



# OVERNIGHT STARTER

A collection of our easiest and most delicious overnight oat recipes to get you started.

1 Macro-Verified Recipes

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

# WHAT'S INSIDE

1. Overnight Protein Oats

23g protein

Combined Shopping List

Pro Tips

# Overnight Protein Oats

23g

Prep: 5 min

Cook: 0 min

Total: 485 min

Yield: 1 serving

Difficulty: Beginner

**340**

CALORIES

**23g**

PROTEIN

**40g**

CARBS

**10g**

FAT

## INGREDIENTS

80g rolled oats

30g vanilla whey protein powder

200ml milk

100g Greek yogurt

15g chia seeds

15g maple syrup

100g strawberries

## INSTRUCTIONS

- 1 Mix oats, protein powder, milk, yogurt, chia seeds, and maple syrup in a jar.
- 2 Mix well to prevent protein clumps.
- 3 Cover and refrigerate overnight (at least 8 hours).
- 4 In the morning, top with fresh strawberries.
- 5 Enjoy cold or microwave for 1 minute if you prefer warm.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

---

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

## DAIRY & EGGS

---

- ☐ 200ml milk
- ☐ 100g Greek yogurt

## SWEETENERS & FLAVORINGS

---

- ☐ 15g maple syrup

## OTHER

---

- ☐ 15g chia seeds
- ☐ 100g strawberries

## 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)