

**PROTEINCOOKIES.COM**

# **THE 25g+ MUSCLE PACK**

Maximum Protein Recipes for Serious Gains

Our highest protein recipes for athletes and fitness enthusiasts.

**5**

**MACRO-VERIFIED RECIPES**

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proteincookies.com

# WHATS INSIDE

## 1. High Protein Cookies (30g)

30g protein | 220 cal | 22 min

## 2. Peanut Butter Protein Cookies

24g protein | 185 cal | 18 min

## 3. Cottage Cheese Protein Cookies

23g protein | 155 cal | 24 min

## 4. Chocolate Peanut Butter Protein Cookies

22g protein | 185 cal | 24 min

## 5. Greek Yogurt Protein Cookies

21g protein | 150 cal | 22 min

## ALSO INCLUDED:

- > Complete gram-based shopping list
- > Nutrition facts for every recipe
- > Storage and meal prep tips
- > Printable recipe cards

# HIGH PROTEIN COOKIES (30G)

HIGH PROTEIN

Maximum protein cookies with 30g protein per serving. Designed for serious athletes and those with high protein goals.

30g	220	14g	7g	2g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 22 min | Yield: 10 cookies | Difficulty: Medium

## INGREDIENTS

- 90g oat flour
- 90g vanilla whey protein powder
- 30g casein protein powder
- 3g baking soda
- 2g salt
- 170g nonfat Greek yogurt
- 60g maple syrup
- 100g liquid egg whites
- 5g vanilla extract

## INSTRUCTIONS

- 1. Preheat**  
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2. Mix Dry**  
Whisk together oat flour, whey protein, casein protein, baking soda, and salt.
- 3. Mix Wet**  
Combine Greek yogurt, maple syrup, egg whites, and vanilla until smooth.
- 4. Combine**  
Add wet to dry and mix until a thick batter forms. Let rest 5 minutes.
- 5. Shape**  
Scoop 10 large portions onto baking sheet. Flatten to 3/4 inch thick.
- 6. Bake**  
Bake for 11-12 minutes until edges are set and tops are slightly golden.
- 7. Cool**  
Cool on baking sheet for 10 minutes. These are dense and will firm up significantly.

# PEANUT BUTTER PROTEIN COOKIES

HIGH PROTEIN

Rich, flourless peanut butter cookies with an incredible 24g protein per cookie. Made with just 4 main ingredients for the ultimate macro-friendly treat.

24g

PROTEIN

185

CALORIES

10g

CARBS

9g

FAT

2g

FIBER

Time: 18 min | Yield: 12 cookies | Difficulty: Beginner

## INGREDIENTS

- 256g natural peanut butter
- 60g vanilla whey protein powder
- 2 large eggs
- 80g granulated sweetener (monk fruit or erythritol)
- 3g baking soda
- 2g vanilla extract

## INSTRUCTIONS

- 1. Preheat**  
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2. Mix Ingredients**  
In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.
- 3. Add Dry**  
Add the protein powder and baking soda. Stir until a thick dough forms.
- 4. Shape**  
Roll dough into 12 balls and place on the baking sheet. Use a fork to create the classic crosshatch pattern, pressing down to flatten slightly.
- 5. Bake**  
Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.
- 6. Cool**  
Cool on the baking sheet for 10 minutes. Cookies will firm up significantly as they cool.

# COTTAGE CHEESE PROTEIN COOKIES

WHOLE FOOD

Ultra-soft protein cookies made with cottage cheese for 23g protein. The secret ingredient creates an incredibly moist, tender texture.

23g	155	12g	4g	1g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 24 min | Yield: 12 cookies | Difficulty: Easy

## INGREDIENTS

- 225g cottage cheese (blended smooth)
- 60g vanilla whey protein powder
- 90g oat flour
- 60g maple syrup
- 1 large egg
- 3g baking powder
- 5g vanilla extract
- 2g salt

## INSTRUCTIONS

- Blend Cottage Cheese**  
Blend cottage cheese until completely smooth with no lumps.
- Preheat**  
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- Mix Wet**  
Combine blended cottage cheese, egg, maple syrup, and vanilla.
- Add Dry**  
Add oat flour, protein powder, baking powder, and salt. Mix until combined.
- Shape**  
Scoop 12 portions onto baking sheet. Flatten slightly.
- Bake**  
Bake for 12-14 minutes until edges are set and tops are slightly golden.
- Cool**  
Cool on baking sheet for 5 minutes. These are very soft when warm.

# CHOCOLATE PEANUT BUTTER PROTEIN COOKIES

DESSERT

The ultimate combo of chocolate and peanut butter with 22g protein. Fudgy chocolate base with a peanut butter swirl.

22g	185	14g	9g	3g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 24 min | Yield: 12 cookies | Difficulty: Easy

## INGREDIENTS

- 90g oat flour
- 60g chocolate whey protein powder
- 25g unsweetened cocoa powder
- 3g baking soda
- 2g salt
- 85g almond butter
- 80g maple syrup
- 1 large egg
- 5g vanilla extract
- 64g natural peanut butter (for swirl)

## INSTRUCTIONS

- 1. Preheat**  
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2. Mix Dry**  
Whisk together oat flour, protein powder, cocoa powder, baking soda, and salt.
- 3. Mix Wet**  
Combine almond butter, maple syrup, egg, and vanilla until smooth.
- 4. Combine**  
Add wet to dry and mix until a dough forms.
- 5. Shape**  
Scoop 12 portions onto baking sheet. Make a small indent in each.
- 6. Add Swirl**  
Add 1/2 teaspoon peanut butter to each indent. Use a toothpick to swirl.
- 7. Bake**  
Bake for 10-12 minutes until edges are set.
- 8. Cool**  
Cool on baking sheet for 5 minutes before transferring.

# GREEK YOGURT PROTEIN COOKIES

WHOLE FOOD

Incredibly moist protein cookies made with Greek yogurt for 21g protein. Light, fluffy texture with a subtle tang.

21g	150	14g	4g	1g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 22 min | Yield: 12 cookies | Difficulty: Easy

## INGREDIENTS

- 170g nonfat Greek yogurt
- 60g vanilla whey protein powder
- 90g oat flour
- 60g maple syrup
- 1 large egg
- 3g baking powder
- 5g vanilla extract
- 2g salt
- 45g chocolate chips (optional)

## INSTRUCTIONS

- Preheat**  
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- Mix Wet**  
Combine Greek yogurt, egg, maple syrup, and vanilla until smooth.
- Add Dry**  
Add oat flour, protein powder, baking powder, and salt. Mix until combined.
- Add Mix-ins**  
Fold in chocolate chips if using.
- Shape**  
Scoop 12 portions onto baking sheet. Flatten slightly.
- Bake**  
Bake for 10-12 minutes until edges are set.
- Cool**  
Cool on baking sheet for 5 minutes before transferring.



# SHOPPING LIST

Combined ingredients for all recipes in this pack

## DRY GOODS

- ☐ 90g oat flour
- ☐ 3g baking soda
- ☐ 2g salt
- ☐ 3g baking powder
- ☐ 25g unsweetened cocoa powder

## PROTEINS & DAIRY

- ☐ 90g vanilla whey protein powder
- ☐ 30g casein protein powder
- ☐ 170g nonfat Greek yogurt
- ☐ 100g liquid egg whites
- ☐ 60g vanilla whey protein powder
- ☐ 2 large eggs
- ☐ 225g cottage cheese (blended smooth)
- ☐ 1 large egg
- ☐ 60g chocolate whey protein powder

## NUT BUTTERS & OILS

- ☐ 256g natural peanut butter
- ☐ 85g almond butter
- ☐ 64g natural peanut butter (for swirl)

## SWEETENERS

- ☐ 60g maple syrup
- ☐ 80g granulated sweetener (monk fruit or erythritol)
- ☐ 80g maple syrup

## EXTRAS

- ☐ 5g vanilla extract
- ☐ 2g vanilla extract
- ☐ 45g chocolate chips (optional)

# PRO TIPS

## USE A KITCHEN SCALE

All our recipes use gram measurements for precision. A kitchen scale ensures accurate macros every time.

## DONT OVERBAKE

Protein cookies firm up significantly as they cool. Remove from oven when centers still look slightly underdone.

## PROTEIN POWDER MATTERS

Different protein powders absorb liquid differently. If dough is too dry, add liquid 1 tbsp at a time.

## STORAGE TIPS

Store in an airtight container at room temperature for 5 days, refrigerate for 2 weeks, or freeze for 3 months.

## MEAL PREP FRIENDLY

Make a double batch on Sunday. Freeze individually wrapped cookies for grab-and-go protein throughout the week.

## CUSTOMIZE YOUR MACROS

Swap chocolate chips for nuts, use different nut butters, or adjust sweetener to fit your goals.

# WANT MORE RECIPES?

Visit [ProteinCookies.com](https://ProteinCookies.com) for 25+ macro-verified protein cookie recipes, more recipe packs, and weekly new recipes.

**[PROTEINCOOKIES.COM](https://ProteinCookies.com)**

All recipes are macro-verified using USDA FoodData Central.  
Nutrition values are estimates and may vary based on specific ingredients used.