



1. Sheet Pan Lemon Garlic Chicken with Broccoli & Sweet Potatoes

Protein: Chicken breast

Vegetables: Broccoli florets, diced sweet potatoes

Grain: Quinoa

Ingredients:

- 1 lb chicken breasts (cut into fillets)
- 2 cups broccoli florets
- 2 cups diced sweet potatoes
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp paprika
- Salt & pepper to taste

Directions:

1. Preheat oven to 400°F (200°C).
2. Toss sweet potatoes with half the oil, garlic, paprika, salt, and pepper. Roast 10 minutes.
3. Add chicken and broccoli, drizzle remaining oil and lemon juice, and roast another 20 minutes.
4. Serve with ½ cup cooked quinoa per serving.

Macros (per serving):

- **Calories:** ~480
- **Protein:** 40g
- **Carbs:** 42g
- **Fat:** 16g

2. Honey Soy Beef with Bell Peppers & Snap Peas

Protein: Lean beef strips (sirloin or flank)

Vegetables: Red bell pepper, snap peas

Grain: Brown rice

Ingredients:

- 1 lb lean beef strips
- 1 red bell pepper, sliced
- 2 cups snap peas
- 2 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tbsp sesame oil
- 1 tsp grated ginger
- 1 tsp minced garlic
- Sesame seeds for garnish

Directions:

1. Preheat oven to 425°F (220°C).
2. Whisk soy sauce, honey, oil, ginger, and garlic. Toss with beef and vegetables.
3. Spread on sheet pan and roast 15–18 minutes, stirring halfway.
4. Serve with ½ cup cooked brown rice per serving.

Macros (per serving):

- **Calories:** ~510
- **Protein:** 38g
- **Carbs:** 45g
- **Fat:** 18g



3. Cajun Shrimp with Zucchini & Cherry Tomatoes

Protein: Shrimp

Vegetables: Zucchini rounds, cherry tomatoes

Grain: Farro

Ingredients:

- 1 lb large shrimp, peeled & deveined
- 2 small zucchinis, sliced
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tbsp Cajun seasoning
- ½ tsp smoked paprika
- 1 tbsp lemon juice

Directions:

1. Preheat oven to 425°F (220°C).
2. Toss shrimp and veggies with olive oil, seasonings, and lemon juice.
3. Roast 10–12 minutes until shrimp are pink and cooked through.
4. Serve with ½ cup cooked farro per serving.

Macros (per serving):

- **Calories:** ~420
- **Protein:** 35g
- **Carbs:** 38g
- **Fat:** 12g



4. Maple Dijon Salmon with Brussels Sprouts & Carrots

Protein: Salmon fillets

Vegetables: Brussels sprouts, carrot slices

Grain: Wild rice

Ingredients:

- 4 salmon fillets (4–5 oz each)
- 2 cups halved Brussels sprouts
- 2 carrots, thinly sliced
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp pure maple syrup
- Salt & pepper to taste

Directions:

1. Preheat oven to 400°F (200°C).
2. Whisk olive oil, mustard, maple syrup, salt, and pepper.
3. Toss vegetables with half the mixture and roast for 10 minutes.
4. Add salmon and brush with remaining glaze. Roast another 12–15 minutes.
5. Serve with ½ cup cooked wild rice per serving.

Macros (per serving):

- **Calories:** ~530
- **Protein:** 38g
- **Carbs:** 41g
- **Fat:** 21g



5. Mediterranean Chickpea Sheet Pan Dinner

Protein: Chickpeas (vegetarian)

Vegetables: Bell peppers, red onion

Grain: Farro or quinoa

Ingredients:

- 2 cans chickpeas, drained & rinsed
- 1 red bell pepper, sliced
- 1 red onion, sliced
- 2 tbsp olive oil

- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- Salt & pepper
- Optional: crumbled feta & lemon wedges for serving

Directions:

1. Preheat oven to 425°F (220°C).
2. Toss chickpeas and veggies with olive oil and seasonings.
3. Roast 25 minutes, stirring halfway.
4. Serve with ½ cup cooked farro or quinoa and a sprinkle of feta.

Macros (per serving):

- **Calories:** ~470
- **Protein:** 18g
- **Carbs:** 55g
- **Fat:** 18g