
PROTEIN PITA PIZZA HANDBOOK

4 high-protein pizza recipes, fully macro'd out,
built for real schedules.

"Lean and strong on your schedule, not a 9-to-5 template."

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1 CHOOSE YOUR BASE

Pita (default base for recipes below)

1 medium pita, about 60g. Whole wheat or regular pita both work fine, use whichever you prefer. Sturdy, easy to find at any grocery store, holds toppings well.

170 cal · 6P · 34C · 1.5F

High-Fiber, Lower-Carb Pita (e.g. Joseph's Flax, Oat Bran & Whole Wheat)

1 pita, about 35g. Best swap for a cutting phase, roughly 100 fewer calories and 20-25g less carbs per pizza than the regular pita version. Check the label, brands vary.

~60 cal · 5P · 9C · 2F

Corn Tortilla Stack (2 small tortillas layered)

2 small corn tortillas, about 50g total. Naturally gluten free, thinner and crispier crust when baked.

~100 cal · 2.5P · 21C · 1F

Tip: Whatever base you choose, bake it plain for 4-5 minutes at 400F first to crisp it up before adding toppings, this keeps the middle from getting soggy.

2 PIZZA RECIPES

Classic Margherita Protein Pizza

INGREDIENTS

1 pita (whole wheat or regular), 60g low-sugar marinara sauce, 45g shredded part-skim mozzarella, fresh basil leaves

METHOD

Bake the pita plain at 400F for 4-5 minutes. Spread marinara evenly, top with mozzarella. Bake another 6-8 minutes until cheese is melted and edges are golden. Top with fresh basil after baking.

~310 cal · 18P · 39C · 9F

Tip: Use a low-sugar marinara to keep the carbs where they belong, some jarred sauces sneak in an extra 10g of sugar per serving.

BBQ Chicken Protein Pizza

INGREDIENTS

1 pita (whole wheat or regular), 30g BBQ sauce, 85g grilled chicken breast (shredded), 30g shredded part-skim mozzarella, 20g sliced red onion

METHOD

Bake the pita plain at 400F for 4-5 minutes. Spread BBQ sauce, top with shredded chicken, mozzarella, and red onion. Bake another 6-8 minutes until cheese is melted and onions are slightly charred at the edges.

~454 cal · 40P · 50C · 10F

Tip: Pre-cook and shred a batch of chicken breast at the start of the week, this one comes together in under 10 minutes when the chicken is already done.

Veggie & Turkey Pepperoni Protein Pizza

INGREDIENTS

1 pita (whole wheat or regular), 60g low-sugar marinara sauce, 30g shredded part-skim mozzarella, 30g turkey pepperoni, 100g mixed veggies (bell pepper, mushroom, onion)

METHOD

Bake the pita plain at 400F for 4-5 minutes. Spread marinara, top with mozzarella, turkey pepperoni, and mixed veggies. Bake another 6-8 minutes until cheese is melted and pepperoni edges are slightly crisp.

~364 cal · 25P · 46C · 10F

Tip: Turkey pepperoni crisps up nicely under the broiler for the last minute if you want that classic pepperoni-cup texture.

Buffalo Chicken Protein Pizza

INGREDIENTS

1 pita (whole wheat or regular), 30g buffalo hot sauce, 85g grilled chicken breast (shredded), 30g shredded part-skim mozzarella, 15g light ranch drizzle

METHOD

Bake the pita plain at 400F for 4-5 minutes. Toss shredded chicken in buffalo sauce. Spread a thin layer of buffalo sauce on the pita, top with the chicken and mozzarella. Bake 6-8 minutes until cheese is melted, drizzle with light ranch after baking.

~431 cal · 40P · 38C · 12F

Tip: Add a handful of chopped celery on top for crunch and to keep it feeling like a true buffalo chicken plate.

GENERAL RECIPE NOTES

- All macros are calculated using a regular medium pita as the base. Whole wheat or regular pita both work fine, macros are nearly identical between the two. Swapping to the high-fiber, lower-carb pita will reduce total calories by roughly 100-110 and carbs by roughly 20-25g per pizza.
- Chicken breast values assume grilled, skinless, and unbreaded. Mozzarella values assume part-skim, shredded.
- All recipes can be modified to reduce or increase calories with guidance from Coach Myles.