



CLASSICS PACK

A collection of timeless cheesecake classics.

4 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

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|------------------------------------|-------------|
| 1. Classic Vanilla Bean Cheesecake | 22g protein |
| 2. Strawberry Swirl Cheesecake | 20g protein |
| 3. Key Lime Cheesecake | 21g protein |
| 4. Cookies and Cream Cheesecake | 25g 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.

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.

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.

Cookies and Cream Cheesecake

25g

Prep: 15 min Cook: 50 min Total: 65 min Yield: 12 servings Difficulty: Medium

230

CALORIES

25g

PROTEIN

18g

CARBS

12g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

8 crushed protein sandwich cookies

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Use some of the crushed cookies to make a crust.
- 3 Beat cream cheese until smooth. Mix in Greek yogurt, whey protein, and eggs.
- 4 Fold in the remaining crushed cookies.
- 5 Pour into the crust and bake for 50 minutes.
- 6 Cool completely before refrigerating for at least 4 hours.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g vanilla whey protein
- ☐ 100g almond flour for crust
- ☐ 8 crushed protein sandwich cookies

DAIRY & EGGS

- ☐ 240g cream cheese
- ☐ 120g plain Greek yogurt
- ☐ 2 large eggs

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract

OTHER

- ☐ 100g fresh strawberries, pureed
- ☐ 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?

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

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