



# VEGGIE CRUST

Healthy and delicious veggie-based pizza crusts.

4 Macro-Verified Recipes

ProteinPizzas | [proteinpizzas.co](http://proteinpizzas.co)

## WHAT'S INSIDE

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- |                                  |             |
|----------------------------------|-------------|
| 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 |
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Combined Shopping List

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Pro Tips

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# 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

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- 1 protein pizza crust

## DAIRY & EGGS

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

## OTHER

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- 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](http://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.

[proteinpizzas.co](http://proteinpizzas.co)