



STARTER PACK

5 essential protein pizza recipes to get you started. Perfect for beginners!

5 Macro-Verified Recipes

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WHAT'S INSIDE

1. Classic Protein Pizza Crust	35g protein
2. High Protein Pizza Crust	42g protein
3. Chicken Protein Pizza	52g protein
4. Pepperoni Protein Pizza	40g protein
5. Margherita Protein Pizza	36g protein

Combined Shopping List

Pro Tips

Classic Protein Pizza Crust

35g

Prep: 15 min

Cook: 15 min

Total: 30 min

Yield: 1 pizza

Difficulty: Medium

280

CALORIES

35g

PROTEIN

28g

CARBS

8g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

5g baking powder

2g salt

1 egg

120ml Greek yogurt

15ml olive oil

INSTRUCTIONS

- 1 Preheat oven to 425°F (220°C). Line a baking sheet with parchment.
- 2 Combine oat flour, protein powder, baking powder, and salt.
- 3 Mix in egg, Greek yogurt, and olive oil until dough forms.
- 4 Press dough into a 12-inch circle on the baking sheet.
- 5 Bake for 8 minutes, then add toppings and bake 7 more minutes.

High Protein Pizza Crust

42g

Prep: 15 min

Cook: 15 min

Total: 30 min

Yield: 1 pizza

Difficulty: Medium

320

CALORIES

42g

PROTEIN

24g

CARBS

10g

FAT

INGREDIENTS

100g oat flour

80g unflavored whey protein powder

5g baking powder

2g salt

2 eggs

100ml Greek yogurt

15ml olive oil

INSTRUCTIONS

- 1 Preheat oven to 425°F (220°C).
- 2 Mix oat flour, protein powder, baking powder, and salt.
- 3 Beat eggs, add yogurt and oil. Combine with dry ingredients.
- 4 Knead briefly until smooth dough forms.
- 5 Shape into 12-inch circle, par-bake 8 minutes, add toppings, bake 7 more minutes.

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.

Margherita Protein Pizza

36g

Prep: 15 min

Cook: 18 min

Total: 33 min

Yield: 2 servings

Difficulty: Easy

380

CALORIES

36g

PROTEIN

32g

CARBS

14g

FAT

INGREDIENTS

1 protein pizza crust

60ml crushed San Marzano tomatoes

120g fresh mozzarella, sliced

Fresh basil leaves

15ml olive oil

Salt to taste

INSTRUCTIONS

- 1 Par-bake protein crust for 8 minutes.
- 2 Spread crushed tomatoes over crust.
- 3 Arrange fresh mozzarella slices.
- 4 Bake at 425°F for 10 minutes.
- 5 Top with fresh basil, drizzle with olive oil, season with salt.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 5g baking powder
- 100g oat flour
- 80g unflavored whey protein powder
- 1 protein pizza crust

DAIRY & EGGS

- 1 egg
- 120ml Greek yogurt
- 2 eggs
- 100ml Greek yogurt

OTHER

- 2g salt
- 15ml olive oil
- 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

- 60ml crushed San Marzano tomatoes
- 120g fresh mozzarella, sliced
- Fresh basil leaves
- Salt to taste

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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