



VEGGIE CRUST

Healthy and delicious veggie-based pizza crusts.

4 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

1. Recipe Title 9	24g protein
2. Recipe Title 10	20g protein
3. Recipe Title 11	21g protein
4. Recipe Title 12	22g protein

Combined Shopping List

Pro Tips

Recipe Title 9

24g

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

183
CALORIES

24g
PROTEIN

23g
CARBS

6g
FAT

INGREDIENTS

120g ingredient 1
.....
60g ingredient 2
.....

INSTRUCTIONS

1 Detailed instructions

Recipe Title 10

20g

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

185
CALORIES

20g
PROTEIN

24g
CARBS

7g
FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

Recipe Title 11

21g

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

187
CALORIES

21g
PROTEIN

25g
CARBS

8g
FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

Recipe Title 12

22g

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

189
CALORIES

22g
PROTEIN

26g
CARBS

6g
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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