



# DOUGH PACK

A collection of our best protein pizza dough recipes.

4 Macro-Verified Recipes

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

## WHAT'S INSIDE

1. Chicken Protein Pizza	52g protein
2. Pepperoni Protein Pizza	40g protein
3. Cauliflower Protein Pizza Crust	28g protein
4. Greek Yogurt Protein Pizza Crust	30g protein

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Combined Shopping List

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Pro Tips

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# Chicken Protein Pizza

52g

Prep: 20 min

Cook: 18 min

Total: 38 min

Yield: 2 servings

Difficulty: Medium

**480**

CALORIES

**52g**

PROTEIN

**34g**

CARBS

**18g**

FAT

## INGREDIENTS

1 protein pizza crust

60ml pizza sauce

120g shredded mozzarella

100g grilled chicken breast, sliced

30g red onion, sliced

30g bell peppers

5g Italian herbs

## INSTRUCTIONS

- 1 Make protein pizza crust and par-bake for 8 minutes.
- 2 Spread pizza sauce evenly over crust.
- 3 Cover with shredded mozzarella.
- 4 Top with chicken, onions, peppers, and herbs.
- 5 Bake at 425°F for 10 minutes until cheese is melted.

# 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.

# Cauliflower Protein Pizza Crust

28g

Prep: 20 min

Cook: 25 min

Total: 45 min

Yield: 1 pizza

Difficulty: Medium

**220**

CALORIES

**28g**

PROTEIN

**16g**

CARBS

**10g**

FAT

## INGREDIENTS

300g cauliflower, riced

60g unflavored whey protein powder

1 egg

60g shredded mozzarella

5g Italian seasoning

2g salt

2g garlic powder

## INSTRUCTIONS

- 1 Pulse cauliflower in food processor until rice-like.
- 2 Microwave cauliflower 4 minutes, then squeeze out all moisture with towel.
- 3 Combine cauliflower, protein powder, egg, cheese, and seasonings.
- 4 Press into thin circle on parchment-lined baking sheet.
- 5 Bake at 425°F for 20 minutes until golden, flip halfway. Add toppings and bake 5 more minutes.

# Greek Yogurt Protein Pizza Crust

30g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 pizza

Difficulty: Beginner

**260**

CALORIES

**30g**

PROTEIN

**26g**

CARBS

**6g**

FAT

## INGREDIENTS

150g self-rising flour

150g Greek yogurt

30g unflavored whey protein powder

2g salt

5ml olive oil

## INSTRUCTIONS

- 1** Combine flour, yogurt, protein powder, and salt in a bowl.
- 2** Knead for 2 minutes until smooth dough forms.
- 3** Roll out to 12-inch circle on floured surface.
- 4** Brush with olive oil.
- 5** Par-bake at 425°F for 8 minutes, add toppings, bake 7 more minutes.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 1 protein pizza crust
- 60g unflavored whey protein powder
- 2g garlic powder
- 150g self-rising flour
- 30g unflavored whey protein powder

## DAIRY & EGGS

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- 1 egg
- 150g Greek yogurt

## OTHER

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- 60ml pizza sauce
- 120g shredded mozzarella
- 100g grilled chicken breast, sliced
- 30g red onion, sliced
- 30g bell peppers
- 5g Italian herbs
- 50g turkey pepperoni
- 5g oregano
- Red pepper flakes to taste
- 300g cauliflower, riced
- 60g shredded mozzarella
- 5g Italian seasoning
- 2g salt
- 5ml olive oil

## 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)