



One Pan Meal Program

DOTTIE WOOD

One Pan Meal Program

COMPLETE NUTRITION AND FITNESS

Hi,

Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Tropical Coconut Oatmeal



SNACK 1
Apple with Peanut Butter



LUNCH
Lemon Turkey Quinoa Skillet



SNACK 2
Egyptian Fava Beans with Tahini



DINNER
One Pan Chicken, Grapes & Veggies

TUE



BREAKFAST
Tropical Coconut Oatmeal



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
One Pan Chicken, Grapes & Veggies



SNACK 2
Banana with Peanut Butter



DINNER
Lemon Turkey Quinoa Skillet

WED



BREAKFAST
Breakfast Baked Potato with Sun Butter



SNACK 1
Apple with Peanut Butter



LUNCH
Lemon Turkey Quinoa Skillet



SNACK 2
Egyptian Fava Beans with Tahini



DINNER
One Pan Lemon Chicken

THU



BREAKFAST
Breakfast Baked Potato with Sun Butter



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
One Pan Lemon Chicken



SNACK 2
Banana with Peanut Butter



DINNER
Turkey & Cabbage Stir Fry

FRI



BREAKFAST
Breakfast Baked Potato with Sun Butter



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Turkey & Cabbage Stir Fry



SNACK 2
Egyptian Fava Beans with Tahini



DINNER
One Pan Salmon with Rainbow Veggies

SAT



BREAKFAST
Warm Peas with Eggs



SNACK 1
Grapes & Pistachios



LUNCH
One Pan Salmon with Rainbow Veggies



SNACK 2
Fried Plantains with Hummus



DINNER
Acorn Squash & Sausage Hash

SUN



BREAKFAST
Warm Peas with Eggs



SNACK 1
Grapes & Pistachios



LUNCH
Acorn Squash & Sausage Hash



SNACK 2
Fried Plantains with Hummus



DINNER
One Pan Salmon with Rainbow Veggies

FRUITS

- 2 1/2 Apple
- 5 Banana
- 3 cups Grapes
- 1 3/4 Lemon
- 2/3 Lime
- 1 Mango
- 3/4 Navel Orange
- 1 Plantain
- 3/4 cup Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 3/4 cup Chia Seeds
- 1 1/4 tbsps Cinnamon
- 1/2 tsp Cumin
- 3 tbsps Hemp Seeds
- 3/4 tsp Oregano
- 1 cup Pistachios, In Shell
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Peas

VEGETABLES

- 1 Acorn Squash
- 1 1/2 cups Baby Spinach
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 2/3 Carrot
- 3 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 3 1/2 Garlic
- 2 tsps Ginger
- 4 cups Green Beans
- 5 1/4 cups Green Cabbage
- 1 cup Kale Leaves
- 2 cups Mini Potatoes
- 1 cup Mushrooms
- 3/4 cup Red Onion
- 1 tsp Rosemary
- 3 Sweet Potato
- 2 tbsps Thyme
- 1/2 White Onion
- 1 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion

BOXED & CANNED

- 3 cups Fava Beans
- 1/2 cup Quinoa
- 1 1/8 cups Vegetable Broth

BAKING

- 1 1/2 tsps Nutritional Yeast
- 1 cup Oats
- 2 tbsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 lb Chicken Drumsticks
- 1 1/3 lbs Extra Lean Ground Turkey
- 1/4 cup Hummus
- 5 ozs Pork Sausage
- 15 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 3 tbsps Black Olives
- 3 1/3 tbsps Coconut Aminos
- 1 tbsp Coconut Butter
- 2 2/3 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Tahini

COLD

- 4 Egg
- 1 1/4 cups Plain Coconut Milk
- 3 cups Unsweetened Coconut Yogurt

OTHER

- 1/3 cup Water

Tropical Coconut Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

DIRECTIONS

- 01 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 02 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

MORE FLAVOR

Add a pinch of cinnamon.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

Breakfast Baked Potato with Sun Butter

3 SERVINGS 50 MINUTES



INGREDIENTS

3 Sweet Potato (medium)
1/3 cup Sunflower Seed Butter
3 Banana (sliced)
3 tbsps Hemp Seeds
3/4 tsp Cinnamon

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 03 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

NOTES

MORE TOPPINGS

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

NO SUNFLOWER SEED BUTTER

Use any nut or seed butter.

MEAL PREP

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.

Warm Peas with Eggs

1 SERVING 15 MINUTES



INGREDIENTS

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPING

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Unsweetened Coconut Yogurt
3/4 cup Chia Seeds
1 tbsp Cinnamon
3/4 cup Strawberries (chopped)

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Grapes & Pistachios

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Grapes
1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls and enjoy!

Lemon Turkey Quinoa Skillet

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/8 tbsps Extra Virgin Olive Oil
- 1 1/2 Garlic (cloves, minced)
- 12 ozs Extra Lean Ground Turkey
- 3/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 3 tbsps Black Olives (chopped)
- 1 1/2 cups Baby Spinach (chopped)
- 1/2 cup Quinoa (dry, uncooked)
- 1 1/8 cups Vegetable Broth
- 3/4 Lemon (zested and juiced)

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

NOTES

MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

NO QUINOA

Use long-grain white rice instead.

NO SPINACH

Use chopped kale or swiss chard instead.

NO GROUND TURKEY

Use ground chicken or ground beef instead.

NO VEGETABLE BROTH

Use any type of broth, or water instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground turkey.

Egyptian Fava Beans with Tahini

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Fava Beans (cooked, with liquid)
3 tbsps Tahini
1/2 tsp Cumin
1 1/2 tsps Apple Cider Vinegar
1/4 tsp Sea Salt

DIRECTIONS

- 01 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 02 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 03 Divide into bowls and enjoy!

NOTES

SERVE IT WITH

Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

SERVING SIZE

One serving is equal to approximately one cup.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Banana with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (peeled and sliced)
2 tbsps All Natural Peanut Butter

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Fried Plantains with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
1 Plantain (peeled, sliced)
1/4 cup Hummus

DIRECTIONS

- 01 Heat the coconut oil in a large skillet and add the plantains. Cook for 2 to 3 minutes per side or until browned.
- 02 Serve with hummus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Reheat the plantains in a skillet or the oven.

SERVING SIZE

One serving equals approximately half a plantain and two tablespoons of hummus.

One Pan Chicken, Grapes & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to three days.

SERVING SIZE

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

MORE FLAVOR

Add your choice of herbs and spices, or balsamic vinegar.

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NOTES

NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

MORE FLAVOR

Add additional spices such as oregano, thyme or chili flakes.

NO MINI POTATOES

Use diced regular potatoes.

Turkey & Cabbage Stir Fry

2 SERVINGS 20 MINUTES



INGREDIENTS

- 10 2/3 ozs Extra Lean Ground Turkey
- 2 tsps Coconut Oil
- 5 1/3 cups Green Cabbage (thinly sliced)
- 2/3 Carrot (large, julienned)
- 2 2/3 tbsps Water
- 2 2/3 tbsps Coconut Aminos
- 2/3 Lime (juiced, plus more for garnish)
- 2 Garlic (clove, minced)
- 2 tsps Ginger (fresh, minced or grated)
- 1/3 cup Cilantro (chopped)

DIRECTIONS

- 01 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 02 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 03 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 04 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 05 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

ADDITIONAL TOPPINGS

Top with additional cilantro.

NO TURKEY

Use ground chicken or pork instead.

One Pan Salmon with Rainbow Veggies

3 SERVINGS 40 MINUTES



INGREDIENTS

- 3 cups Cherry Tomatoes
- 15 ozs Salmon Fillet
- 1 1/2 Yellow Bell Pepper (sliced)
- 3 cups Broccoli (chopped into small florets)
- 3/4 cup Red Onion (sliced into chunks)
- 3 tbsps Extra Virgin Olive Oil
- 2 1/4 tps Coconut Aminos
- 3/4 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Acorn Squash & Sausage Hash

2 SERVINGS 30 MINUTES



INGREDIENTS

- 5 ozs Pork Sausage (casings removed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Acorn Squash (peeled, chopped into cubes)
- 1/4 Yellow Onion (chopped)
- 1 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/2 Apple (cored, cubed)

DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of the hash mixture.

MORE FIBER

Stir in cooked quinoa or rice.

MAKE IT VEGAN

Use black beans or lentils instead of sausage.

MEAL PREP

Cook the acorn squash in advance to save time.