



CLASSICS PACK

A collection of timeless cheesecake classics.

4 Macro-Verified Recipes

ProteinCheesecake | proteincheesecake.co

WHAT'S INSIDE

1. Classic Vanilla Bean Cheesecake	22g protein
2. Strawberry Swirl Cheesecake	20g protein
3. Key Lime Cheesecake	21g protein
4. Cookies and Cream Cheesecake	25g protein

Combined Shopping List

Pro Tips

Classic Vanilla Bean Cheesecake

22g

Prep: 15 min

Cook: 45 min

Total: 60 min

Yield: 12 servings

Difficulty: Medium

180

CALORIES

22g

PROTEIN

15g

CARBS

7g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

1 tsp vanilla extract

100g almond flour for crust

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Mix almond flour with a little melted butter and press into the bottom of a springform pan.
- 3 In a large bowl, beat the cream cheese until smooth. Add the Greek yogurt, vanilla whey protein, eggs, and vanilla extract. Mix until just combined.
- 4 Pour the filling over the crust and bake for 45 minutes, or until the center is almost set.
- 5 Let the cheesecake cool completely in the oven with the door ajar. Then, refrigerate for at least 4 hours.
- 6 Slice and serve your delicious protein cheesecake.

Strawberry Swirl Cheesecake

20g

Prep: 20 min

Cook: 50 min

Total: 70 min

Yield: 12 servings

Difficulty: Medium

190

CALORIES

20g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

100g fresh strawberries, pureed

100g almond flour for crust

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Mix almond flour with a little melted butter and press into the bottom of a springform pan.
- 3 Beat the cream cheese until smooth. Add the Greek yogurt, vanilla whey protein, and eggs. Mix until just combined.
- 4 Pour half the filling into the pan. Dollop with strawberry puree and then top with the remaining filling. Swirl with a knife.
- 5 Bake for 50 minutes, or until the center is almost set.
- 6 Let the cheesecake cool completely, then refrigerate for at least 4 hours before serving.

Key Lime Cheesecake

21g

Prep: 15 min

Cook: 45 min

Total: 60 min

Yield: 12 servings

Difficulty: Medium

185

CALORIES

21g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

120ml key lime juice

100g almond flour for crust

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Mix almond flour with a little melted butter and press into the bottom of a springform pan.
- 3 In a large bowl, beat the cream cheese until smooth. Add the Greek yogurt, vanilla whey protein, eggs, and key lime juice. Mix until just combined.
- 4 Pour the filling over the crust and bake for 45 minutes, or until the center is almost set.
- 5 Let the cheesecake cool completely in the oven with the door ajar. Then, refrigerate for at least 4 hours.
- 6 Garnish with lime zest and whipped cream before serving.

Cookies and Cream Cheesecake

25g

Prep: 15 min Cook: 50 min Total: 65 min Yield: 12 servings Difficulty: Medium

230

CALORIES

25g

PROTEIN

18g

CARBS

12g

FAT

INGREDIENTS

240g cream cheese

120g plain Greek yogurt

60g vanilla whey protein

2 large eggs

8 crushed protein sandwich cookies

INSTRUCTIONS

- 1 Preheat your oven to 160°C (325°F).
- 2 Use some of the crushed cookies to make a crust.
- 3 Beat cream cheese until smooth. Mix in Greek yogurt, whey protein, and eggs.
- 4 Fold in the remaining crushed cookies.
- 5 Pour into the crust and bake for 50 minutes.
- 6 Cool completely before refrigerating for at least 4 hours.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g vanilla whey protein
- ☐ 100g almond flour for crust
- ☐ 8 crushed protein sandwich cookies

DAIRY & EGGS

- ☐ 240g cream cheese
- ☐ 120g plain Greek yogurt
- ☐ 2 large eggs

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract

OTHER

- ☐ 100g fresh strawberries, pureed
- ☐ 120ml key lime juice

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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