



## STARTER PACK

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

5 Macro-Verified Recipes

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

# WHAT'S INSIDE

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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

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- ☐ 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

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

## OTHER

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- ☐ 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](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)