

5 High-Protein Sweet Bowls (No Sugar Crash)

Quick, sweet options that still hit protein targets.

1

Classic Vanilla Bowl (~41–47g protein)

Base: $\frac{3}{4}$ –1 cup nonfat Greek yogurt + 1 scoop vanilla whey

Mix-ins: $\frac{1}{4}$ tsp cinnamon, splash vanilla

Top: berries or 1 tbsp cacao nibs (optional: coconut whip)

Swaps: lactose-free yogurt

When: post-lift, afternoon snack

2

Cottage-Cheese Whip (~45–50g protein)

Blend: 1 cup low-fat cottage cheese + 1 scoop vanilla protein + splash almond milk

Top: strawberries + 1 tsp pistachios

Swaps: add a few ice cubes for fluffier texture

When: late-night sweet tooth

3

PB Cup Lite (~42–48g protein)

Base: $\frac{3}{4}$ –1 cup Greek yogurt + 1 scoop chocolate whey

Mix-ins: $\frac{1}{2}$ tbsp powdered peanut butter, pinch salt

Top: 1 tsp mini dark chips or cacao nibs

Swaps: almond butter powder

When: post-workout or pre-meeting

4

Banana Cream Pie (~41–47g protein)

Base: $\frac{3}{4}$ –1 cup Greek yogurt + 1 scoop vanilla whey

Top: $\frac{1}{2}$ banana sliced + cinnamon (optional: coconut whip)

Swaps: omit banana; add $\frac{1}{4}$ cup berries for fewer carbs

When: carb-timed around training

5

Chia Pudding Boost (~44–50g protein)

Mix: $\frac{3}{4}$ cup Greek yogurt + 1 scoop casein or whey + 1 tbsp chia; rest 30–60 min

Top: cinnamon; optional 1 tsp almonds

Swaps: plant protein + soy yogurt (texture varies)

When: make-ahead mornings

Nutrition assumptions (for estimates): Nonfat Greek yogurt $\frac{3}{4}$ cup \approx 170 g (~17 g protein); 1 cup \approx 227 g (~23 g protein). Whey/casein scoop \approx 24 g protein. Low-fat cottage cheese 1 cup \approx 24–28 g protein. Chia 1 tbsp \approx 3 g protein. Plant proteins vary (~18–22 g/scoop).

Brands differ—verify your labels.

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