



PIZZA NIGHT CLASSICS

All the classics for your next pizza night.

4 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

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|------------------------------|-------------|
| 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 |
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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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