



# SAVORY OATS

Tired of sweet oatmeal? Try these savory and protein-rich oatmeal recipes for a change.

4 Macro-Verified Recipes

ProteinOatmeal | [proteinoatmeal.co](https://proteinoatmeal.co)

# WHAT'S INSIDE

1. Recipe Title 12	22g protein
2. Recipe Title 14	24g protein
3. Recipe Title 16	21g protein
4. Recipe Title 18	23g protein

Combined Shopping List

Pro Tips

# Recipe Title 12

22g

Prep: 10 min    Cook: 15 min    Total: 25 min    Yield: 1 serving    Difficulty: Medium

360

CALORIES

22g

PROTEIN

42g

CARBS

10g

FAT

## INGREDIENTS

100g ingredient 12

50g ingredient 13

## INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

# Recipe Title 14

24g

Prep: 10 min    Cook: 15 min    Total: 25 min    Yield: 1 serving    Difficulty: Medium

370

CALORIES

24g

PROTEIN

44g

CARBS

12g

FAT

## INGREDIENTS

100g ingredient 14

50g ingredient 15

## INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

# Recipe Title 16

21g

Prep: 10 min    Cook: 15 min    Total: 25 min    Yield: 1 serving    Difficulty: Medium

380

CALORIES

21g

PROTEIN

46g

CARBS

10g

FAT

## INGREDIENTS

100g ingredient 16

50g ingredient 17

## INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

# Recipe Title 18

23g

Prep: 10 min    Cook: 15 min    Total: 25 min    Yield: 1 serving    Difficulty: Medium

**390**  
CALORIES

**23g**  
PROTEIN

**48g**  
CARBS

**12g**  
FAT

## INGREDIENTS

100g ingredient 18

50g ingredient 19

## INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

# COMBINED SHOPPING LIST

## OTHER

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- ☐ 100g ingredient 12
- ☐ 50g ingredient 13
- ☐ 100g ingredient 14
- ☐ 50g ingredient 15
- ☐ 100g ingredient 16
- ☐ 50g ingredient 17
- ☐ 100g ingredient 18
- ☐ 50g ingredient 19

## 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 recipes, interactive ingredient substitutions, and more free recipe packs.

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