

BEST HIGH-PROTEIN

FAT-LOSS

PANCAKE

MUSCLE-BUILDER

FOR MUSCLE GAIN

SECTION OF RECIPES FOR CONSI



PROTEIN PANCAKES

INGREDIENTS

- ½ cup oat flour (or blend rolled oats)
- ½ scoop (15g) vanilla or chocolate protein powder
- ½ tsp baking powder
- ½ tsp cinnamon (optional, for flavor)
- 1 whole egg
- 3 egg whites
- ¼ cup unsweetened almond milk (or water for fewer calories)
- ½ tsp vanilla extract
- ½ mashed banana (or 1 tbsp Greek yogurt for extra protein)
- ½ tsp coconut oil or cooking spray (for cooking)

2 SERVINGS

PERFECT POST WORKOUT

Prep ahead, savor every bite, and turn your breakfast into a celebration of health and flavor.



METHOD
OVEN



TIME
30 MINUTE



SERVING
2 PERSON



DIFFICULTY
2 / 10

METHOD

Macro-friendly protein pancakes for meal prep and a great post-workout breakfast. Kickstart your mornings with a powerhouse breakfast! Discover the art of meal planning for protein pancakes that not only tastes amazing but fuels your day with essential nutrients

Whether you're looking to boost your energy for workouts or simply enjoy a balanced meal, our step-by-step guide has you covered. Prep ahead, savor every bite, and turn your breakfast into a celebration of health and flavor.

When the stuffing has cooled down, add the pork, lemon zest, nutmeg, egg and lots of sea salt and freshly ground black pepper, and mix everything together well.

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
250	6g	6.9g	25g	30g	13.5g	2.16g	3.6g

Pro Tips:

- Add chia seeds or flaxseeds for extra fiber.
- For extra protein, mix Greek yogurt or cottage cheese into the batter.
- Want lower carbs? Swap banana for 1 tbsp almond butter and reduce oat flour slightly.

DIRECTIONS

STAGE I

- Mix dry ingredients (oat flour, protein powder, baking powder, cinnamon) in a bowl.
- Whisk wet ingredients (egg, egg whites, almond milk, vanilla, banana) in a separate bowl.
- Combine wet and dry ingredients, stirring until smooth.
- Heat a nonstick pan over medium-low heat and grease lightly with coconut oil.

STAGE II

- Pour batter into the pan (small pancakes cook more evenly).
- Cook 2-3 minutes per side, flipping once bubbles form on the surface.
- Top with fresh berries, Greek yogurt, or sugar-free syrup and enjoy!

Preserves Lean Muscle Mass – During a calorie deficit, consuming enough protein prevents muscle breakdown.



LETS
GO



PACKED WITH
PROTEIN

PERFECT FOR A FAT-LOSS OR MUSCLE-BUILDING PLAN!

THE COOKBOOK

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