



CREATIVE PIZZAS

Unique and creative pizza recipes to try.

4 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

1. Pesto Chicken Protein Pizza

46g protein

2. Mushroom Protein Pizza

34g protein

3. Spinach Feta Protein Pizza

36g protein

4. Supreme Protein Pizza

48g protein

Combined Shopping List

Pro Tips

Pesto Chicken Protein Pizza

46g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

450

CALORIES

46g

PROTEIN

32g

CARBS

20g

FAT

INGREDIENTS

1 protein pizza crust

60ml basil pesto

100g shredded mozzarella

100g grilled chicken, sliced

30g sun-dried tomatoes

30g artichoke hearts

Pine nuts

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread pesto over crust.
- 3 Add mozzarella, chicken, tomatoes, and artichokes.
- 4 Bake at 425°F for 10 minutes.
- 5 Sprinkle with pine nuts.

Mushroom Protein Pizza

34g

Prep: 20 min Cook: 18 min Total: 38 min Yield: 2 servings Difficulty: Medium

360

CALORIES

34g

PROTEIN

32g

CARBS

14g

FAT

INGREDIENTS

1 protein pizza crust

30ml olive oil

3 cloves garlic, minced

150g mixed mushrooms (cremini, shiitake, oyster)

100g shredded mozzarella

30g parmesan

Fresh thyme

INSTRUCTIONS

- 1 Cook mushrooms with garlic in olive oil until golden.
- 2 Par-bake protein crust for 8 minutes.
- 3 Brush crust with garlic oil, add cheeses and mushrooms.
- 4 Bake at 425°F for 10 minutes.
- 5 Top with fresh thyme.

Spinach Feta Protein Pizza

36g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

370

CALORIES

36g

PROTEIN

32g

CARBS

16g

FAT

INGREDIENTS

1 protein pizza crust

30ml olive oil

3 cloves garlic, minced

100g fresh spinach

80g shredded mozzarella

60g feta cheese, crumbled

30g kalamata olives

Red onion slices

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Mix olive oil with garlic, brush over crust.
- 3 Add mozzarella, spinach, feta, olives, and onion.
- 4 Bake at 425°F for 10 minutes.
- 5 Slice and serve immediately.

Supreme Protein Pizza

48g

Prep: 25 min Cook: 18 min Total: 43 min Yield: 2 servings Difficulty: Medium

480

CALORIES

48g

PROTEIN

34g

CARBS

22g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

120g shredded mozzarella

40g turkey pepperoni

40g Italian sausage, cooked

30g bell peppers

30g mushrooms

30g black olives

30g red onion

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread pizza sauce over crust.
- 3 Add mozzarella cheese.
- 4 Add all meats and vegetables.
- 5 Bake at 425°F for 10 minutes until cheese is bubbly.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 1 protein pizza crust

DAIRY & EGGS

- ☐ 60g feta cheese, crumbled

OTHER

- ☐ 60ml basil pesto
- ☐ 100g shredded mozzarella
- ☐ 100g grilled chicken, sliced
- ☐ 30g sun-dried tomatoes
- ☐ 30g artichoke hearts
- ☐ Pine nuts
- ☐ 30ml olive oil
- ☐ 3 cloves garlic, minced
- ☐ 150g mixed mushrooms (cremini, shiitake, oyster)
- ☐ 30g parmesan
- ☐ Fresh thyme
- ☐ 100g fresh spinach
- ☐ 80g shredded mozzarella
- ☐ 30g kalamata olives
- ☐ Red onion slices
- ☐ 60ml pizza sauce
- ☐ 120g shredded mozzarella
- ☐ 40g turkey pepperoni
- ☐ 40g Italian sausage, cooked

- ☐ 30g bell peppers
- ☐ 30g mushrooms
- ☐ 30g black olives
- ☐ 30g red onion

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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