



# KETO CRUSTS

Low-carb and keto-friendly pizza crusts.

4 Macro-Verified Recipes

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

# WHAT'S INSIDE

1. Recipe Title 13	23g protein
2. Recipe Title 14	24g protein
3. Recipe Title 15	20g protein
4. Recipe Title 16	21g protein

Combined Shopping List

Pro Tips

# Recipe Title 13

23g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**191**  
CALORIES

**23g**  
PROTEIN

**27g**  
CARBS

**7g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# Recipe Title 14

24g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**193**  
CALORIES

**24g**  
PROTEIN

**28g**  
CARBS

**8g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# Recipe Title 15

20g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**195**  
CALORIES

**20g**  
PROTEIN

**29g**  
CARBS

**6g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# Recipe Title 16

21g

Prep: 10 min    Cook: 12 min    Total: 22 min    Yield: 12 servings    Difficulty: Easy

**197**  
CALORIES

**21g**  
PROTEIN

**30g**  
CARBS

**7g**  
FAT

## INGREDIENTS

120g ingredient 1

60g ingredient 2

## INSTRUCTIONS

**1** Detailed instructions

# COMBINED SHOPPING LIST

## OTHER

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- ☐ 120g ingredient 1
- ☐ 60g ingredient 2

## 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](https://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](https://proteinpizzas.co)