



DOUGH PACK

A collection of our best protein pizza dough recipes.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Classic Protein Pizza Crust	25g protein
2. Recipe Title 2	22g protein
3. Recipe Title 3	23g protein
4. Recipe Title 4	24g protein

Combined Shopping List

Pro Tips

Classic Protein Pizza Crust

25g

Prep: 15 min

Cook: 20 min

Total: 35 min

Yield: 1 crust

Difficulty: Easy

220

CALORIES

25g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

150g all-purpose flour

60g unflavored whey protein powder

1 tsp baking powder

1/2 tsp salt

180ml warm water

1 tbsp olive oil

INSTRUCTIONS

- 1 Preheat your oven to 425°F (220°C).
- 2 In a large bowl, whisk together the flour, whey protein powder, baking powder, and salt.
- 3 Pour in the warm water and olive oil. Mix until a shaggy dough forms.
- 4 Turn the dough out onto a lightly floured surface and knead for 3-5 minutes, until smooth.
- 5 Roll the dough out into a 12-inch circle and place it on a baking sheet or pizza stone.
- 6 Pre-bake the crust for 10 minutes, then add your favorite toppings and bake for another 10-12 minutes.

Recipe Title 2

22g

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

169

CALORIES

22g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

Recipe Title 3

23g

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

171
CALORIES

23g
PROTEIN

17g
CARBS

6g
FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

Recipe Title 4

24g

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

173
CALORIES

24g
PROTEIN

18g
CARBS

7g
FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1 Detailed instructions

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 150g all-purpose flour
- ☐ 60g unflavored whey protein powder
- ☐ 1 tsp baking powder

OTHER

- ☐ 1/2 tsp salt
- ☐ 180ml warm water
- ☐ 1 tbsp olive oil
- ☐ 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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