

High-Protein, Low-Carb

WHEY PANCAKES WITH GREEK YOGURT

CLEAN INGREDIENTS. POWERFUL NUTRITION.
BUILT FOR YOUR HEALTH.



RECIPE HIGHLIGHTS



HIGH PROTEIN
35–40g of protein per serving



LOW CARB
Only 4–5g net carbs per serving



GLP-1 FRIENDLY
Easy to digest, helps promote fullness and reduce cravings



CLEAN INGREDIENTS
Simple, whole-food ingredients you can feel good about

INGREDIENTS (MAKES ~5–6 PANCAKES)

- 1 scoop whey protein isolate (vanilla or unflavored)
- 2 large eggs
- 1/4 cup plain nonfat Greek yogurt
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- Pinch of salt
- Optional: monk fruit or stevia to taste

INSTRUCTIONS

- 1 Whisk all ingredients together until smooth. *Batter will be thick.*
- 2 Heat a nonstick skillet over low–medium heat. *Lightly grease with butter or oil.*
- 3 Scoop 1/4 cup of batter per pancake onto skillet. *Keep pancakes small for best results.*
- 4 Cook for 2–3 minutes, until bubbles form and edges look set. Flip.
- 5 Cook another 2–3 minutes until golden and cooked through.

NUTRITION (PER SERVING)

| | |
|-----------|--------|
| CALORIES | 230 |
| PROTEIN | 35–40g |
| FAT | 8–10g |
| NET CARBS | 4–5g |
| FIBER | 1g |

SERVING IDEAS



Top with fresh berries
Low carb and antioxidant rich.



Add extra Greek yogurt
Boosts protein and creaminess.



Sprinkle with nuts
Walnuts or pecans for healthy fats.



Light drizzle
Sugar-free maple syrup or monk fruit syrup.

WHY THIS RECIPE WORKS

- ✓ High-protein formula supports muscle retention and fat loss.
- ✓ Greek yogurt replaces flour—fewer carbs, better texture.
- ✓ Balanced macros support steady energy and satiety.
- ✓ Perfect for GLP-1 patients, blood sugar management, and weight loss.

GLP-1 OPTIMIZATION TIPS

- Eat slowly and mindfully.**
These pancakes are very filling.
- Start with 1–2 pancakes** and adjust based on hunger.
- Pair with protein + fiber** (berries, nuts, extra yogurt).
- Hydrate well throughout the day.**



SUPPORTS FULLNESS.
STEADY ENERGY.
BETTER RESULTS.

OPTIONAL UPGRADES

- ✦ **Add 1 tbsp chia seeds** for extra fiber.
- ✦ **Add collagen peptides** for joint and skin support.
- ✦ **Use egg whites only** for ultra-lean pancakes.
- ✦ **Add a handful of blueberries** to the batter (low carb).

NUTRITION IS MEDICINE.

Small choices today lead to life-changing results tomorrow.

James Whynot, MD
Telehealth & Weight Loss

LIVE BETTER.
FEEL BETTER.
WHYNOT?



This recipe is for informational purposes only and should not replace personalized medical advice. Always consult your healthcare provider before making changes to your diet.