



## SEASONAL FLAVORS

Enjoy the taste of the season with these festive cheesecakes.

3 Macro-Verified Recipes

ProteinCheesecake | [proteincheesecake.co](https://proteincheesecake.co)

## WHAT'S INSIDE

1. Pumpkin Spice Cheesecake

24g protein

2. Gingerbread Cheesecake

23g protein

3. Eggnog Cheesecake

22g protein

Combined Shopping List

Pro Tips

# Pumpkin Spice Cheesecake

24g

Prep: 15 min

Cook: 55 min

Total: 70 min

Yield: 12 servings

Difficulty: Medium

**200**

CALORIES

**24g**

PROTEIN

**18g**

CARBS

**9g**

FAT

## INGREDIENTS

240g cream cheese

120g pumpkin puree

60g vanilla whey protein

2 large eggs

1 tsp pumpkin pie spice

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 pumpkin puree, vanilla whey protein, eggs, and pumpkin pie spice. Mix until just combined.
- 4 Pour the filling over the crust and bake for 55 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 pumpkin spice protein cheesecake.

# Gingerbread Cheesecake

23g

Prep: 15 min

Cook: 55 min

Total: 70 min

Yield: 12 servings

Difficulty: Medium

**210**

CALORIES

**23g**

PROTEIN

**18g**

CARBS

**10g**

FAT

## INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

2 tsp ground ginger

1 tsp ground cinnamon

## INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Prepare a crust and press it into a springform pan.
- 3 Beat cream cheese until smooth. Mix in Greek yogurt, whey protein, eggs, ginger, and cinnamon.
- 4 Pour into the crust and bake for 55 minutes.
- 5 Cool completely before refrigerating.
- 6 Garnish with a sprinkle of cinnamon before serving.

# Eggnog Cheesecake

22g

Prep: 15 min

Cook: 55 min

Total: 70 min

Yield: 12 servings

Difficulty: Medium

**200**

CALORIES

**22g**

PROTEIN

**17g**

CARBS

**10g**

FAT

## INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

120ml eggnog

1/2 tsp nutmeg

## INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Prepare a crust and press it into a springform pan.
- 3 Beat cream cheese until smooth. Mix in Greek yogurt, whey protein, eggs, eggnog, and nutmeg.
- 4 Pour into the crust and bake for 55 minutes.
- 5 Cool completely before refrigerating.
- 6 Garnish with a sprinkle of nutmeg before serving.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 60g vanilla whey protein
- ☐ 100g almond flour for crust

## DAIRY & EGGS

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

## PRODUCE

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- ☐ 120g pumpkin puree
- ☐ 1 tsp pumpkin pie spice

## OTHER

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- ☐ 2 tsp ground ginger
- ☐ 1 tsp ground cinnamon
- ☐ 1/2 tsp nutmeg

## 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](https://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.

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