

# THE MEAL-PREP MASTER PACK

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**Complete Protein Muffin Guide: Batch Recipes, Freezer System & 7-Day Schedule**



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## PAGE 2: WELCOME & HOW TO USE THIS GUIDE

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### Welcome, Meal-Prep Master! 🎉

You've just unlocked the exact system we use to batch-cook 48 protein muffins in under 2 hours—giving you grab-and-go breakfasts for weeks.

### What Makes This Guide Different

#### GRAM-BASED PRECISION

Every recipe uses weight measurements, not volume. Why? Because “1 cup of flour” can vary by 20-30g depending on how you scoop it. That variance ruins texture and macros. Our gram-based recipes guarantee identical results every single time.

#### FREEZER-FIRST DESIGN

These aren't regular muffins adapted for freezing. Every recipe was specifically engineered to freeze and reheat perfectly—maintaining moisture, texture, and flavor for up to 90 days.

#### REAL MACRO TRACKING

Each recipe includes complete macro breakdowns calculated from actual gram weights, not estimates.

### How to Use This Guide

- First Read: Pages 3-8 (understand the science and system)
- Shopping Trip: Pages 17-18 (grab everything in one trip)
- Prep Day: Pages 15-16 (follow the Sunday schedule)
- Daily Reference: Pages 9-14 (individual recipes)
- Troubleshooting: Pages 19-20 (when things go wrong)

## Your Commitment

Block 2 hours on Sunday. That's it. Follow this guide exactly, and you'll have perfect protein-packed breakfasts waiting for you every morning.

Let's get started.

## PAGE 3: THE SCIENCE OF PROTEIN MUFFINS

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### Why Traditional Muffins Fail for Fitness

Standard muffins are essentially cake. They're 60-70% refined carbohydrates with minimal protein (2-4g per muffin) and often contain 25-40g of sugar each.

When you add protein powder to a traditional recipe without adjusting the other elements, you get:

- Dense, rubbery texture
- Dry, crumbly results
- Protein powder "chalkiness"
- Poor rise and flat tops

### The Protein Muffin Formula

Our recipes use a scientifically-balanced approach:

#### The Golden Ratio (Per 12 Muffins)

Component	Amount	Purpose
Protein Powder	60-80g	Muscle fuel + structure
Binding Agent	100-150g	Holds moisture
Fat Source	40-60g	Moisture + tenderness
Natural Sweetener	80-120g	Sweetness + moisture
Flour/Oats	100-150g	Structure + fiber
Leavening	6-8g	Rise + lightness
Liquid	60-120ml	Hydration

## Why This Works

### PROTEIN POWDER ABSORBS LIQUID

Protein powder is hydrophilic—it pulls moisture from the batter. Our recipes add 15-20% more liquid than traditional recipes to compensate.

### FAT COATS PROTEIN PARTICLES

The fat source (Greek yogurt, nut butter, or oil) coats protein particles, preventing them from forming tough bonds that create rubbery texture.

### NATURAL SUGARS RETAIN MOISTURE

Banana, honey, and maple syrup are hygroscopic—they attract and hold water molecules, keeping muffins moist even after freezing.

### EGGS PROVIDE STRUCTURE WITHOUT GLUTEN

Eggs create a protein network that traps air and provides lift without developing tough gluten strands.

# PAGE 4: ESSENTIAL EQUIPMENT CHECKLIST

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## Required Equipment

### For Baking

- Digital Kitchen Scale (measures to 1g) — NON-NEGOTIABLE
- 12-Cup Muffin Tin (standard size, not mini or jumbo)
- Silicone Muffin Liners OR non-stick spray
- Large Mixing Bowl (at least 3-quart capacity)
- Medium Mixing Bowl (for dry ingredients)
- Whisk (for combining dry ingredients)
- Rubber Spatula (for folding)
- Wire Cooling Rack (essential for freezer prep)
- Ice Cream Scoop (2-oz size for consistent portioning)

### For Freezer Storage

- Gallon Freezer Bags (heavy-duty, zip-seal)
- Plastic Wrap OR Beeswax Wraps (for individual wrapping)
- Permanent Marker (for labeling dates)
- Masking Tape (for labels)

### For Reheating

- Microwave (with power level settings)
- Paper Towels (for the damp towel method)
- Small Plate (microwave-safe)

## Optional But Helpful

- Stand Mixer (speeds up batter prep)
- Food Processor (for pureeing bananas/pumpkin)
- Oven Thermometer (verify your oven's accuracy)

- Muffin Tin Carrier (for transport)

## Equipment Notes

### WHY SILICONE LINERS?

Paper liners absorb moisture and stick to protein-heavy batters. Silicone releases cleanly every time and is reusable for hundreds of batches.

### WHY A KITCHEN SCALE?

This is the single most important tool. A \$15 kitchen scale will transform your baking results more than any other upgrade. Volume measurements (cups, tablespoons) are inherently inconsistent.

### OVEN CALIBRATION TIP

Most home ovens run 10-25°F off from their displayed temperature. An oven thermometer (\$8) reveals the truth. Adjust accordingly.

## PAGE 5-6: MASTER INGREDIENT GUIDE

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### Protein Powders: What Works (And What Doesn't)

#### RECOMMENDED

Type	Best For	Notes
Whey Concentrate	All recipes	Most versatile, good flavor
Whey Isolate	Lower-fat recipes	Less creamy, needs more liquid
Casein	Extra moisture	Thickens more, very tender results
Whey/Casein Blend	Best texture	Our top recommendation
Pea Protein	Vegan option	Slightly earthy, works well
Brown Rice Protein	Vegan option	Neutral flavor, blend with pea

#### NOT RECOMMENDED

Type	Why
Collagen Protein	Doesn't provide structure, won't bind
Hemp Protein	Gritty texture, overpowering flavor
Soy Protein Isolate	Can create rubbery texture
Mass Gainers	Too much sugar, wrong ratios

## Flavor Recommendations by Recipe

- Banana Muffins: Vanilla or unflavored
- Blueberry Muffins: Vanilla or unflavored
- Chocolate Muffins: Chocolate (obviously!)
- Pumpkin Muffins: Vanilla, cinnamon roll, or unflavored
- Apple Muffins: Vanilla or unflavored
- Carrot Cake: Vanilla or cinnamon roll

## Sweeteners: The Complete Breakdown

### Natural Sweeteners (RECOMMENDED)

Sweetener	Glycemic Index	Moisture Level	Best For
Ripe Bananas	51	Very High	Banana, chocolate recipes
Pure Maple Syrup	54	High	All recipes
Raw Honey	58	High	Apple, carrot cake
Coconut Sugar	35	Low	When you need dry sweetener
Medjool Dates	42	Medium	Blended into batter
Unsweetened Applesauce	35	Very High	Apple, reducing fat

## Sugar Alternatives

Sweetener	Swap Ratio	Notes
Monk Fruit	1:1 with sugar	No aftertaste, our top choice
Erythritol	1:1 with sugar	Can crystallize when cold
Stevia	1 tsp = 1 cup sugar	Very concentrated, bitter if overused
Allulose	1:1 with sugar	Best texture, expensive

*IMPORTANT: When using zero-calorie sweeteners, you lose the moisture that natural sugars provide. Add 30ml extra liquid to compensate.*

## Flours & Bases

### Primary Flours

Flour	Protein Content	Fiber	Best For
Oat Flour	13g/100g	10g/100g	All recipes (our default)
Whole Wheat Flour	14g/100g	11g/100g	Denser, heartier muffins
Almond Flour	21g/100g	10g/100g	Lower carb, nuttier flavor
Coconut Flour	19g/100g	39g/100g	Keto-friendly (use $\frac{1}{3}$ amount)
All-Purpose Flour	10g/100g	3g/100g	Lightest texture (lowest nutrition)

### How to Make Oat Flour

1. Add 150g rolled oats to blender or food processor
2. Blend on high for 60 seconds
3. Sift to remove large pieces
4. Re-blend large pieces

Yields approximately 140g oat flour.

**STORAGE:** Store homemade oat flour in airtight container for up to 3 months at room temperature or 6 months in freezer.



## Binding Agents

### Eggs (Standard)

- Large Egg: ~50g (use weight, not count)
- Function: Binding, leavening, moisture, structure
- Per 12 Muffins: 2-3 large eggs (100-150g)

### Egg Substitutes (Per Egg)

Substitute	Amount	Notes
Flax Egg	1 tbsp ground flax + 3 tbsp water (let sit 5 min)	Slightly nutty, adds fiber
Chia Egg	1 tbsp chia seeds + 3 tbsp water (let sit 5 min)	Neutral flavor, visible specks
Unsweetened Applesauce	60g	Adds moisture, slight sweetness
Mashed Banana	60g	Adds banana flavor
Greek Yogurt	60g	Adds protein, tang
Aquafaba	45ml (3 tbsp)	Chickpea water, neutral

## Fats: Choosing the Right One

Fat Source	Flavor Impact	Moisture	Best For
Greek Yogurt (2% or full)	Slight tang	Very high	All recipes—our default
Coconut Oil (melted)	Mild coconut	Medium	Tropical flavors
Avocado Oil	Neutral	Medium	When you want no added flavor
Almond Butter	Nutty	High	Banana, chocolate, apple
Peanut Butter	Pronounced peanut	High	Chocolate, banana
Unsweetened Applesauce	Mild apple	Very high	Lowest calorie option

*FAT REDUCTION TIP: You can replace up to 50% of the fat with unsweetened applesauce or mashed banana. Beyond 50%, texture suffers.*

## Leavening Agents

### Baking Powder vs. Baking Soda

#### BAKING POWDER (Double-acting)

- Contains acid + base
- Activates twice: when wet AND when heated
- Use when recipe has no acidic ingredients
- Standard ratio: 5-6g per 150g flour

#### BAKING SODA

- Pure base (sodium bicarbonate)
- Requires acid to activate (buttermilk, yogurt, banana, honey)
- Creates immediate reaction
- Standard ratio: 2-3g per 150g flour (when acid present)

## Our Approach

Most recipes use BOTH:

- Baking powder for reliable rise
- Small amount of baking soda to react with natural acids (banana, yogurt)

*FRESHNESS TEST: Drop  $\frac{1}{2}$  tsp baking powder in hot water. If it bubbles vigorously, it's fresh. If not, replace it.*

## PAGE 7-8: THE 3-STEP FREEZER SYSTEM

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### Why Most Frozen Muffins Fail

When you freeze a warm muffin, moisture inside turns to ice crystals. These crystals expand, rupturing cell walls. When reheated, the muffin releases all that moisture at once—resulting in soggy, gummy texture.

Additionally, most people store muffins improperly, leading to:

- Freezer burn (dehydration from air exposure)
- Flavor absorption (muffins taste like frozen fish)
- Ice crystal formation (temperature fluctuations)

Our 3-step system prevents all of these issues.

### STEP 1: FLASH CHILL (Critical!)

#### The Process

1. Remove muffins from tin immediately after baking
2. Place on wire cooling rack (not a plate or cutting board)
3. Space at least 1 inch apart for air circulation
4. Cool at room temperature for exactly 2 hours
5. Test: Muffin should be completely room temperature in the center

#### Why This Matters

- **Wire rack:** Allows air circulation underneath, preventing soggy bottoms

- **2-hour minimum:** Internal steam needs time to escape
- **Complete cooling:** Any residual warmth = condensation = freezer burn

## STEP 2: INDIVIDUAL WRAP

### The Process

1. Tear off a 12x12 inch sheet of plastic wrap.
2. Place one completely cooled muffin in the center.
3. Bring the top and bottom edges together, pressing out all air.
4. Fold the sides in tightly, creating a sealed packet.
5. The wrap should be flush against the muffin surface.

### Why This Matters

- **Airtight Seal:** Prevents direct contact with dry freezer air, stopping freezer burn.
- **Moisture Lock:** Traps the muffin's natural moisture inside.
- **Flavor Barrier:** Prevents the muffin from absorbing off-flavors from other freezer items.

## STEP 3: BATCH & LABEL

### The Process

1. Place individually wrapped muffins into a heavy-duty, zip-seal gallon freezer bag.
2. Press all excess air out of the bag before sealing completely.
3. Use masking tape and a permanent marker to label the bag with:
  - Muffin Flavor
  - Date Frozen
  - Best By Date (90 days from frozen date)
  - Quantity

### Why This Matters

- **Double Barrier:** The bag provides a second layer of protection against freezer burn and odors.

- **Organization:** Clear labeling prevents mystery muffins and ensures you're eating them within their peak quality window.
- **FIFO System:** "First In, First Out." Labeling allows you to rotate your stock, always using the oldest muffins first.

## PAGE 9: RECIPE #1: CLASSIC BANANA PROTEIN MUFFINS

PREP TIME: 10 MIN	BAKE TIME: 18-22 MIN	YIELD: 12 MUFFINS
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### Ingredients

Grams	Ingredient	Notes
300g	Ripe Bananas	about 3 medium
100g	Large Eggs	about 2
120g	Plain Greek Yogurt	2% or full-fat
60g	Pure Maple Syrup	
8g	Vanilla Extract	
120g	Oat Flour	
60g	Vanilla Protein Powder	whey/casein blend recommended
6g	Baking Powder	
2g	Baking Soda	
3g	Ground Cinnamon	
2g	Salt	

### Instructions

1. **Preheat & Prep:** Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with silicone liners.
2. **Mash Bananas:** In a large bowl, mash the ripe bananas until mostly smooth.

- 3. **Combine Wet Ingredients:** Add eggs, Greek yogurt, maple syrup, and vanilla extract to the bananas. Whisk until well combined.
- 4. **Combine Dry Ingredients:** In a separate medium bowl, whisk together oat flour, protein powder, baking powder, baking soda, cinnamon, and salt.
- 5. **Combine Batter:** Pour the dry ingredients into the wet ingredients. Fold gently with a rubber spatula until just combined. Do not overmix.
- 6. **Portion:** Use a 2-oz ice cream scoop to portion batter evenly into the 12 muffin cups.
- 7. **Bake:** Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean.
- 8. **Cool:** Let muffins cool in the tin for 5 minutes before transferring to a wire rack to cool completely (at least 2 hours before freezing).

Nutrition (per muffin)

Calories	Protein	Carbs	Fat
142	9g	21g	3g

3g |

PAGE 10: RECIPE #2: BURST BLUEBERRY PROTEIN MUFFINS

PREP TIME: 12 MIN	BAKE TIME: 20-24 MIN	YIELD: 12 MUFFINS
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Ingredients

Grams	Ingredient	Notes
150g	Fresh Blueberries	
10g	Oat Flour	for coating berries
150g	Plain Greek Yogurt	
100g	Large Eggs	about 2
60ml	Unsweetened Almond Milk	
80g	Pure Maple Syrup	
8g	Vanilla Extract	
5g	Lemon Zest	from 1 lemon
140g	Oat Flour	
60g	Vanilla Protein Powder	
6g	Baking Powder	
1g	Baking Soda	
2g	Salt	

## Instructions

- 1. Preheat & Prep:** Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with silicone liners.
- 2. Coat Berries:** In a small bowl, gently toss the fresh blueberries with 10g of oat flour. This prevents them from sinking.
- 3. Combine Wet Ingredients:** In a large bowl, whisk together Greek yogurt, eggs, almond milk, maple syrup, vanilla extract, and lemon zest.
- 4. Combine Dry Ingredients:** In a medium bowl, whisk together the remaining 140g oat flour, protein powder, baking powder, baking soda, and salt.
- 5. Combine Batter:** Pour the dry ingredients into the wet. Fold gently until just combined.
- 6. Fold in Berries:** Gently fold the flour-coated blueberries into the batter.

7. **Portion & Bake:** Portion batter into muffin cups and bake for 20-24 minutes.
8. **Cool:** Cool completely on a wire rack as described in the banana muffin recipe.

**Nutrition (per muffin)**

Calories	Protein	Carbs	Fat
155	9g	23g	3g

**PAGE 11: RECIPE #3: RICH CHOCOLATE PROTEIN MUFFINS**

PREP TIME: 10 MIN	BAKE TIME: 20-22 MIN	YIELD: 12 MUFFINS
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**Ingredients**



Grams	Ingredient	Notes
200g	Ripe Bananas	about 2 medium
100g	Large Eggs	about 2
120g	Plain Greek Yogurt	
80g	Pure Maple Syrup	
60ml	Hot Coffee or Water	blooms the cocoa
5g	Vanilla Extract	
100g	Oat Flour	
60g	Chocolate Protein Powder	
30g	Unsweetened Cocoa Powder	
5g	Baking Powder	
2g	Baking Soda	
2g	Salt	
2g	Espresso Powder	optional, enhances chocolate
60g	Dark Chocolate Chips	optional

## Instructions

1. **Preheat & Prep:** Preheat oven to 350°F (175°C) and line a muffin tin.
2. **Combine Wet:** In a large bowl, mash bananas. Whisk in eggs, yogurt, maple syrup, hot coffee, and vanilla.
3. **Combine Dry:** In a medium bowl, whisk oat flour, chocolate protein powder, cocoa powder, baking powder, baking soda, salt, and espresso powder.
4. **Combine Batter:** Add dry to wet and fold until just combined.
5. **Add Chips:** If using, fold in the dark chocolate chips.
6. **Portion & Bake:** Portion into muffin cups and bake for 20-22 minutes.
7. **Cool:** Cool completely on a wire rack.

**Nutrition (per muffin, without chips)**

Calories	Protein	Carbs	Fat
138	9g	20g	3g

**PAGE 12: RECIPE #4: SPICED PUMPKIN PROTEIN MUFFINS**

PREP TIME: 10 MIN	BAKE TIME: 22-25 MIN	YIELD: 12 MUFFINS
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**Ingredients**

Grams	Ingredient	Notes
240g	Pure Pumpkin Puree	not pumpkin pie filling
100g	Large Eggs	about 2
100g	Plain Greek Yogurt	
80g	Pure Maple Syrup	
15g	Molasses	optional, for color and flavor
5g	Vanilla Extract	
140g	Oat Flour	
60g	Vanilla or Unflavored Protein Powder	
5g	Baking Powder	
2g	Baking Soda	
6g	Pumpkin Pie Spice	
2g	Salt	
30g	Pepitas (Pumpkin Seeds)	optional topping

**Instructions**

- 1. **Preheat & Prep:** Preheat oven to 350°F (175°C) and line a muffin tin.
- 2. **Combine Wet:** In a large bowl, whisk together pumpkin puree, eggs, yogurt, maple syrup, molasses (if using), and vanilla.
- 3. **Combine Dry:** In a medium bowl, whisk together oat flour, protein powder, baking powder, baking soda, pumpkin pie spice, and salt.
- 4. **Combine Batter:** Add dry to wet and fold until just combined.
- 5. **Portion & Top:** Portion into muffin cups. Sprinkle pepitas on top if desired.
- 6. **Bake:** Bake for 22-25 minutes.
- 7. **Cool:** Cool completely on a wire rack.

**Nutrition (per muffin)**

Calories	Protein	Carbs	Fat
135	8g	21g	2g

**PAGE 13: RECIPE #5: CINNAMON APPLE PROTEIN MUFFINS**

PREP TIME: 15 MIN	BAKE TIME: 20-24 MIN	YIELD: 12 MUFFINS
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**Ingredients**

Grams	Ingredient	Notes
150g	Diced Apple	about 1 medium, peeled
150g	Unsweetened Applesauce	
100g	Large Eggs	about 2
100g	Plain Greek Yogurt	
70g	Raw Honey	or maple syrup
5g	Vanilla Extract	
140g	Oat Flour	
60g	Vanilla Protein Powder	
5g	Baking Powder	
2g	Baking Soda	
6g	Ground Cinnamon	
1g	Ground Nutmeg	
2g	Salt	

## Instructions

1. **Preheat & Prep:** Preheat oven to 350°F (175°C) and line a muffin tin.
2. **Combine Wet:** In a large bowl, whisk together applesauce, eggs, yogurt, honey, and vanilla.
3. **Combine Dry:** In a medium bowl, whisk together oat flour, protein powder, baking powder, baking soda, cinnamon, nutmeg, and salt.
4. **Combine Batter:** Add dry to wet and fold until just combined.
5. **Fold in Apple:** Gently fold in the diced apple.
6. **Portion & Bake:** Portion into muffin cups and bake for 20-24 minutes.
7. **Cool:** Cool completely on a wire rack.

## Nutrition (per muffin)

Calories	Protein	Carbs	Fat
148	8g	24g	3g

# PAGE 14: RECIPE #6: CARROT CAKE PROTEIN MUFFINS

PREP TIME: 15 MIN	BAKE TIME: 22-26 MIN	YIELD: 12 MUFFINS
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## Ingredients

Grams	Ingredient	Notes
150g	Grated Carrots	about 2-3 medium
150g	Plain Greek Yogurt	
100g	Large Eggs	about 2
80g	Pure Maple Syrup	
40g	Melted Coconut Oil	or avocado oil
5g	Vanilla Extract	
120g	Oat Flour	
60g	Vanilla Protein Powder	
5g	Baking Powder	
2g	Baking Soda	
4g	Ground Cinnamon	
2g	Ground Ginger	
1g	Ground Nutmeg	
2g	Salt	
50g	Chopped Walnuts	
40g	Raisins	
30g	Unsweetened Shredded Coconut	

## Instructions

- 1. Preheat & Prep:** Preheat oven to 350°F (175°C) and line a muffin tin.
- 2. Combine Wet:** In a large bowl, whisk together yogurt, eggs, maple syrup, melted coconut oil, and vanilla.
- 3. Combine Dry:** In a medium bowl, whisk together oat flour, protein powder, baking powder, baking soda, spices, and salt.
- 4. Combine Batter:** Add dry to wet and fold until just combined.

- 5. **Fold in Add-ins:** Gently fold in the grated carrots, walnuts, raisins, and coconut.
- 6. **Portion & Bake:** Portion into muffin cups and bake for 22-26 minutes.
- 7. **Cool:** Cool completely on a wire rack.

**Nutrition (per muffin)**

Calories	Protein	Carbs	Fat
165	8g	19g	6g

**PAGE 15-16: THE COMPLETE 7-DAY PREP SCHEDULE**

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This schedule is designed for a single 2-hour prep session on a Sunday to create 48 muffins (4 batches of 12), enough for one person to have two muffins every weekday for a month.

**Time Allotment:** 2 Hours

**Output:** 48 Muffins (12 Banana, 12 Blueberry, 12 Chocolate, 12 Pumpkin)

**Pre-Prep (Saturday or Sunday Morning)**

- **Shop:** Use the Consolidated Shopping List (Pages 17-18) to buy all ingredients.
- **Review:** Briefly re-read the four recipes you will be making.
- **Set Up:** Get out all your equipment. Line four 12-cup muffin tins with silicone liners.

**The 2-Hour Workflow**

Time	Action	Details
0:00-0:10	<b>Preheat &amp; Mix Dry Bowls</b>	Preheat oven to 350°F. Set up four medium bowls. In each, whisk together the dry ingredients for one recipe (Banana, Blueberry, Chocolate, Pumpkin).
0:10-0:25	<b>Mix &amp; Bake Batch 1 (Banana)</b>	In a large bowl, mix the wet ingredients for the banana muffins. Add dry, fold, portion, and place in the oven. Set timer for 20 minutes.
0:25-0:40	<b>Mix &amp; Bake Batch 2 (Blueberry)</b>	Rinse the large bowl. Mix wet ingredients for blueberry muffins. Add dry, fold, fold in berries, portion, and place in the oven. Set a separate timer for 22 minutes.
0:40-0:45	<b>Remove Batch 1</b>	Banana muffins are done. Remove from oven, let sit in tin for 5 minutes.
0:45-1:00	<b>Mix &amp; Bake Batch 3 (Chocolate)</b>	While Batch 1 cools, rinse the large bowl. Mix wet ingredients for chocolate muffins. Add dry, fold, portion, and place in the oven. Set timer for 20 minutes.
1:00-1:05	<b>Remove Batch 2 &amp; Cool Batch 1</b>	Blueberry muffins are done. Remove from oven. Transfer Batch 1 (Banana) to a wire cooling rack.
1:05-1:20	<b>Mix &amp; Bake Batch 4 (Pumpkin)</b>	Rinse the large bowl. Mix wet ingredients for pumpkin muffins. Add dry, fold, portion, and place in the oven. Set timer for 22 minutes.
1:20-1:25	<b>Remove Batch 3 &amp; Cool Batch 2</b>	Chocolate muffins are done. Remove from oven. Transfer Batch 2 (Blueberry) to the cooling rack.
1:25-1:45	<b>Clean Up</b>	Wash all bowls and utensils while the final batch bakes.
1:45-1:50	<b>Remove Batch 4 &amp; Cool Batch 3</b>	Pumpkin muffins are done. Remove from oven. Transfer Batch 3 (Chocolate) to the cooling rack.
1:50-2:00	<b>Final Cooling</b>	Transfer Batch 4 (Pumpkin) to the cooling rack. All muffins are now cooling. Let them sit for at least 2 hours before freezing.



## PAGES 17-18: CONSOLIDATED SHOPPING LISTS

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### Master Pantry List (Buy Once, Use for All Recipes)

#### Dry Goods

Item	Amount	Used In
Oat flour (or rolled oats)	1 kg	All recipes
Vanilla protein powder	500g	Most recipes
Chocolate protein powder	250g	Chocolate recipe
Baking powder	100g	All recipes
Baking soda	100g	All recipes
Ground cinnamon	50g	Most recipes
Ground ginger	25g	Pumpkin, carrot cake
Ground nutmeg	15g	Pumpkin, apple, carrot cake
Allspice	10g	Pumpkin
Ground cloves	10g	Pumpkin
Salt	100g	All recipes
Espresso powder (optional)	25g	Chocolate
Pure vanilla extract	120ml	All recipes

#### Sweeteners

Item	Amount	Used In
Pure maple syrup	500ml	All recipes
Raw honey	250ml	Apple, alternatives

#### Shelf-Stable

Item	Amount	Used In
Canned pure pumpkin puree	2 cans (425g each)	Pumpkin recipe
Unsweetened applesauce	1 jar (400g)	Apple recipe
Raisins	100g	Carrot cake
Unsweetened shredded coconut	100g	Carrot cake
Dark chocolate chips	150g	Chocolate, banana
Chopped walnuts	150g	Banana, carrot cake

## Weekly Fresh Ingredients

### For Full Prep Day (4 Batches)

#### Refrigerated

Item	Amount	Notes
Large eggs	8-10	~500g total
Greek yogurt (plain)	600g	One large container
Unsweetened almond milk	250ml	Or any milk
Cream cheese (optional)	60g	For carrot cake drizzle

#### Produce

Item	Amount	Notes
Ripe bananas	6-8 medium	~500g. Buy early, let ripen
Fresh blueberries	1 pint	150g
Fresh apple	1 medium	~150g diced
Medium carrots	2-3	~150g grated
Lemon	1	For zest in blueberry

# PAGES 19-20: TROUBLESHOOTING GUIDE

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## Common Problems & Solutions

### ● PROBLEM: Muffins are dense and heavy

- **Likely Causes:** Overmixed batter, old leavening agents, oven too low, too much protein powder.
- **Solutions:** Mix until JUST combined, test baking powder, use an oven thermometer, stick to recipe ratios.

### ● PROBLEM: Muffins are dry and crumbly

- **Likely Causes:** Overbaked, too much flour, not enough fat/binding agents, protein powder absorbed too much moisture.
- **Solutions:** Check at minimum bake time, USE A KITCHEN SCALE, add extra liquid, use whey/casein blend.

### ● PROBLEM: Muffins have flat tops

- **Likely Causes:** Expired leavening, overmixed batter, oven not hot enough, opened oven door too early.
- **Solutions:** Replace baking powder, fold gently, fully preheat oven, don't open oven door for the first 15 minutes.

### ● PROBLEM: Muffins stick to liners

- **Likely Causes:** Paper liners, removed from tin too hot, underbaked centers.
- **Solutions:** Switch to silicone liners, let cool in tin for 5 minutes, bake an extra 2-3 minutes if centers seem wet.

# PAGE 21: NUTRITION DEEP DIVE

## Macro Comparison: Our Muffins vs. Store-Bought

Metric	Store Muffin	Bakery “Protein” Muffin	Our Recipes
Calories	400-550	280-350	125-170
Protein	4-6g	10-15g	8-9g
Carbs	55-70g	35-45g	19-21g
Sugar	30-45g	15-25g	8-10g
Fat	18-25g	12-18g	2-6g
Fiber	1-2g	2-3g	2-3g

## Complete Nutrition Per Recipe

### Banana Protein Muffins (per muffin)

Nutrient	Amount	%DV
Calories	142	7%
Protein	9g	18%
Total Carbs	21g	7%
Total Fat	3g	4%

### Blueberry Protein Muffins (per muffin)

Nutrient	Amount	%DV
Calories	155	8%
Protein	9g	18%
Total Carbs	23g	8%
Total Fat	3g	4%

### **Chocolate Protein Muffins (per muffin)**

Nutrient	Amount	%DV
Calories	138	7%
Protein	9g	18%
Total Carbs	20g	7%
Total Fat	3g	4%

### **Pumpkin Protein Muffins (per muffin)**

Nutrient	Amount	%DV
Calories	135	7%
Protein	8g	16%
Total Carbs	21g	7%
Total Fat	2g	3%

### **Apple Protein Muffins (per muffin)**

Nutrient	Amount	%DV
Calories	148	7%
Protein	8g	16%
Total Carbs	24g	8%
Total Fat	3g	4%

### **Carrot Cake Protein Muffins (per muffin)**

Nutrient	Amount	%DV
Calories	165	8%
Protein	8g	16%
Total Carbs	19g	6%
Total Fat	6g	8%

## BONUS: ADVANCED CUSTOMIZATION GUIDE

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### Adjusting Macros

- **To Increase Protein:** Add 15g ( $\frac{1}{2}$  scoop) of unflavored collagen peptides. It won't affect texture.
- **To Decrease Carbs:** Replace 50g of oat flour with 30g of almond flour.
- **To Increase Fiber:** Add 1 tbsp of psyllium husk powder to the dry ingredients.

### Flavor Variations

- **Mocha:** Add 1 tsp of espresso powder to the chocolate muffin recipe.
- **Lemon Poppyseed:** Add 1 tbsp of poppy seeds and the zest of one lemon to the blueberry muffin recipe (omit blueberries).
- **Gingerbread:** Use the pumpkin muffin recipe, but replace pumpkin puree with applesauce and add 1 tbsp of molasses and 1 tsp of ground ginger.

## BONUS: PRINTABLE RECIPE CARDS

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(This section would contain formatted recipe cards for printing. For this digital version, please refer to the individual recipe pages.)