



## PARFAIT PACK

Beautiful and delicious layered parfaits that are packed with protein.

4 Macro-Verified Recipes

ProteinPudding | [proteinpudding.co](https://proteinpudding.co)

# WHAT'S INSIDE

1. Strawberry Parfait Protein Pudding	18g protein
2. Blueberry Parfait Protein Pudding	20g protein
3. Peach Parfait Protein Pudding	19g protein
4. Black Forest Parfait Protein Pudding	22g protein

Combined Shopping List

Pro Tips

# Strawberry Parfait Protein Pudding

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 2 parfaits

Difficulty: Easy

**190**

CALORIES

**18g**

PROTEIN

**18g**

CARBS

**5g**

FAT

## INGREDIENTS

60g vanilla whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

150g fresh strawberries, sliced

30g granola

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, and almond milk until smooth.
- 2 In two glasses, create layers starting with a spoonful of the protein pudding.
- 3 Add a layer of sliced strawberries on top of the pudding.
- 4 Repeat the layers of pudding and strawberries until the glasses are full.
- 5 Top each parfait with a sprinkle of granola and a few more strawberry slices before serving.

# Blueberry Parfait Protein Pudding

20g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 2 parfaits

Difficulty: Easy

**200**

CALORIES

**20g**

PROTEIN

**20g**

CARBS

**5g**

FAT

## INGREDIENTS

60g vanilla whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

150g fresh blueberries

30g crushed almonds

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, and almond milk until smooth.
- 2 In two glasses, create layers starting with a spoonful of the protein pudding.
- 3 Add a layer of fresh blueberries on top of the pudding.
- 4 Repeat the layers of pudding and blueberries until the glasses are full.
- 5 Top each parfait with a sprinkle of crushed almonds and a few more blueberries before serving.

# Peach Parfait Protein Pudding

19g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 2 parfaits

Difficulty: Easy

**200**

CALORIES

**19g**

PROTEIN

**22g**

CARBS

**4g**

FAT

## INGREDIENTS

60g vanilla whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

1 ripe peach, diced

30g granola

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, and almond milk until smooth.
- 2 In two glasses, create layers starting with a spoonful of the protein pudding.
- 3 Add a layer of diced peaches on top of the pudding.
- 4 Repeat the layers of pudding and peaches until the glasses are full.
- 5 Top each parfait with a sprinkle of granola and a few more peach slices before serving.

# Black Forest Parfait Protein Pudding

22g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 2 parfaits

Difficulty: Easy

**240**

CALORIES

**22g**

PROTEIN

**25g**

CARBS

**7g**

FAT

## INGREDIENTS

60g chocolate whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

150g pitted cherries, halved

30g whipped cream

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, and almond milk until smooth.
- 2 In two glasses, create layers starting with a spoonful of the chocolate protein pudding.
- 3 Add a layer of halved cherries on top of the pudding.
- 4 Repeat the layers of pudding and cherries until the glasses are full.
- 5 Top each parfait with a dollop of whipped cream and a few more cherries before serving.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

---

- ☐ 60g vanilla whey protein powder
- ☐ 60g chocolate whey protein powder

## DAIRY & EGGS

---

- ☐ 240g plain Greek yogurt
- ☐ 60ml unsweetened almond milk
- ☐ 30g whipped cream

## OTHER

---

- ☐ 150g fresh strawberries, sliced
- ☐ 30g granola
- ☐ 150g fresh blueberries
- ☐ 30g crushed almonds
- ☐ 1 ripe peach, diced
- ☐ 150g pitted cherries, halved

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

## Want More Recipes?

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

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