



NO-BAKE COLLECTION

Deliciously simple no-bake cheesecakes for any occasion.

3 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

1. No-Bake Chocolate Cheesecake

25g protein

2. No-Bake Oreo Cheesecake Bites

17g protein

3. No-Bake Lemon Cheesecake

20g protein

Combined Shopping List

Pro Tips

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.

No-Bake Oreo Cheesecake Bites

17g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 16 servings

Difficulty: Easy

160

CALORIES

17g

PROTEIN

13g

CARBS

8g

FAT

INGREDIENTS

200g cream cheese

100g plain Greek yogurt

50g vanilla whey protein

6 crushed protein sandwich cookies

INSTRUCTIONS

- 1 Beat cream cheese until smooth. Mix in Greek yogurt and whey protein.
- 2 Fold in the crushed cookies.
- 3 Roll the mixture into bite-sized balls.
- 4 Refrigerate for at least 1 hour to firm up.
- 5 Roll the bites in extra crushed cookies for a coating.
- 6 Serve chilled.

No-Bake Lemon Cheesecake

20g

Prep: 20 min

Cook: 0 min

Total: 20 min

Yield: 10 servings

Difficulty: Easy

180

CALORIES

20g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

300g cream cheese

150g plain Greek yogurt

90g vanilla whey protein

1 lemon, zested and juiced

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, vanilla whey protein, lemon zest, and lemon juice 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 lemon slices before serving.
- 6 Slice and enjoy your no-bake protein cheesecake.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 90g chocolate whey protein
- ☐ 50g unsweetened cocoa powder
- ☐ 100g almond flour for crust
- ☐ 50g vanilla whey protein
- ☐ 6 crushed protein sandwich cookies
- ☐ 90g vanilla whey protein

DAIRY & EGGS

- ☐ 300g cream cheese
- ☐ 150g plain Greek yogurt
- ☐ 200g cream cheese
- ☐ 100g plain Greek yogurt

PRODUCE

- ☐ 1 lemon, zested and juiced

OTHER

- ☐ 50g melted coconut oil

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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