



KETO CRUSTS

Low-carb and keto-friendly pizza crusts.

4 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

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- | | |
|---------------------------|-------------|
| 1. Hawaiian Protein Pizza | 38g protein |
| 2. Protein Pizza Bowl | 40g protein |
| 3. Keto Protein Pizza | 35g protein |
| 4. Taco Protein Pizza | 44g protein |
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Combined Shopping List

Pro Tips

Hawaiian Protein Pizza

38g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

390

CALORIES

38g

PROTEIN

38g

CARBS

14g

FAT

INGREDIENTS

1 protein pizza crust

60ml pizza sauce

100g shredded mozzarella

80g ham, diced

80g pineapple chunks

Jalapeños (optional)

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread pizza sauce over crust.
- 3 Add mozzarella cheese.
- 4 Top with ham and pineapple chunks.
- 5 Bake at 425°F for 10 minutes. Add jalapeños if desired.

Protein Pizza Bowl

40g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 1 serving

Difficulty: Easy

380

CALORIES

40g

PROTEIN

18g

CARBS

22g

FAT

INGREDIENTS

100g ground turkey

60ml pizza sauce

60g shredded mozzarella

30g turkey pepperoni

30g bell peppers

30g mushrooms

Italian seasoning

30g unflavored whey protein (mixed
into meat)

INSTRUCTIONS

- 1** Brown ground turkey with protein powder mixed in.
- 2** Add peppers and mushrooms, cook 3 minutes.
- 3** Stir in pizza sauce and Italian seasoning.
- 4** Top with mozzarella and pepperoni.
- 5** Broil 2 minutes until cheese is melted and bubbly.

Keto Protein Pizza

35g

Prep: 15 min

Cook: 15 min

Total: 30 min

Yield: 1 serving

Difficulty: Medium

340

CALORIES

35g

PROTEIN

8g

CARBS

22g

FAT

INGREDIENTS

120g shredded mozzarella

30g cream cheese

40g almond flour

30g unflavored whey protein powder

1 egg

Pizza toppings of choice

INSTRUCTIONS

- 1 Microwave mozzarella and cream cheese 1 minute, stir, repeat until melted.
- 2 Quickly mix in almond flour, protein powder, and egg.
- 3 Press into thin circle between parchment sheets.
- 4 Bake at 425°F for 10 minutes until golden.
- 5 Add toppings and bake 5 more minutes.

Taco Protein Pizza

44g

Prep: 20 min

Cook: 18 min

Total: 38 min

Yield: 2 servings

Difficulty: Medium

440

CALORIES

44g

PROTEIN

34g

CARBS

18g

FAT

INGREDIENTS

1 protein pizza crust

60ml salsa

100g shredded Mexican cheese blend

100g seasoned ground turkey

30g black beans

Lettuce, tomato, sour cream for topping

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread salsa over crust.
- 3 Add cheese, seasoned turkey, and black beans.
- 4 Bake at 425°F for 10 minutes.
- 5 Add fresh lettuce, tomato, and sour cream after baking.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 1 protein pizza crust
- 30g unflavored whey protein (mixed into meat)
- 40g almond flour
- 30g unflavored whey protein powder

DAIRY & EGGS

- 30g cream cheese
- 1 egg
- 100g shredded Mexican cheese blend
- Lettuce, tomato, sour cream for topping

PRODUCE

- 80g pineapple chunks

OTHER

- 60ml pizza sauce
- 100g shredded mozzarella
- 80g ham, diced
- Jalapeños (optional)
- 100g ground turkey
- 60g shredded mozzarella
- 30g turkey pepperoni
- 30g bell peppers
- 30g mushrooms
- Italian seasoning
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120g shredded mozzarella

- Pizza toppings of choice
- 60ml salsa
- 100g seasoned ground turkey
- 30g black beans

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 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.

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