



SINGLE SERVING

Quick and easy single-serving cheesecakes for one.

3 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

1. Single-Serving Peanut Butter Cheesecake

28g protein

2. Single-Serving Chocolate Cheesecake

26g protein

3. Single-Serving Strawberry Cheesecake

24g protein

Combined Shopping List

Pro Tips

Single-Serving Peanut Butter Cheesecake

28g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

250

CALORIES

28g

PROTEIN

10g

CARBS

15g

FAT

INGREDIENTS

60g cream cheese

30g plain Greek yogurt

30g vanilla whey protein

30g peanut butter

1 tbsp powdered sweetener

INSTRUCTIONS

- 1 In a small bowl, mix all ingredients until smooth and creamy.
- 2 Refrigerate for at least 30 minutes to firm up.
- 3 Top with a sprinkle of crushed peanuts or a drizzle of melted chocolate.
- 4 Enjoy your single-serving protein cheesecake.
- 5 Try with almond butter or cashew butter for a different flavor.
- 6 This can be stored in the refrigerator for up to 2 days.

Single-Serving Chocolate Cheesecake

26g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

230

CALORIES

26g

PROTEIN

12g

CARBS

13g

FAT

INGREDIENTS

60g cream cheese

30g plain Greek yogurt

30g chocolate whey protein

1 tbsp unsweetened cocoa powder

INSTRUCTIONS

- 1 In a small bowl, mix all ingredients until smooth and creamy.
- 2 Refrigerate for at least 30 minutes to firm up.
- 3 Top with a few chocolate chips or a dusting of cocoa powder.
- 4 Enjoy your single-serving protein cheesecake.
- 5 Add a drop of peppermint extract for a mint-chocolate flavor.
- 6 This can be stored in the refrigerator for up to 2 days.

Single-Serving Strawberry Cheesecake

24g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

200

CALORIES

24g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

60g cream cheese

30g plain Greek yogurt

30g vanilla whey protein

30g fresh strawberries, mashed

INSTRUCTIONS

- 1 In a small bowl, mix all ingredients until smooth and creamy.
- 2 Refrigerate for at least 30 minutes to firm up.
- 3 Top with a fresh strawberry slice.
- 4 Enjoy your single-serving protein cheesecake.
- 5 Try with other berries like raspberries or blueberries.
- 6 This can be stored in the refrigerator for up to 2 days.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 30g vanilla whey protein
- ☐ 1 tbsp powdered sweetener
- ☐ 30g chocolate whey protein
- ☐ 1 tbsp unsweetened cocoa powder

DAIRY & EGGS

- ☐ 60g cream cheese
- ☐ 30g plain Greek yogurt
- ☐ 30g peanut butter

OTHER

- ☐ 30g fresh strawberries, mashed

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 proteincheesecake.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified cheesecakes recipes, interactive ingredient substitutions, and more free recipe packs.

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