



KETO CRUSTS

Low-carb and keto-friendly pizza crusts.

4 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

1. Recipe Title 13

23g protein

2. Recipe Title 14

24g protein

3. Recipe Title 15

20g protein

4. Recipe Title 16

21g protein

Combined Shopping List

Pro Tips

Recipe Title 13

23g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 servings

Difficulty: Easy

191

CALORIES

23g

PROTEIN

27g

CARBS

7g

FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1

Detailed instructions

Recipe Title 14

24g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 servings

Difficulty: Easy

193

CALORIES

24g

PROTEIN

28g

CARBS

8g

FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1

Detailed instructions

Recipe Title 15

20g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 servings

Difficulty: Easy

195

CALORIES

20g

PROTEIN

29g

CARBS

6g

FAT

INGREDIENTS

120g ingredient 1

60g ingredient 2

INSTRUCTIONS

1

Detailed instructions

Recipe Title 16

21g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 servings

Difficulty: Easy

197

CALORIES

21g

PROTEIN

30g

CARBS

7g

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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