



CREATIVE PIZZAS

Unique and creative pizza recipes to try.

4 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

1. Recipe Title 17	22g protein
2. Recipe Title 18	23g protein
3. Recipe Title 19	24g protein
4. Recipe Title 20	20g protein

Combined Shopping List

Pro Tips

Recipe Title 17

22g

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

199
CALORIES

22g
PROTEIN

31g
CARBS

8g
FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

Recipe Title 18

23g

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

201
CALORIES

23g
PROTEIN

32g
CARBS

6g
FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

Recipe Title 19

24g

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

203

CALORIES

24g

PROTEIN

33g

CARBS

7g

FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1

Detailed instructions

Recipe Title 20

20g

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

205

CALORIES

20g

PROTEIN

34g

CARBS

8g

FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1

Detailed instructions

COMBINED SHOPPING LIST

OTHER

- ☐ 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 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.

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