



VEGGIE CRUST

Healthy and delicious veggie-based pizza crusts.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Veggie Protein Pizza

32g protein

2. Buffalo Chicken Protein Pizza

46g protein

3. Breakfast Protein Pizza

42g protein

4. White Protein Pizza

38g protein

Combined Shopping List

Pro Tips

Veggie Protein Pizza

32g

Prep: 20 min

Cook: 18 min

Total: 38 min

Yield: 2 servings

Difficulty: Easy

340

CALORIES

32g

PROTEIN

36g

CARBS

12g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

100g shredded mozzarella

30g bell peppers, sliced

30g mushrooms, sliced

30g red onion

30g black olives

30g spinach

INSTRUCTIONS

1 Par-bake protein crust for 8 minutes.

2 Spread pizza sauce over crust.

3 Add mozzarella cheese.

4 Top with all vegetables.

5 Bake at 425°F for 10 minutes.

Buffalo Chicken Protein Pizza

46g

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

440

CALORIES

46g

PROTEIN

32g

CARBS

18g

FAT

INGREDIENTS

1 protein pizza crust

45ml buffalo sauce

100g shredded mozzarella

100g grilled chicken, diced

30g blue cheese crumbles

Celery, diced

Ranch drizzle

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread buffalo sauce over crust.
- 3 Add mozzarella, then buffalo-tossed chicken.
- 4 Bake at 425°F for 10 minutes.
- 5 Top with blue cheese, celery, and ranch drizzle.

Breakfast Protein Pizza

42g

Prep: 20 min

Cook: 20 min

Total: 40 min

Yield: 2 servings

Difficulty: Medium

420

CALORIES

42g

PROTEIN

30g

CARBS

20g

FAT

INGREDIENTS

1 protein pizza crust

60g cream cheese, softened

100g shredded cheddar

4 eggs

60g cooked bacon, crumbled

30g green onions

Salt and pepper

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread cream cheese over crust.
- 3 Add cheddar cheese.
- 4 Crack eggs onto pizza, spacing evenly.
- 5 Bake at 400°F for 12 minutes until eggs are set. Top with bacon and green onions.

White Protein Pizza

38g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

400

CALORIES

38g

PROTEIN

30g

CARBS

18g

FAT

INGREDIENTS

1 protein pizza crust

60g ricotta cheese

100g shredded mozzarella

30g parmesan, grated

3 cloves garlic, minced

15ml olive oil

Fresh basil

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Mix olive oil with minced garlic, brush over crust.
- 3 Dollop ricotta, add mozzarella and parmesan.
- 4 Bake at 425°F for 10 minutes.
- 5 Top with fresh basil.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 1 protein pizza crust

DAIRY & EGGS

- ☐ 30g blue cheese crumbles
- ☐ 60g cream cheese, softened
- ☐ 4 eggs
- ☐ 60g ricotta cheese

OTHER

- ☐ 60ml pizza sauce
- ☐ 100g shredded mozzarella
- ☐ 30g bell peppers, sliced
- ☐ 30g mushrooms, sliced
- ☐ 30g red onion
- ☐ 30g black olives
- ☐ 30g spinach
- ☐ 45ml buffalo sauce
- ☐ 100g grilled chicken, diced
- ☐ Celery, diced
- ☐ Ranch drizzle
- ☐ 100g shredded cheddar
- ☐ 60g cooked bacon, crumbled
- ☐ 30g green onions
- ☐ Salt and pepper
- ☐ 30g parmesan, grated

- ☐ 3 cloves garlic, minced
- ☐ 15ml olive oil
- ☐ Fresh basil

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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