

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes

If you love pizza but want something that fits your fitness goals, this High-Protein Chicken Pizza Bowl is your new best friend. It captures all the classic flavors of a supreme pizza—tangy marinara, melted mozzarella, savory pepperoni, and aromatic herbs—but swaps the traditional dough for a hearty, protein-packed base of shredded chicken and cauliflower rice. It's a low-carb, high-protein meal that's comforting, delicious, and incredibly satisfying. Perfect for a quick weeknight dinner, this bowl is a complete meal in one.

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Ingredients

For the Chicken Base:

- 1 lb (450g) boneless, skinless chicken breasts, cooked and shredded (rotisserie chicken works great for speed)
- 2 cups riced cauliflower (fresh or frozen)
- 1 tbsp olive oil

- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt and black pepper, to taste

For the Pizza Toppings:

- 1 cup (240ml) no-sugar-added marinara or pizza sauce
- ½ cup (50g) shredded low-moisture, part-skim mozzarella cheese
- ¼ cup (25g) shredded Parmesan cheese
- ½ cup (about 30g) turkey pepperoni slices, quartered
- ¼ cup (40g) chopped green bell pepper
- ¼ cup (30g) sliced black olives
- ¼ cup (30g) sliced white mushrooms

- Fresh basil or parsley, chopped (for garnish)

Equipment

- Large skillet or sauté pan
- Wooden spoon or spatula
- Measuring cups and spoons
- Two individual oven-safe bowls or one medium baking dish

Instructions

1. Prep the Ingredients (5 minutes)

If you are not using pre-cooked chicken, cook your chicken breasts by boiling, baking, or pan-searing until they reach an internal temperature of 165°F (74°C). Once cooked, shred the chicken using two forks and set it aside. While the chicken cooks, chop your bell peppers, olives, and mushrooms. Measure out all your other ingredients so they are ready to go.

2. Sauté the Cauliflower Rice (5 minutes)

Heat 1 tablespoon of olive oil in a large skillet over medium heat (intensity: 5/10). Once the oil is shimmering, add the riced cauliflower. Sauté for 4-5 minutes, stirring frequently, until the cauliflower is tender and any excess moisture has evaporated. Stir in the Italian seasoning, garlic powder, onion powder, salt, and pepper. Cook for another minute until fragrant.

3. Build the Pizza Base (5 minutes)

Add the shredded chicken to the skillet with the cauliflower rice. Pour in the marinara sauce. Stir everything together until the chicken and cauliflower are evenly coated in the sauce. Let the mixture simmer over medium-low heat (intensity: 3/10) for 3-4 minutes to allow the flavors to meld and the sauce to thicken slightly.

4. Assemble and Broil (5-7 minutes)

Preheat your oven's broiler to high. Divide the chicken and cauliflower mixture evenly between two oven-safe bowls or transfer it all to a medium baking dish, spreading it into an even layer. Sprinkle the mozzarella and Parmesan cheeses over the top. Scatter the turkey pepperoni, bell peppers, olives, and mushrooms over the cheese.

5. Melt and Serve (3-5 minutes)

Place the bowls or baking dish under the broiler. Broil for 3-5 minutes, keeping a close eye on it, until the cheese is melted, bubbly, and slightly golden brown. The high heat of the broiler (intensity: 9/10) is perfect for getting that classic pizza-shop finish. Carefully remove from the oven (the bowls will be hot!) and let them cool for a minute.

6. Garnish and Enjoy

Sprinkle with fresh chopped basil or parsley. Serve immediately. This bowl is a meal on its own, but you could also serve it with a simple side salad for extra veggies.

Recipe Notes & Variations

- **Meal Prep:** This recipe is fantastic for meal prep. Assemble the bowls in individual containers, but do not broil. Instead, cover and refrigerate for up to 4 days. When ready to eat, microwave until hot, then pop it under the broiler for a minute or two to melt the cheese.
- **Spice It Up:** Add a pinch of red pepper flakes to the sauce for a little heat, or use spicy Italian sausage instead of pepperoni.

- Veggie Swap: Feel free to use any of your favorite pizza toppings. Diced onions, artichoke hearts, or spinach would all be great additions.
- Cheese Options: For a different flavor profile, try using provolone or an Italian cheese blend.

Nutrition Information (Estimated)

Per serving (1 bowl, based on 2 servings)

- Calories: 520
- Protein: 55g
- Carbohydrates: 18g
- Fat: 25g
- Fiber: 6g
- Sugar: 8g