



STARTER PACK

5 essential protein cheesecake recipes to get you started. Perfect for beginners!

5 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

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2. No-Bake Chocolate Cheesecake	25g protein
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5. Key Lime Cheesecake	21g protein

Combined Shopping List
Pro Tips

Classic Vanilla Bean Cheesecake

22g

Prep: 15 min

Cook: 45 min

Total: 60 min

Yield: 12 servings

Difficulty: Medium

180

CALORIES

22g

PROTEIN

15g

CARBS

7g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

1 tsp vanilla extract

100g almond flour for crust

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Mix almond flour with a little melted butter and press into the bottom of a springform pan.
- 3 In a large bowl, beat the cream cheese until smooth. Add the Greek yogurt, vanilla whey protein, eggs, and vanilla extract. Mix until just combined.
- 4 Pour the filling over the crust and bake for 45 minutes, or until the center is almost set.
- 5 Let the cheesecake cool completely in the oven with the door ajar. Then, refrigerate for at least 4 hours.
- 6 Slice and serve your delicious protein cheesecake.

No-Bake Chocolate Cheesecake

25g

Prep: 20 min

Cook: 0 min

Total: 20 min

Yield: 10 servings

Difficulty: Easy

220

CALORIES

25g

PROTEIN

18g

CARBS

10g

FAT

INGREDIENTS

300g cream cheese

150g plain Greek yogurt

90g chocolate whey protein

50g unsweetened cocoa powder

100g almond flour for crust

50g melted coconut oil

INSTRUCTIONS

- 1 Combine almond flour and melted coconut oil. Press into the bottom of a springform pan.
- 2 Beat cream cheese until smooth. Mix in Greek yogurt, chocolate whey protein, and cocoa powder until well combined.
- 3 Pour the filling over the crust and spread evenly.
- 4 Refrigerate for at least 6 hours, or until firm.
- 5 Garnish with chocolate shavings or berries before serving.
- 6 Slice and enjoy your no-bake protein cheesecake.

Strawberry Swirl Cheesecake

20g

Prep: 20 min

Cook: 50 min

Total: 70 min

Yield: 12 servings

Difficulty: Medium

190

CALORIES

20g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

100g fresh strawberries, pureed

100g almond flour for crust

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Mix almond flour with a little melted butter and press into the bottom of a springform pan.
- 3 Beat the cream cheese until smooth. Add the Greek yogurt, vanilla whey protein, and eggs. Mix until just combined.
- 4 Pour half the filling into the pan. Dollop with strawberry puree and then top with the remaining filling. Swirl with a knife.
- 5 Bake for 50 minutes, or until the center is almost set.
- 6 Let the cheesecake cool completely, then refrigerate for at least 4 hours before serving.

Lemon Blueberry Cheesecake Minis

18g

Prep: 15 min

Cook: 25 min

Total: 40 min

Yield: 12 servings

Difficulty: Easy

150

CALORIES

18g

PROTEIN

12g

CARBS

7g

FAT

INGREDIENTS

200g cream cheese

100g plain Greek yogurt

50g vanilla whey protein

1 large egg

1 lemon, zested and juiced

50g fresh blueberries

INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line a muffin tin with paper liners.
- 2 Beat cream cheese until smooth. Mix in Greek yogurt, vanilla whey protein, egg, lemon zest, and lemon juice.
- 3 Gently fold in the fresh blueberries.
- 4 Divide the mixture evenly among the muffin cups and bake for 25 minutes.
- 5 Let the mini cheesecakes cool completely before refrigerating.
- 6 Serve chilled.

Key Lime Cheesecake

21g

Prep: 15 min

Cook: 45 min

Total: 60 min

Yield: 12 servings

Difficulty: Medium

185

CALORIES

21g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

120ml key lime juice

100g almond flour for crust

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Mix almond flour with a little melted butter and press into the bottom of a springform pan.
- 3 In a large bowl, beat the cream cheese until smooth. Add the Greek yogurt, vanilla whey protein, eggs, and key lime juice. Mix until just combined.
- 4 Pour the filling over the crust and bake for 45 minutes, or until the center is almost set.
- 5 Let the cheesecake cool completely in the oven with the door ajar. Then, refrigerate for at least 4 hours.
- 6 Garnish with lime zest and whipped cream before serving.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g vanilla whey protein
- ☐ 100g almond flour for crust
- ☐ 90g chocolate whey protein
- ☐ 50g unsweetened cocoa powder
- ☐ 50g vanilla whey protein

DAIRY & EGGS

- ☐ 240g cream cheese
- ☐ 120g plain Greek yogurt
- ☐ 2 large eggs
- ☐ 300g cream cheese
- ☐ 150g plain Greek yogurt
- ☐ 200g cream cheese
- ☐ 100g plain Greek yogurt
- ☐ 1 large egg

PRODUCE

- ☐ 1 lemon, zested and juiced

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract

OTHER

- ☐ 50g melted coconut oil
- ☐ 100g fresh strawberries, pureed
- ☐

50g fresh blueberries

☐ 120ml key lime juice

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 proteincheesecake.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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