



FITNESS & NUTRITION COACHING

## One Sheet Pan Recipes

### **Lemon Herb Salmon with Asparagus and Sweet Potatoes**

#### **Ingredients:**

- 4 salmon fillets (about 4 oz each)
- 1 bunch asparagus
- 2 medium sweet potatoes (cut into cubes)
- 2 tbsp olive oil
- juice of 1 lemon
- 2 cloves garlic (minced)
- salt & pepper
- fresh thyme or rosemary

**Instructions:** Preheat oven to 400°F. Arrange the sweet potatoes on a sheet pan and drizzle with olive oil, salt, and pepper. Roast for 10 minutes, then add the salmon, asparagus, garlic, lemon juice, and herbs to the pan. Roast for another 15-20 minutes until the salmon is flaky and cooked through. **Protein: 30g per serving**

### **Chicken Fajita Sheet Pan with Bell Peppers and Onions**

#### **Ingredients:**

- 1 lb chicken breast (sliced into strips)
- 3 bell peppers (mixed colors, sliced)
- 1 large onion (sliced)
- 2 tbsp olive oil
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- salt & pepper,
- fresh cilantro for garnish

**Instructions:** Preheat oven to 425°F. In a bowl, toss chicken, bell peppers, onions, oil, and seasonings. Spread evenly on the sheet pan. Roast for 20-25 minutes until the chicken is cooked through and the veggies are tender. Garnish with cilantro. **Protein: 35g per serving**

## Roasted Tofu and Veggie Sheet Pan with Broccoli, Carrots, and Cauliflower

### Ingredients:

- 1 lb firm tofu (cubed)
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 large carrots (sliced)
- 2 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp garlic powder
- 1 tsp smoked paprika
- salt & pepper

**Instructions:** Preheat oven to 400°F. In a bowl, toss tofu, broccoli, cauliflower, and carrots with olive oil, soy sauce, garlic powder, smoked paprika, salt, and pepper. Spread on a sheet pan and roast for 25-30 minutes, flipping halfway, until tofu is golden and veggies are tender. **Protein: 20g per serving**

## Balsamic Glazed Chicken Thighs with Brussels Sprouts and Butternut Squash

### Ingredients:

- 4 bone-in, skin-on chicken thighs
- 1 cup Brussels sprouts (halved)
- 1 cup butternut squash (cubed)
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 tbsp honey
- salt & pepper,
- fresh rosemary

**Instructions:** Preheat oven to 425°F. Whisk balsamic vinegar, honey, olive oil, salt, and pepper. Place chicken thighs, Brussels sprouts, and squash on the sheet pan, and drizzle with the balsamic mixture. Roast for 25-30 minutes until chicken reaches an internal temperature of 165°F and veggies are tender. **Protein: 28g per serving**

## Garlic Shrimp with Zucchini, Cherry Tomatoes, and Green Beans

### Ingredients:

- 1 lb large shrimp (peeled and deveined)
- 2 medium zucchinis (sliced)
- 1 cup cherry tomatoes
- 1 cup green beans (trimmed)
- 3 cloves garlic (minced)
- 2 tbsp olive oil
- salt & pepper
- fresh parsley

**Instructions:** Preheat oven to 400°F. Arrange all veggies on a sheet pan, drizzle with olive oil, salt, pepper, and half the garlic. Roast for 10 minutes, then add the shrimp and remaining garlic. Roast another 8-10 minutes until shrimp is pink and veggies are tender. Sprinkle with parsley before serving. **Protein:** 25g per serving

## Sweet Potato, Kale, and Lentil Buddha Bowl Sheet Pan

### Ingredients:

- 1 can cooked lentils (drained and rinsed)
- 1 large sweet potato (cubed)
- 1 bunch kale (stems removed torn into pieces)
- 2 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- salt & pepper
- 1 avocado (sliced)
- tahini dressing for serving

**Instructions:** Preheat oven to 425°F. Toss sweet potatoes with 1 tbsp olive oil, cumin, smoked paprika, salt, and pepper. Spread on half of the sheet pan and roast for 15 minutes. Add kale and lentils to the other half of the pan, drizzle with remaining olive oil, and roast for another 10 minutes until crispy. Serve with avocado slices and drizzle with tahini dressing. **Protein: 18g per serving**

## Roasted Cauliflower and Chickpeas with Turmeric and Quinoa

### Ingredients:

- 1 can chickpeas (drained and rinsed)
- 1 head cauliflower (cut into florets)
- 1 red onion (sliced)
- 1 tbsp olive oil
- 1 tsp ground turmeric
- 1/2 tsp cumin
- salt & pepper
- cooked quinoa for serving
- fresh cilantro

**Instructions:** Preheat oven to 425°F. Toss cauliflower, chickpeas, and onion with olive oil, turmeric, cumin, salt, and pepper. Spread on a sheet pan and roast for 25-30 minutes until cauliflower is golden. Serve over cooked quinoa and garnish with fresh cilantro. **Protein:** 18g per serving