



# QUICK FLATBREADS

Easy and quick flatbread recipes.

5 Macro-Verified Recipes

ProteinPizzas | [proteinpizzas.co](https://proteinpizzas.co)

# WHAT'S INSIDE

1. Recipe Title 21	21g protein
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5. Recipe Title 25	20g protein

Combined Shopping List

Pro Tips

# Recipe Title 21

21g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**207**  
CALORIES

**21g**  
PROTEIN

**35g**  
CARBS

**6g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# Recipe Title 22

22g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

209

CALORIES

22g

PROTEIN

36g

CARBS

7g

FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

1 Detailed instructions

# Recipe Title 23

23g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

<div>211</div> <div>CALORIES</div>	<div>23g</div> <div>PROTEIN</div>	<div>37g</div> <div>CARBS</div>	<div>8g</div> <div>FAT</div>
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## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

1 Detailed instructions

# Recipe Title 24

24g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**213**  
CALORIES

**24g**  
PROTEIN

**38g**  
CARBS

**6g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# Recipe Title 25

20g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**215**  
CALORIES

**20g**  
PROTEIN

**39g**  
CARBS

**7g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# COMBINED SHOPPING LIST

## OTHER

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- ☐ 120g ingredient 1
- ☐ 60g ingredient 2



## PRO TIPS

### Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

### Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

### Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

### Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

### Substitutions

Visit [proteinpizzas.co](https://proteinpizzas.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

## Want More Recipes?

Visit us for more macro-verified pizzas recipes, interactive ingredient substitutions, and more free recipe packs.

[proteinpizzas.co](https://proteinpizzas.co)