creamy.
- 6 Spread the frosting over the cooled bars, cut into 12 pieces, and serve.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g chocolate whey protein powder
- ☐ 60g unsweetened cocoa powder
- ☐ 1 teaspoon baking powder
- ☐ 120g almond flour
- ☐ 60g vanilla whey protein powder
- ☐ 30g coconut flour
- ☐ 120g vanilla whey protein powder
- ☐ 30g powdered erythritol

## DAIRY & EGGS

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- ☐ 2 large eggs
- ☐ 3 large eggs
- ☐ 120g cream cheese, softened

## PRODUCE

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- ☐ 60g unsweetened applesauce
- ☐ 80ml fresh lemon juice
- ☐ Zest of 2 lemons

## SWEETENERS & FLAVORINGS

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- ☐ 50g sugar-free chocolate chips
- ☐ 120g sugar-free caramel sauce
- ☐ 100g dark chocolate chips
- ☐ 1 teaspoon vanilla extract

## OTHER

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- ☐ 1 can (425g) black beans, rinsed and drained
- ☐ 60g erythritol
- ☐ 60g coconut oil, melted
- ☐ 180g erythritol
- ☐ 90g toasted shredded coconut
- ☐ 1 can (425g) beets, pureed



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

## Want More Recipes?

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

[proteinbars.co](https://proteinbars.co)