

Power-Packed PCOS-Friendly Oatmeal: 10 Ways to Hit 30g Protein! 🌟🥣

Fuel your morning with these easy, high-protein oatmeal upgrades—designed to balance hormones, support gut health, and keep energy levels steady. 💪✨

🌱 Vegan-Friendly Options

1 Protein-Packed Overnight Oats

- 1 scoop Harmonized Fermented Vegan Protein Powder (20g) 🌱
- 1 cup soy milk (8g) 🥛
- 1 tbsp chia seeds (2g) ✨

2 Choco-PB Power Oats 🍫🥜

- 1 scoop chocolate vegan protein powder (20g) 🌱
- 2 tbsp peanut butter (8g) 🥜
- 1 tbsp hemp seeds (2g)

3 Savory Chickpea Oatmeal 🍲

- ½ cup mashed chickpeas (7g)
- 1 tbsp tahini (3g)
- 1 scoop unflavored vegan protein powder (20g)

🥕 Vegetarian-Friendly Options

4 Yogurt Boost Oats 🥣

- ½ cup Greek yogurt (15g) 🥛
- 1 tbsp almond butter (4g)
- 1 scoop vanilla whey or plant protein (15g)

5 Cottage Cheese Dream 🧀

- ½ cup cottage cheese (17g)
- 1 scoop vanilla protein powder (15g)
- Top with berries & flaxseeds 🍓

6 Kefir-Powdered Oats 🍯

- 1 cup kefir (10g)
- 1 scoop protein powder (20g)
- 1 tbsp almond butter (4g)

🐾 For Meat Lovers (Dairy & Eggs Included)

7 Eggs & Oats Combo 🔍

- 2 eggs scrambled in (14g)
- ½ cup Greek yogurt (15g)
- Savory toppings: Hot sauce, cheese, chives

8 High-Protein Milk Swap 🥛

- 1 cup Fairlife or ultra-filtered milk (13g)
- 1 scoop whey protein (20g)
- 1 tbsp nut butter (4g)

9 Nutty Cheese Oatmeal 🥜🧀

- ½ cup cottage cheese (17g)
- 2 tbsp peanut butter (8g)
- 1 tbsp hemp seeds (5g)

10 Crunchy Tropical Power Oats 🍌🥥

- 1 scoop plant or whey protein (20g)
- ½ cup Greek yogurt or soy yogurt (10g)
- Macadamia nuts & mango for a delicious crunch!

✨ **All 10 options are PCOS-friendly, high-protein, and designed for balanced blood sugar & lasting energy! Which one will you try first?** 🌟💕