



PIZZA NIGHT CLASSICS

All the classics for your next pizza night.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Pepperoni Protein Pizza

40g protein

2. Margherita Protein Pizza

36g protein

3. Meat Lovers Protein Pizza

55g protein

4. Supreme Protein Pizza

48g protein

Combined Shopping List

Pro Tips

Pepperoni Protein Pizza

40g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

450

CALORIES

40g

PROTEIN

32g

CARBS

20g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

120g shredded mozzarella

50g turkey pepperoni

5g oregano

Red pepper flakes to taste

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes at 425°F.
- 2 Spread pizza sauce over crust.
- 3 Add mozzarella cheese.
- 4 Arrange turkey pepperoni on top.
- 5 Bake 10 minutes. Sprinkle with oregano and red pepper flakes.

Margherita Protein Pizza

36g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

380

CALORIES

36g

PROTEIN

32g

CARBS

14g

FAT

INGREDIENTS

1 protein pizza crust

60ml crushed San Marzano
tomatoes

120g fresh mozzarella, sliced

Fresh basil leaves

15ml olive oil

Salt to taste

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread crushed tomatoes over crust.
- 3 Arrange fresh mozzarella slices.
- 4 Bake at 425°F for 10 minutes.
- 5 Top with fresh basil, drizzle with olive oil, season with salt.

Meat Lovers Protein Pizza

55g

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

520

CALORIES

55g

PROTEIN

32g

CARBS

26g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

100g shredded mozzarella

40g turkey pepperoni

40g cooked Italian sausage

40g cooked bacon, crumbled

30g ham, diced

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread pizza sauce over crust.
- 3 Add mozzarella cheese.
- 4 Top with pepperoni, sausage, bacon, and ham.
- 5 Bake at 425°F for 10 minutes until cheese is bubbly.

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

OTHER

- ☐ 60ml pizza sauce
- ☐ 120g shredded mozzarella
- ☐ 50g turkey pepperoni
- ☐ 5g oregano
- ☐ Red pepper flakes to taste
- ☐ 60ml crushed San Marzano tomatoes
- ☐ 120g fresh mozzarella, sliced
- ☐ Fresh basil leaves
- ☐ 15ml olive oil
- ☐ Salt to taste
- ☐ 100g shredded mozzarella
- ☐ 40g turkey pepperoni
- ☐ 40g cooked Italian sausage
- ☐ 40g cooked bacon, crumbled
- ☐ 30g ham, diced
- ☐ 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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