



# KETO CRUSTS

Low-carb and keto-friendly pizza crusts.

4 Macro-Verified Recipes

ProteinPizzas | [proteinpizzas.co](https://proteinpizzas.co)

## WHAT'S INSIDE

1. Hawaiian Protein Pizza

38g protein

2. Protein Pizza Bowl

40g protein

3. Keto Protein Pizza

35g protein

4. Taco Protein Pizza

44g protein

Combined Shopping List

Pro Tips

# Hawaiian Protein Pizza

38g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

**390**

CALORIES

**38g**

PROTEIN

**38g**

CARBS

**14g**

FAT

## INGREDIENTS

1 protein pizza crust

60ml pizza sauce

100g shredded mozzarella

80g ham, diced

80g pineapple chunks

Jalapeños (optional)

## INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread pizza sauce over crust.
- 3 Add mozzarella cheese.
- 4 Top with ham and pineapple chunks.
- 5 Bake at 425°F for 10 minutes. Add jalapeños if desired.

# Protein Pizza Bowl

40g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Easy

**380**

CALORIES

**40g**

PROTEIN

**18g**

CARBS

**22g**

FAT

## INGREDIENTS

100g ground turkey

60ml pizza sauce

60g shredded mozzarella

30g turkey pepperoni

30g bell peppers

30g mushrooms

Italian seasoning

30g unflavored whey protein (mixed into meat)

## INSTRUCTIONS

- 1 Brown ground turkey with protein powder mixed in.
- 2 Add peppers and mushrooms, cook 3 minutes.
- 3 Stir in pizza sauce and Italian seasoning.
- 4 Top with mozzarella and pepperoni.
- 5 Broil 2 minutes until cheese is melted and bubbly.

# Keto Protein Pizza

35g

Prep: 15 min

Cook: 15 min

Total: 30 min

Yield: 1 serving

Difficulty: Medium

**340**

CALORIES

**35g**

PROTEIN

**8g**

CARBS

**22g**

FAT

## INGREDIENTS

120g shredded mozzarella

30g cream cheese

40g almond flour

30g unflavored whey protein powder

1 egg

Pizza toppings of choice

## INSTRUCTIONS

- 1 Microwave mozzarella and cream cheese 1 minute, stir, repeat until melted.
- 2 Quickly mix in almond flour, protein powder, and egg.
- 3 Press into thin circle between parchment sheets.
- 4 Bake at 425°F for 10 minutes until golden.
- 5 Add toppings and bake 5 more minutes.

# Taco Protein Pizza

44g

Prep: 20 min

Cook: 18 min

Total: 38 min

Yield: 2 servings

Difficulty: Medium

**440**

CALORIES

**44g**

PROTEIN

**34g**

CARBS

**18g**

FAT

## INGREDIENTS

1 protein pizza crust

60ml salsa

100g shredded Mexican cheese blend

100g seasoned ground turkey

30g black beans

Lettuce, tomato, sour cream for topping

## INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread salsa over crust.
- 3 Add cheese, seasoned turkey, and black beans.
- 4 Bake at 425°F for 10 minutes.
- 5 Add fresh lettuce, tomato, and sour cream after baking.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

---

- ☐ 1 protein pizza crust
- ☐ 30g unflavored whey protein (mixed into meat)
- ☐ 40g almond flour
- ☐ 30g unflavored whey protein powder

## DAIRY & EGGS

---

- ☐ 30g cream cheese
- ☐ 1 egg
- ☐ 100g shredded Mexican cheese blend
- ☐ Lettuce, tomato, sour cream for topping

## PRODUCE

---

- ☐ 80g pineapple chunks

## OTHER

---

- ☐ 60ml pizza sauce
- ☐ 100g shredded mozzarella
- ☐ 80g ham, diced
- ☐ Jalapeños (optional)
- ☐ 100g ground turkey
- ☐ 60g shredded mozzarella
- ☐ 30g turkey pepperoni
- ☐ 30g bell peppers
- ☐ 30g mushrooms
- ☐ Italian seasoning
- ☐

120g shredded mozzarella

☐ Pizza toppings of choice

☐ 60ml salsa

☐ 100g seasoned ground turkey

☐ 30g black beans



## 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](https://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.

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