Dylan's High Protein Blueberry Baked Oats Meal Prep

Makes 6 servings

This is one of my favorite meal prep recipes that's stupid simple, tastes good, and actually helps you hit your protein without feeling like you're forcing down boring diet food. It's perfect for breakfast or even a quick meal during the day if you want something filling, easy, and ready to go.

Ingredients

- 4 small bananas, 300g total
- 3 cups rolled oats, 240g total
- 6 tsp chia seeds, 20g total
- 5 oz vanilla protein powder, 140g total
- 1 tbsp baking powder, 14g
- 1 tbsp ground cinnamon, 8g
- 3 cups fresh blueberries, 440g total
- 1 tbsp lemon zest, 3g
- 4.5 cups unsweetened soy milk, 1100ml total
- 60g low carb granola, about 10g per serving

What You'll Need

- 6 oven safe meal prep containers, around 20 oz each
- 1 baking sheet
- Fork or masher
- Spoon for mixing
- Oven

Step By Step Instructions

1. Preheat the oven
   Start by preheating your oven to 350°F or 180°C.
2. Set up your containers
   Grab 6 oven safe containers and place them out on the counter so everything is ready to go. Set them on a baking sheet once they're filled so they're easier to move in and out of the oven.
3. Add and mash the banana
   Add 50g of banana into each container. Use a fork to mash it down until it's mostly smooth. It doesn't have to be perfect. Just make sure there aren't huge chunks left.
4. Add the dry ingredients
   Evenly divide the rolled oats, chia seeds, vanilla protein powder, baking powder, and cinnamon between all 6 containers.

5. Add the blueberries and lemon zest
   Now evenly add the blueberries and a little lemon zest to each one. The lemon zest gives it a fresher flavor and makes the blueberry hit even better.
6. Pour in the soy milk
   Divide the unsweetened soy milk evenly across all 6 containers.
7. Mix everything together
   Use a spoon and mix each container really well so the protein powder, oats, banana, and milk all come together. Make sure nothing is stuck dry at the bottom or in the corners.
8. Let it sit
   Once they're mixed, let the containers sit for about 10 minutes. This gives the chia seeds time to absorb some of the liquid and helps the mixture thicken up a bit before baking.
9. Top with granola
   Sprinkle about 10g of low carb granola on top of each one. This adds a little crunch and gives the top some texture after baking.
10. Bake
    Place all 6 containers on a baking sheet and bake them on the middle rack for about 30 minutes.
11. Cool slightly
    Take them out of the oven and let them cool for a few minutes before eating. They'll set a little more as they cool.
12. Store for meal prep
    You can eat one right away or let them cool completely and store them in the fridge. Reheat as needed throughout the week.

Meal Prep Notes: These are great to make ahead if you want breakfasts locked in for the week. Just keep them in the fridge and reheat when you're ready to eat. They're solid on their own, but you could also throw a little extra fruit on top or some Greek yogurt if you want to bump the protein even higher.

Macros Per Bowl Calories: about 450
Protein: about 33 to 35g Carbs: about 55 to 58g Fat: about 9 to 10g

Quick Note: Losing weight & building muscle can be tough to stay consistent with on your own. That's where a coach helps. I build my clients custom meal plans that keep them in a deficit with foods they enjoy, custom workouts based on their goals and schedule, and provide weekly accountability through texts and check in calls.

If you want to explore coaching with me, fill out this form and I'll reach out to see if it's a good fit.

https://www.dkprofitness.com/1-1-coaching