

PLANTS AND SEEDS

SHEET PAN

Recipes

FOR EVERY DAY
OF THE WEEK

PROTEIN > 30G
CALORIES < 475



PS
Plants and Seeds

PLANT BASED NUTRITION

Lemon herb chicken

sweet potato, broccoli



 1 serving, Approx 460
calories, 38g protein, 10g
fiber

INGREDIENTS

- 6 oz chicken breast
- 1 cup cubed sweet potato
- 1 cup broccoli
- 1 tsp olive oil, garlic, lemon juice, rosemary

DIRECTIONS

- Roast sweet potatoes at 400°F for 15 min
- Add chicken and broccoli, toss in lemon-garlic oil
- Roast 18–20 more minutes

Make it your own: Add lemon slices, extra herbs. Serve chicken over a bed of spinach



Turmeric Salmon with Butternut Squash & Brussels Sprouts



1 serving, Approx 467
calories, 34g protein, 11g
fiber

INGREDIENTS

- 5 oz salmon
- 1 cup cubed
butternut squash
- 1 cup halved
Brussels sprouts
- 1 tsp Olive oil,
turmeric, garlic,
black pepper

DIRECTIONS

- Toss veggies in oil + spices, roast 15 min
- Add salmon, roast 15 more min

Make it your own: Add extra vegetables, citrus
spices. Serve salmon on a bed of arugula. Try a
grill pan for the salmon.



Mahi-Mahi with Roasted Red Potatoes & Rainbow Veggies



1 serving, approx 420
calories, 38g protein, 10
fiber

INGREDIENTS

- 6 oz mahi-mahi
- 3/4 cup red potatoes
- Bell peppers, zucchini, onions
- 1 Tsp Olive oil, smoked paprika, garlic, thyme

DIRECTIONS

- Roast potatoes 10 min
- Add fish + veggies, season, roast 15 more min

Make it your own: Add extra vegetables, citrus spices. Serve over sauteed cabbage or in an Ezekiel sprouted grain wrap as a taco.



Shrimp Fajita Sheet Pan with Peppers, Onions & Squash



1 serving, approx 300 calories, 32g protein, 12 fiber

INGREDIENTS

- 6 oz shrimp
- 1/2 cup roasted delicata squash
- Peppers, onions
- 1 tsp Olive oil, chili powder, cumin, lime

DIRECTIONS

- Toss veggies + squash in oil + spices, roast 10 min
- Add shrimp, roast 8–10 more min

Optional: Add lemon, lime, asparagus, blistered tomatoes. Asparagus, shrimp and lemon go well together!



Tofu Stir-Fry Sheet Pan with Broccoli, Carrots & Quinoa



1 serving, approx 360
calories, 26g protein, 13
fiber

INGREDIENTS

- 6 oz extra-firm tofu (pressed + cubed)
- 1/2 cup cooked quinoa
- Broccoli, carrots, red cabbage
- Coconut aminos, ginger, garlic, tsp sesame oil

DIRECTIONS

- Toss tofu + veggies in sauce, roast 25 min at 400°F
- Serve with cooked quinoa

Tips: Cook Quinoa ahead of time. I always have quinoa in my fridge for a healthy quick complex carb addition to my meal on busy days. It lasts 2-3 days in fridge, heats up quickly and contains more nutrition and protein than rice.

Try mashing the carrots - yum!

Garlic Herb Turkey with Sweet Potato & Kale



1 serving, approx 470
calories, 39g protein, 11
fiber

INGREDIENTS

- 6 oz ground turkey (93% lean)
- 3/4 cup sweet potato cubes
- Kale, red onion
- 1/2 tbs Olive oil, garlic, Italian seasoning

DIRECTIONS

- Roast sweet potato + turkey crumbles 15 min
- Add kale + onion, roast 10–12 more min



Spicy Baked Chicken with Roasted Veggie Medley & Red Potato



1 serving, approx 459
calories, 40 protein, 12
fiber

INGREDIENTS

- 6 oz chicken breast
- 3/4 cup red potatoes
- Cauliflower,
carrots, green
beans or asparagus
- 1/2 tbs Olive oil,
cayenne, paprika,
garlic

DIRECTIONS

- Toss veggies + potato in oil/spices,
roast 15 min
- Add seasoned chicken, roast 20 more
min

