High-Protein Overnight Oats

With banana + whey · Makes 1 jar · ~5 min prep, ready overnight

Ingredients

- 1/2 cup old-fashioned rolled oats
- 1.5 scoops whey protein (about 45g)
- 1 tsp chia seeds
- 1/8 tsp ground cinnamon
- Pinch of kosher salt
- 1/2 cup milk (2% dairy, or unsweetened almond), plus a splash more if needed
- 1/4 cup plain nonfat Greek yogurt
- 1/2 Tbsp honey
- 1 medium banana (added in the morning)
- Optional toppings: peanut butter, jam, chopped walnuts, cacao nibs

Step-by-Step Directions

- In a jar or bowl, combine the dry ingredients: rolled oats, whey protein, chia seeds, cinnamon, and salt. Stir so the whey is evenly mixed in.
- Add the wet ingredients: milk, Greek yogurt, and honey. Stir until everything is fully combined and there are no dry pockets left. The whey thickens things up, so add a splash more milk if it looks too thick.
- Cover and refrigerate overnight (at least 6 hours). The oats and chia soak up the liquid and thicken while you sleep.
- In the morning, give it a good stir. If it's too thick for you, loosen it with a little more milk.
- Slice the banana and layer it on top (or stir it through). Add any other toppings you like, peanut butter, jam, walnuts, cacao nibs.
- Grab a spoon and eat. Prep 3 to 5 jars at once and breakfast is handled all week.

Macros (per jar, with banana + 1.5 scoops whey)

Calculated with 2% dairy milk, plain nonfat Greek yogurt, and a standard whey (~120 cal / 25g protein per scoop). Your brand's scoop may vary slightly.

Calories: ~590

Protein: ~55g

Carbs: ~78g

Fat: ~9g

Fiber: ~9g

Easy swaps:

- Unsweetened almond milk instead of 2% dairy: drops it to roughly 545 cal, 51g protein, 73g carbs, 8g fat.
- Whey isolate instead of a blend keeps the carbs and fat on the lower end.
- Skip the honey to cut ~30 cal and 8g of sugar.

- Drop to 1 scoop of whey for a lighter ~510 cal, 43g protein version.

Want meals like this built around your goals?

This is exactly the kind of high-protein, high-volume meal I build into my clients' plans inside my app, Kolak Performance. Custom meal plans dialed to your macros, your favorite foods, and your schedule, a fully tailored training plan, and weekly accountability with me every step of the way.

If you want food that tastes this good while you actually hit your goals, click the link in my bio or DM me COACH to get started.