



DOUGH PACK

A collection of our best protein pizza dough recipes.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Chicken Protein Pizza	52g protein
2. Pepperoni Protein Pizza	40g protein
3. Cauliflower Protein Pizza Crust	28g protein
4. Greek Yogurt Protein Pizza Crust	30g protein

Combined Shopping List

Pro Tips

Chicken Protein Pizza

52g

Prep: 20 min

Cook: 18 min

Total: 38 min

Yield: 2 servings

Difficulty: Medium

480

CALORIES

52g

PROTEIN

34g

CARBS

18g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

120g shredded mozzarella

100g grilled chicken breast, sliced

30g red onion, sliced

30g bell peppers

5g Italian herbs

INSTRUCTIONS

- 1 Make protein pizza crust and par-bake for 8 minutes.
- 2 Spread pizza sauce evenly over crust.
- 3 Cover with shredded mozzarella.
- 4 Top with chicken, onions, peppers, and herbs.
- 5 Bake at 425°F for 10 minutes until cheese is melted.

Pepperoni Protein Pizza

40g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

450

CALORIES

40g

PROTEIN

32g

CARBS

20g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

120g shredded mozzarella

50g turkey pepperoni

5g oregano

Red pepper flakes to taste

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes at 425°F.
- 2 Spread pizza sauce over crust.
- 3 Add mozzarella cheese.
- 4 Arrange turkey pepperoni on top.
- 5 Bake 10 minutes. Sprinkle with oregano and red pepper flakes.

Cauliflower Protein Pizza Crust

28g

Prep: 20 min

Cook: 25 min

Total: 45 min

Yield: 1 pizza

Difficulty: Medium

220

CALORIES

28g

PROTEIN

16g

CARBS

10g

FAT

INGREDIENTS

300g cauliflower, riced

60g unflavored whey protein powder

1 egg

60g shredded mozzarella

5g Italian seasoning

2g salt

2g garlic powder

INSTRUCTIONS

- 1 Pulse cauliflower in food processor until rice-like.
- 2 Microwave cauliflower 4 minutes, then squeeze out all moisture with towel.
- 3 Combine cauliflower, protein powder, egg, cheese, and seasonings.
- 4 Press into thin circle on parchment-lined baking sheet.
- 5 Bake at 425°F for 20 minutes until golden, flip halfway. Add toppings and bake 5 more minutes.

Greek Yogurt Protein Pizza Crust

30g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 pizza

Difficulty: Beginner

260

CALORIES

30g

PROTEIN

26g

CARBS

6g

FAT

INGREDIENTS

150g self-rising flour

150g Greek yogurt

30g unflavored whey protein powder

2g salt

5ml olive oil

INSTRUCTIONS

- 1 Combine flour, yogurt, protein powder, and salt in a bowl.
- 2 Knead for 2 minutes until smooth dough forms.
- 3 Roll out to 12-inch circle on floured surface.
- 4 Brush with olive oil.
- 5 Par-bake at 425°F for 8 minutes, add toppings, bake 7 more minutes.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 1 protein pizza crust
- ☐ 60g unflavored whey protein powder
- ☐ 2g garlic powder
- ☐ 150g self-rising flour
- ☐ 30g unflavored whey protein powder

DAIRY & EGGS

- ☐ 1 egg
- ☐ 150g Greek yogurt

OTHER

- ☐ 60ml pizza sauce
- ☐ 120g shredded mozzarella
- ☐ 100g grilled chicken breast, sliced
- ☐ 30g red onion, sliced
- ☐ 30g bell peppers
- ☐ 5g Italian herbs
- ☐ 50g turkey pepperoni
- ☐ 5g oregano
- ☐ Red pepper flakes to taste
- ☐ 300g cauliflower, riced
- ☐ 60g shredded mozzarella
- ☐ 5g Italian seasoning
- ☐ 2g salt
- ☐ 5ml olive 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 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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