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Description

Satisfy your ultimate Italian cravings without the heavy carbs with our mouthwatering Low-Carb Crustless Pizza Bowl. This savory masterpiece layers bubbling mozzarella, rich marinara, savory meats, and Italian herbs into a comforting, single-serving dish that delivers all the classic pizzeria flavor you love. Designed specifically to fit a high-protein and low-carb lifestyle, it offers a gooey, melted texture with zero guilt. Whether you need a quick weeknight dinner or a satisfying comfort food fix, this recipe hits all the right spots.

Can This Crustless Pizza Bowl Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by eliminating high-calorie refined flour crusts while maximizing satiating lean proteins and healthy fats. Traditional pizza causes sharp insulin spikes due to its heavy carbohydrate load, often leaving you hungry shortly after eating. By replacing the crust with a nutrient-dense protein base, this bowl keeps you feeling full for hours, helping you maintain a natural calorie deficit without feeling deprived.

Does This Crustless Pizza Bowl Fit a High-Protein Lifestyle?

This crustless pizza bowl fits seamlessly into a high-protein lifestyle by packing every bite with quality muscle-building nutrients while keeping net carbs exceptionally low. Utilizing lean meats, wholesome cheeses, and a modest amount of low-sugar tomato sauce, it delivers a powerhouse of amino acids. It satisfies your cravings for comfort food while keeping your daily macros strictly aligned with your fitness goals.

Personal Experience

- **The Weeknight Lifesaver:** After long work days, tossing everything into a single skillet or baking dish saved me from ordering takeout. It tastes just like a supreme pizza slice minus the carb heavy crust.
- **Finding the Right Balance:** I initially struggled with excess moisture from the marinara sauce pooling at the bottom. Letting the sauce simmer down slightly before baking completely fixed the texture issue.

Perfect For

- High protein dinners
- Keto diet plans
- Low carb meal prep
- Quick high-protein snacks

Why You'll Love This Recipe

- **Zero Guilt, Maximum Flavor:** You get all the gooey, cheesy goodness of a traditional loaded pizza without the heavy carbohydrate load. It is pure comfort food made macro-friendly.
- **Lightning Fast Cleanup:** Because everything bakes or melts right inside a single dish,

cleanup takes mere minutes. It is the ultimate low-effort, high-reward meal.

- **Endlessly Customizable:** You can easily swap out your favorite pizza toppings based on what is in your fridge. It adapts effortlessly to your personal protein preferences.

Common Mistakes to Avoid

1. **Using watery marinara sauce:** Pumping high-moisture sauce straight into the bowl makes the dish soggy. Always opt for a thick, low-sugar tomato sauce and simmer off excess liquid.
2. **Overcooking the cheese:** Leaving the bowl under the broiler for too long can burn the mozzarella and make it rubbery. Watch it closely during the final melt phase.
3. **Skipping the meat pre-cook:** Tossing raw ground meats directly into the bowl leads to excess grease pooling at the top. Brown and drain your meats beforehand for the best texture.
4. **Overpacking the bowl:** Jamming too many dense ingredients together prevents the heat from penetrating evenly. Layer thoughtfully so everything melts and heats through uniformly.

Required Equipment

- **Oven-safe single-serving bowl or small skillet:** Holds the ingredients securely and allows for even baking and melting.
- **Silicone spatula:** Smooths out sauces and scrapes ingredients cleanly without scratching your cookware.
- **Measuring spoons:** Ensures precise portioning of spices, oils, and sauces to keep your macros accurate.
- **Cheese grater:** Freshly grates block mozzarella for a superior, gooey stretch compared to pre-bagged shreds.

Storage Instructions

Store leftover crustless pizza bowls in an airtight container in the refrigerator for up to 4 days, or freeze them for up to 2 months while maintaining their high-protein integrity. Ensure the bowl cools completely to room temperature before sealing and placing it into cold storage.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Total Time: 25 minutes
- Servings: 2 servings
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 320 calories *(Note: This is an approximate estimate based on standard ingredients).*

A quick 3-line description for recipe cards: A rich, cheesy, crustless pizza bowl packed with protein and low-carb goodness. It delivers all your favorite pizzeria flavors in a macro-friendly single dish. Perfect for quick weeknight dinners and guilt-free comfort.

□ Ingredients:

- Lean ground turkey or Italian chicken sausage: 1/2 lb (cooked and crumbled) *(Note: Can substitute with lean beef if preferred).*
- Low-sugar marinara sauce: 1/2 cup *(Note: Check labels to ensure no added sugars).*
- Shredded part-skim mozzarella cheese: 1 cup *(Note: Freshly shredded melts smoother).*

- Sliced pepperoni (uncured or turkey pepperoni): 10-12 slices
- Italian seasoning: 1 teaspoon
- Garlic powder: 1/2 teaspoon
- Olive oil: 1 teaspoon (*Note: Used to grease the baking dishes*).

Directions:

1. Prepare the base: Preheat your oven to 400°F (200°C) and lightly grease two oven-safe single-serving bowls with olive oil.
2. Mix the protein and sauce: In a small bowl, toss the cooked ground turkey or sausage with the low-sugar marinara sauce, Italian seasoning, and garlic powder until well coated.
3. Layer the bowls: Divide the meat and sauce mixture evenly between the prepared baking bowls as the foundational layer.
4. Add cheese and toppings: Generously top each bowl with the shredded mozzarella cheese and arrange the pepperoni slices evenly across the surface.
5. Bake and melt: Bake at 400°F for 10 to 12 minutes, then switch to broil for 2 minutes until the cheese is bubbling and golden-brown at the edges with a gooey visual cue.
6. High-protein cooking tips: Always pre-cook and drain excess fat from your meats so the final pizza bowl stays rich in pure protein without turning greasy or watery.

Nutrition Facts (Per Serving - Approximate)

- Calories: 320 kcal
- Fats: 20.0g

- Cholesterol: 75mg
- Sodium: 680mg
- Potassium: 340mg
- Total Carbohydrates: 6.0g
- Fiber: 1.5g
- Net Carbs: 4.5g
- Sugars: 3.5g
- Protein: 28.0g
- Calcium: 250mg

Notes:

- Storage tips: Seal tightly in glass meal prep containers and keep refrigerated for up to 4 days.
- Reheating instructions: Microwave on high for 90 seconds or reheat in a toaster oven at 350°F until the cheese bubbles again.
- Allergy notes: Naturally gluten-free and egg-free; use dairy-free cheese alternatives for a lactose-free option.
- Flavor boosts: Toss in sliced bell peppers, mushrooms, or black olives for extra volume and nutrients.