

# CHEESY CHICKEN BROCCOLI AND RICE BAKE

## INGREDIENTS

- 2 cups cooked chicken, shredded
- 2 cups cooked rice
- 2 cups broccoli florets (steamed or raw)
- 1 can cream of chicken soup (or homemade white sauce)
- 1 cup milk
- 2 cups shredded cheddar cheese
- Salt and pepper to taste



**CALORIES**

**540**

**PROTEIN**

**34g**

## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix chicken, rice, broccoli, soup, and milk in a baking dish.
3. Stir in half the cheese.
4. Top with remaining cheese.
5. Bake 25–30 minutes until bubbly and golden.
6. Let rest before serving.

# HONEY MUSTARD CHICKEN AND BRUSSELS SPROUTS

## INGREDIENTS

- 2 chicken breasts or thighs
- 3 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 1 teaspoon garlic powder
- Salt and pepper to taste

## CALORIES

**470**

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## PROTEIN

**36g**



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix honey, mustard, olive oil, garlic powder, salt, and pepper.
3. Coat chicken and Brussels sprouts in sauce.
4. Spread on a sheet pan.
5. Bake 25–30 minutes until caramelized and cooked through.
6. Serve hot.

# BEEF AND RICE TEX-MEX SKILLET

## INGREDIENTS

- 300–400g ground beef
- 1 cup cooked rice (or uncooked + extra liquid method)
- 1 onion, chopped
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 can black beans (optional)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ½ cup salsa or diced tomatoes
- Salt and pepper to taste
- Optional: cheese, avocado, cilantro

CALORIES

520

PROTEIN

32g

## DIRECTIONS

1. Brown beef in a large skillet; drain excess fat.
2. Add onion, pepper, and garlic; sauté until soft.
3. Stir in spices, beans, salsa, and rice.
4. Cook until heated through and flavors combine.
5. Add cheese on top if desired.
6. Serve warm with avocado or cilantro.



# SMOKY CAJUN SHRIMP AND CORN SKILLET

## INGREDIENTS

- 300g shrimp, peeled
- 1½ cups corn (fresh or frozen)
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1-2 teaspoons Cajun seasoning
- ½ teaspoon smoked paprika
- Salt and pepper to taste
- Optional: lime juice, parsley

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CALORIES

**390**

PROTEIN

**28g**

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## DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, and corn until lightly charred.
3. Add shrimp and Cajun seasoning. Cook until shrimp turn pink and opaque.
4. Sprinkle smoked paprika and adjust seasoning.
5. Finish with lime juice and parsley.

ONE SKILLET

# Beef and Mushroom Stroganoff

## INGREDIENTS

300g beef strips or ground beef  
2 cups mushrooms, sliced  
1 onion, chopped  
2 garlic cloves, minced  
1 tablespoon butter  
1 cup beef broth  
½ cup sour cream  
1 tablespoon flour  
Salt and pepper to taste  
Optional: paprika, parsley  
Cooked noodles or rice for serving

CALORIES

520

PROTEIN

32g



## DIRECTIONS

1. Brown beef in a skillet; remove and set aside.
2. Sauté onion, garlic, and mushrooms in butter.
3. Stir in flour and cook briefly.
4. Add broth and simmer until slightly thickened.
5. Return beef and stir in sour cream.
6. Serve over noodles or rice.

# SHEET PAN SAUSAGE AND AUTUMN PEPPERS

## INGREDIENTS

- 4–6 sausages, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 1 zucchini or squash (optional), chopped
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Optional: balsamic glaze

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CALORIES

430

PROTEIN

24g

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sausage and vegetables with olive oil and seasoning.
3. Spread evenly on a sheet pan.
4. Roast 25–30 minutes, stirring halfway through.
5. Cook until sausages are browned and vegetables are tender.
6. Drizzle with balsamic glaze if desired.

# SHEET PAN SALMON WITH SWEET POTATO WEDGES

## INGREDIENTS

- 2 salmon fillets
- 2 large sweet potatoes, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Juice of ½–1 lemon
- Optional: dill, parsley, honey mustard drizzle

CALORIES

430

PROTEIN

36g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato wedges with olive oil, paprika, garlic powder, salt, and pepper.
3. Roast wedges for 15 minutes first.
4. Push wedges aside and add salmon to the pan.
5. Bake another 12–15 minutes until salmon is cooked and sweet potatoes are tender.
6. Finish with lemon juice and optional herbs.

# ONE SKILLET TURKEY TACO RICE

## INGREDIENTS

- 300–400g ground turkey
- 1 cup rice (uncooked)
- 1 onion, chopped
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes or salsa
- 2 cups chicken broth or water
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- Optional: cheese, avocado, cilantro

## CALORIES

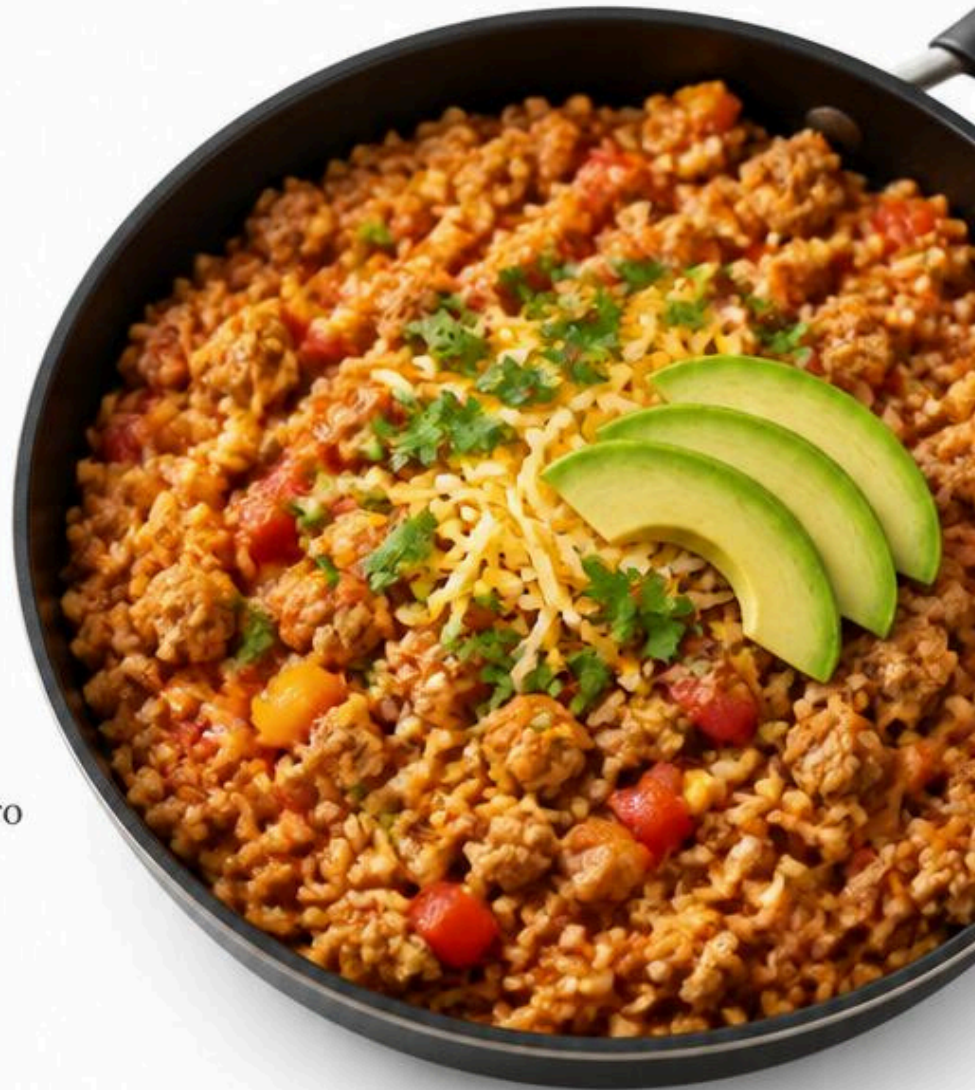
480

## PROTEIN

34g

## DIRECTIONS

1. Brown turkey in a large skillet.
2. Add onion, pepper, and garlic; sauté until soft.
3. Stir in rice and spices.
4. Add tomatoes/salsa and broth.
5. Cover and simmer until rice is tender and liquid is absorbed.
6. Fluff and top with optional garnishes.



# ONE-POT VEGETARIAN CHILI MAC

## INGREDIENTS

- 2 cups elbow macaroni (uncooked)
- 1 can kidney beans
- 1 can black beans
- 1 can diced tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 cups vegetable broth
- 1 tablespoon chili powder
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: cheese, jalapeño, cilantro



CALORIES

**420**

PROTEIN

**18g**

## DIRECTIONS

1. Sauté onion and garlic in a large pot.
2. Add spices, beans, tomatoes, broth, and pasta.
3. Bring to a simmer, stirring often.
4. Cook until pasta is tender and sauce thickens.
5. Adjust seasoning.
6. Top with cheese or herbs if desired.

# SHEET PAN HONEY CHILI TOFU AND BOK CHOY

## INGREDIENTS

- 200g tofu, cubed
- 3–4 bok choy, halved
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon chili paste or sriracha
- 1 teaspoon sesame oil
- 1 tablespoon olive oil
- Optional: garlic, sesame seeds

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CALORIES	420
PROTEIN	28g

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss tofu with soy sauce, honey, chili, and sesame oil.
3. Arrange tofu and bok choy on a sheet pan.
4. Drizzle lightly with olive oil.
5. Roast 15–20 minutes until tofu is golden and bok choy tender.
6. Sprinkle sesame seeds before serving.



# SHEET PAN CHICKEN FAJITAS

## INGREDIENTS

- 2 chicken breasts, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: lime juice, tortillas, sour cream

CALORIES

**380**

PER SERVING

PROTEIN

**32g**

PER SERVING



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken, peppers, and onion with oil and spices.
3. Spread evenly on a sheet pan.
4. Bake 20–25 minutes, stirring halfway through.
5. Cook until chicken is fully done and veggies are roasted.
6. Serve with tortillas and lime juice.

# SHEET PAN PESTO SALMON AND TOMATOES

## INGREDIENTS

2 salmon fillets

1-2 tablespoons pesto

2 cups cherry tomatoes

1 tablespoon olive oil

Salt and pepper to taste

Optional: lemon wedges,  
basil, parmesan

CALORIES

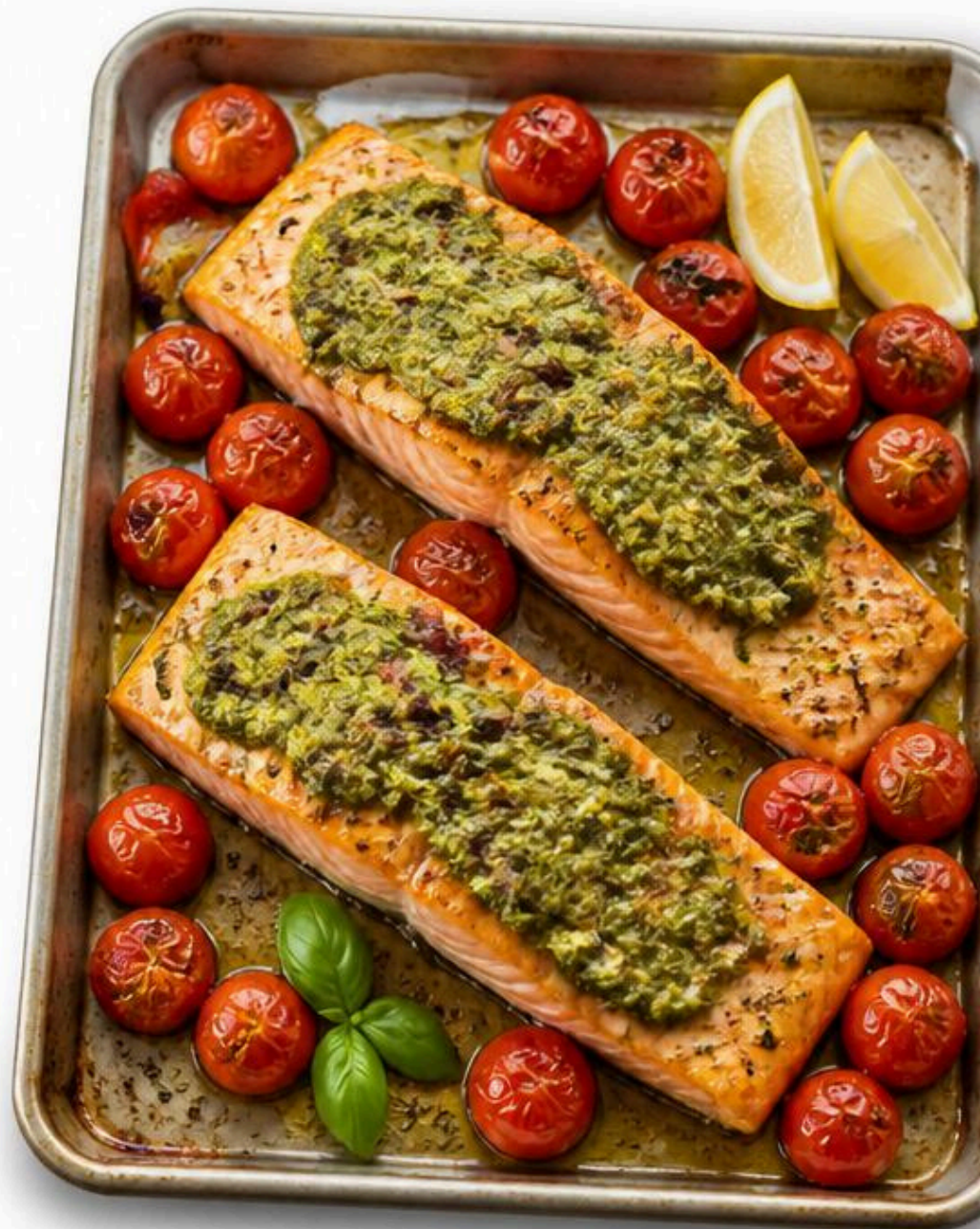
**410**

PER SERVING

PROTEIN

**34g**

PER SERVING



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place salmon and tomatoes on a sheet pan.
3. Spread pesto over salmon and drizzle everything with olive oil.
4. Season with salt and pepper.
5. Roast 12-15 minutes until salmon flakes easily.
6. Finish with lemon juice or fresh basil if desired.

# ONE-POT CHICKEN THIGHS AND ORZO

## INGREDIENTS

4 chicken thighs  
1 cup orzo  
1 onion, chopped  
3 garlic cloves, minced  
3 cups chicken broth  
2 tablespoons olive oil  
1 teaspoon dried oregano  
Salt and pepper to taste  
Optional: lemon juice,  
spinach, parmesan

## CALORIES

**560**

## PROTEIN

**36g**



## DIRECTIONS

1. Heat olive oil in a deep pan and sear chicken thighs until golden.
2. Remove chicken and sauté onion and garlic.
3. Stir in orzo and toast lightly for 1–2 minutes.
4. Add broth and oregano, then return chicken to pan.
5. Simmer until orzo is tender and chicken is cooked through.
6. Finish with lemon juice or parmesan if desired.

# SPICY PEANUT TOFU AND GREEN BEAN SKILLET

## INGREDIENTS

200g tofu, cubed  
2 cups green beans, trimmed  
2 tablespoons peanut butter  
1 tablespoon soy sauce  
1 teaspoon sriracha or chili paste  
1 teaspoon sesame oil  
1 tablespoon oil for cooking  
Optional: garlic, lime juice,  
sesame seeds

CALORIES

470

PROTEIN

26g



## DIRECTIONS

1. Pan-fry tofu until golden and crispy; set aside.
2. Sauté green beans until tender-crisp.
3. Whisk peanut butter, soy sauce, sriracha, and sesame oil with a splash of water.
4. Return tofu to pan and add sauce.
5. Toss with green beans until coated. Finish with lime juice or sesame seeds if desired.

# PORK CHOPS AND APPLES SKILLET

## INGREDIENTS

- 2–4 pork chops
- 2 apples, sliced
- 1 onion, sliced
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 teaspoon cinnamon (optional)
- Salt and pepper to taste
- Optional: honey, thyme



CALORIES

**390**  
kcal

PROTEIN

**30g**

## DIRECTIONS

1. Season pork chops with salt and pepper. Sear in olive oil until golden and cooked through; remove.
2. Add butter, apples, and onion to skillet. Cook until softened and lightly caramelized.
3. Add cinnamon or thyme if using.
4. Return pork chops and warm together before serving.

# SWEET POTATO AND CHICKPEA SHEET PAN CURRY

## INGREDIENTS

- 1 large sweet potato, cubed
- 1 can chickpeas, drained
- 1 onion, sliced
- 2 tablespoons olive oil
- 1–2 teaspoons curry powder
- 1 teaspoon cumin
- ½ teaspoon turmeric
- Salt and pepper to taste
- Optional: coconut milk drizzle, cilantro, lime

CALORIES

430

PROTEIN

15g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato, chickpeas, and onion with oil and spices.
3. Spread evenly on a sheet pan.
4. Roast 25–30 minutes, stirring halfway.
5. Cook until sweet potatoes are tender and lightly crisped.
6. Finish with coconut milk drizzle or lime if desired.

# CREAMY TOMATO BASIL ONE-POT PASTA

## INGREDIENTS

- 2 cups pasta (penne or spaghetti broken in half)
- 2 cups canned crushed tomatoes
- 3 cups vegetable or chicken broth
- 2–3 garlic cloves, minced
- 1 small onion, chopped
- 1 cup milk or cream
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh basil leaves
- Optional: parmesan, chili flakes

## CALORIES

**520**

## PROTEIN

**18g**



## DIRECTIONS

1. Heat olive oil in a large pot and sauté onion and garlic.
2. Add tomatoes, broth, and uncooked pasta.
3. Simmer, stirring often, until pasta is tender and liquid thickens.
4. Stir in milk or cream until creamy.
5. Season with salt and pepper. Finish with fresh basil and optional parmesan.

# SHEET PAN LEMON HERB SALMON AND ASPARAGUS

## INGREDIENTS

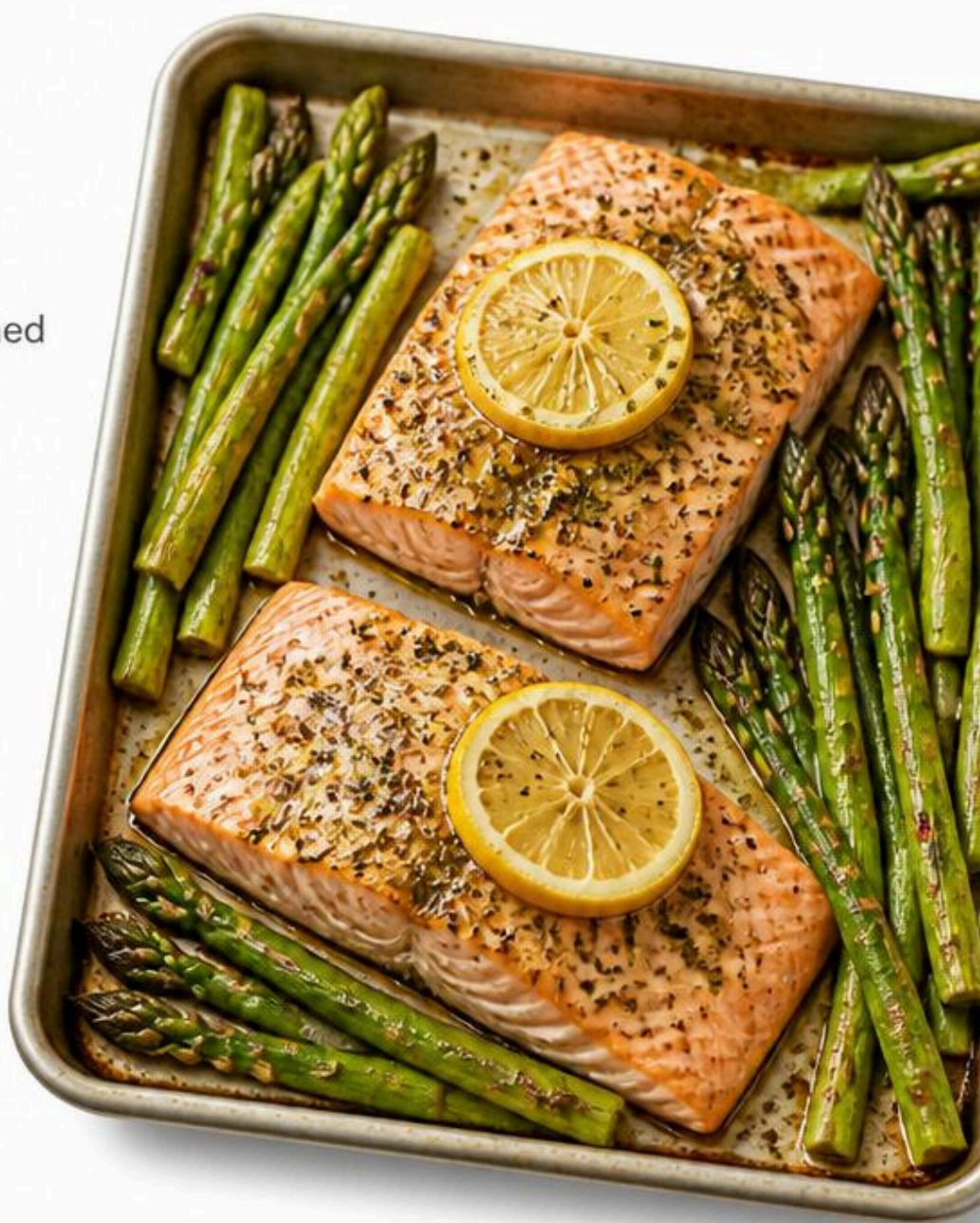
- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon dried herbs (dill, parsley, or thyme)
- Salt and pepper to taste

CALORIES

380

PROTEIN

34g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Arrange salmon and asparagus on a sheet pan.
3. Mix olive oil, lemon juice, garlic, herbs, salt, and pepper. Brush over salmon and drizzle over asparagus.
4. Bake 12–15 minutes until salmon flakes easily.
5. Serve immediately warm.

# SHEET PAN TURKEY MEATBALLS AND BROCCOLI

## INGREDIENTS

500g ground turkey

1 egg

½ cup breadcrumbs

2 garlic cloves, minced

Salt and pepper to taste

3 cups broccoli florets

2 tablespoons olive oil

Optional: parmesan, chili flakes, lemon



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410

CALORIES

35g

PROTEIN

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix turkey, egg, breadcrumbs, garlic, salt, and pepper.
3. Form meatballs and place on sheet pan.
4. Toss broccoli with olive oil and season.
5. Roast 20–25 minutes until meatballs are cooked and broccoli is crisp-tender.
6. Finish with lemon or parmesan if desired.

# MEDITERRANEAN BAKED LEMON COD

## INGREDIENTS

- 2 cod fillets
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon oregano
- Salt and pepper to taste
- Optional: cherry tomatoes, olives, parsley

## CALORIES

290

kcal

## PROTEIN

30

g



## DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Place cod in a baking dish.
3. Mix olive oil, lemon juice, garlic, and oregano.
4. Pour over fish and season.
5. Bake 12–15 minutes until flaky.
6. Garnish and serve warm.

# SHEET PAN GREEK CHICKEN AND POTATOES

## INGREDIENTS

2–4 chicken thighs or breasts

3–4 potatoes, cubed

2 tablespoons olive oil

1 tablespoon lemon juice

2 teaspoons oregano

2 garlic cloves, minced

Salt and pepper to taste

Optional: feta, olives, tzatziki

CALORIES

**520**

PROTEIN

**38g**



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss potatoes with half the oil, garlic, oregano, salt, and pepper.
3. Coat chicken with remaining oil, lemon juice, and seasoning.
4. Arrange everything on a sheet pan.
5. Roast 35–45 minutes until chicken is cooked and potatoes are golden.
6. Serve with optional feta or tzatziki.

# SHEET PAN GARLIC HERB SHRIMP AND ZUCCHINI

## INGREDIENTS

300g shrimp, peeled  
2 zucchinis, sliced  
2 tablespoons olive oil  
3 garlic cloves, minced  
1 teaspoon Italian seasoning  
Salt and pepper to taste  
Juice of ½ lemon  
Optional: parsley, chili flakes

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CALORIES

280

PROTEIN

26g

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss shrimp and zucchini with olive oil, garlic, and seasoning.
3. Spread evenly on sheet pan.
4. Bake 10–12 minutes until shrimp are pink and cooked.
5. Finish with lemon juice and parsley. Serve warm.

# ONE SKILLET CHICKEN PICCATA

## INGREDIENTS

- 2 chicken breasts, thinly sliced
- 2 tablespoons flour
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ cup chicken broth
- Juice of 1 lemon
- 2 tablespoons capers
- Salt and pepper to taste
- Optional: parsley

CALORIES

420

PROTEIN

34g

## DIRECTIONS

1. Lightly coat chicken in flour, salt, and pepper.  
Sear in butter and olive oil until golden; remove.
2. Add garlic, broth, lemon juice, and capers to pan.  
Simmer to create light sauce.
3. Return chicken and cook until coated and done.  
Garnish with parsley and serve.



# LEMON GARLIC SHRIMP AND ZUCCHINI SKILLET

## INGREDIENTS

- 300g shrimp, peeled
- 2 zucchinis, sliced into half-moons
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- Juice of 1 lemon
- ½ teaspoon chili flakes (optional)
- Salt and pepper to taste
- Optional: parsley, butter

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## CALORIES

**320**

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## PROTEIN

**28g**

## DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Sauté garlic until fragrant.
3. Add zucchini and cook until just tender.
4. Add shrimp, salt, pepper, and chili flakes.
5. Cook until shrimp turn pink and opaque.
6. Finish with lemon juice and parsley.



# SHEET PAN TURKEY SAUSAGE AND SWEET POTATO FRIES

## INGREDIENTS

4–6 turkey sausages  
2 large sweet potatoes,  
cut into fries  
2 tablespoons olive oil  
1 teaspoon paprika  
1 teaspoon garlic powder  
Salt and pepper to taste  
Optional: honey mustard,  
parsley

CALORIES

**450**

PER SERVING

PROTEIN

**28g**

PER SERVING



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato fries with oil and seasoning.
3. Arrange sausages and fries on sheet pan.
4. Roast 25–35 minutes, flipping halfway through.
5. Cook until fries are crispy and sausages browned.
6. Serve hot with optional dipping sauce.

# CREAMY MUSHROOM AND PEA RISOTTO SKILLET

## INGREDIENTS

- 1 cup arborio rice
- 2 cups mushrooms, sliced
- 1 cup peas
- 1 onion, chopped
- 3 garlic cloves, minced
- 4 cups vegetable or chicken broth (warm)
- 2 tablespoons butter
- ½ cup parmesan cheese
- Salt and pepper to taste
- Optional: white wine splash, parsley



**430**

CALORIES

**15g**

PROTEIN

## DIRECTIONS

1. Sauté onion, garlic, and mushrooms in butter.
2. Stir in rice and toast for 1–2 minutes.
3. Add broth gradually, stirring often until absorbed.
4. Continue until rice is creamy and tender.
5. Stir in peas and parmesan. Season and serve warm.

# SHEET PAN BALSAMIC CHICKEN AND GLAZED RED ONIONS

## INGREDIENTS

- 2–4 chicken thighs or breasts
- 2 red onions, sliced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Optional: garlic, rosemary

## CALORIES

**390**

PER SERVING

## PROTEIN

**32g**

PER SERVING

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix balsamic vinegar, olive oil, honey, and seasoning.
3. Coat chicken and onions in mixture.
4. Spread on a sheet pan.
5. Roast 25–30 minutes until chicken is cooked and onions are caramelized.
6. Serve warm with pan juices.



# SPICY SAUSAGE AND RICE JAMBALAYA SKILLET

## INGREDIENTS

- 4–6 sausages, sliced
- 1 cup rice (uncooked)
- 1 onion, chopped
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 2 cups chicken broth
- 1 teaspoon paprika
- 1 teaspoon cayenne or chili powder
- Salt and pepper to taste
- Optional: green onions, parsley

**CALORIES:** 520

**PROTEIN:** 23g

## DIRECTIONS

1. Brown sausage in a large skillet, then remove.
2. Sauté onion, pepper, and garlic until soft.
3. Stir in rice and spices.
4. Add tomatoes, broth, and sausage.
5. Cover and simmer until rice is tender and liquid absorbed.
6. Fluff and garnish before serving.



# ONE-POT CHICKPEA AND SPINACH STEW

## INGREDIENTS

- 1 can chickpeas, drained
- 3–4 cups spinach
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 can diced tomatoes
- 2 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: lemon juice, chili flakes, yogurt



CALORIES

320

PROTEIN

13g

## DIRECTIONS

1. Heat olive oil in a pot and sauté onion and garlic until soft.
2. Stir in cumin and paprika.
3. Add chickpeas, tomatoes, and broth.
4. Simmer 15–20 minutes to blend flavors.
5. Stir in spinach until wilted. Finish with lemon juice and serve warm.

# SHEET PAN LEMON PEPPER TILAPIA AND GREEN BEANS

## INGREDIENTS

- 2 tilapia fillets
- 2 cups green beans, trimmed
- 1 tablespoon olive oil
- 1 teaspoon lemon pepper seasoning
- Juice of 1 lemon
- Salt to taste
- Optional: garlic powder, parsley

CALORIES

320

PROTEIN

30g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Arrange tilapia and green beans on a sheet pan.
3. Drizzle with olive oil and season with lemon pepper and salt.
4. Bake 12–15 minutes until fish is flaky and beans are tender.
5. Finish with lemon juice and parsley. Serve immediately.

# CHEESY GROUND BEEF AND CAULIFLOWER SKILLET

## INGREDIENTS

- 300–400g ground beef
- 1 small head cauliflower,  
chopped into florets
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup shredded cheddar cheese
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: paprika, chili flakes

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CALORIES

420

PROTEIN

28g



## DIRECTIONS

1. Heat oil in a skillet and cook cauliflower until tender.
2. Add onion and garlic; sauté until soft.
3. Add ground beef and brown completely.
4. Season with salt, pepper, and optional spices.
5. Sprinkle cheese over mixture and melt.
6. Serve hot.

# ROASTED PORK TENDERLOIN AND ROOT VEGETABLES

## INGREDIENTS

- 1 pork tenderloin
- 2 carrots, chopped
- 2 potatoes, chopped
- 1 parsnip or sweet potato (optional)
- 2 tablespoons olive oil
- 1 teaspoon rosemary
- 1 teaspoon thyme
- Salt and pepper to taste
- Optional: garlic, mustard glaze

## CALORIES

390

## PROTEIN

36g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss vegetables with olive oil, herbs, salt, and pepper.
3. Place pork tenderloin in center of sheet pan.
4. Season pork and arrange vegetables around it.
5. Roast 25–35 minutes until pork is cooked through.  
Rest before slicing and serving.



# ONE SKILLET TURKEY AND SWEET POTATO HASH

## INGREDIENTS

- 300–400g ground turkey
- 1 large sweet potato, diced small
- 1 onion, chopped
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional: eggs, hot sauce, green onions

## CALORIES

450–520

## PROTEIN

30–36g

## DIRECTIONS

1. Heat oil in a skillet and cook sweet potatoes until starting to soften.
2. Add onion, pepper, and garlic; sauté until tender.
3. Add ground turkey and cook until browned.
4. Stir in spices and season well.
5. Cook until sweet potatoes are fully tender.
6. Top with optional fried eggs or hot sauce.



# SHEET PAN SAUSAGE, CABBAGE, AND APPLES

## INGREDIENTS

- 4–6 sausages, sliced
- ½ head cabbage, chopped
- 2 apples, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon thyme or Italian seasoning
- Salt and pepper to taste
- Optional: mustard drizzle, balsamic glaze

CALORIES

**420**

KCAL

PROTEIN

**22**

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss cabbage, apples, and onion with olive oil and seasoning.
3. Add sausage pieces and mix well.
4. Spread evenly on a sheet pan.
5. Roast 25–35 minutes, stirring halfway through.
6. Serve hot with optional mustard or glaze.

# ONE SKILLET CREAMY CHICKEN AND BISCUIT BAKE

## INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 onion, chopped
- 2 carrots, diced
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups chicken broth
- 1 cup milk or cream
- Salt and pepper to taste
- 1 can refrigerated biscuit dough



**420**  
CALORIES

**32g**  
PROTEIN

## DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Sauté onion and carrots in butter until soft.
3. Stir in flour to form a roux.
4. Add broth and milk; cook until creamy.
5. Stir in chicken and season well.
6. Top with biscuit dough and bake 20–25 minutes until golden.

## SHEET PAN

# Teriyaki Chicken and Broccoli

### INGREDIENTS

- 2–4 chicken breasts or thighs
- 3 cups broccoli florets
- 2 tablespoons soy sauce
- 1 tablespoon honey or brown sugar
- 1 teaspoon sesame oil
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- 1 tablespoon olive oil
- Optional: sesame seeds, green onions

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CALORIES

420

PROTEIN

34g

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### DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix soy sauce, honey, sesame oil, garlic, and ginger.
3. Coat chicken with half the sauce.
4. Toss broccoli with olive oil and seasoning.
5. Arrange on sheet pan and bake 20–25 minutes.
6. Drizzle remaining sauce and serve.



ONE SKILLET

# Beef Quesadillas

## INGREDIENTS

- 300–400g ground beef
- 1 onion, chopped
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 1 cup shredded cheese
- 4–6 tortillas
- 1 tablespoon oil
- Optional: salsa, sour cream, avocado



560

CALORIES

32g

PROTEIN

## DIRECTIONS

1. Heat oil in a skillet and cook beef until browned.
2. Add onion, pepper, and garlic; sauté until soft.
3. Stir in cumin, chili powder, salt, and pepper.
4. Remove beef mixture and wipe skillet lightly.
5. Fill tortillas with beef and cheese, fold in half.
6. Toast in skillet until golden and crispy on both sides.

# SHEET PAN SAUSAGE AND PIEROGIES

## INGREDIENTS

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- 1 package pierogies (fresh or frozen)
- 4–6 sausages, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: sour cream, mustard, parsley

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CALORIES

580

PROTEIN

22g



## DIRECTIONS

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1. Preheat oven to 200°C (400°F).
2. Toss pierogies, sausage, and onion with oil and seasoning.
3. Spread evenly on a sheet pan.
4. Roast 25–35 minutes, flipping halfway through.
5. Cook until golden and crispy.
6. Serve with sour cream or mustard.

# ONE-POT LEMON HERB RICE AND CHICKPEAS

## INGREDIENTS

- 1 cup rice (uncooked)
- 1 can chickpeas, drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 2½ cups vegetable broth or water
- Juice of 1 lemon
- 1 teaspoon dried herbs (parsley, thyme, or oregano)
- Salt and pepper to taste
- Optional: spinach, feta



CALORIES

420

PROTEIN

13g

## DIRECTIONS

Heat olive oil and sauté onion and garlic. Stir in rice and toast slightly. Add broth, chickpeas, herbs, salt, and pepper. Cover and simmer until rice is tender. Stir in lemon juice. Add optional spinach or feta and serve warm.

# One-Pot Creamy Tortellini and Spinach

## INGREDIENTS

- 1 package cheese tortellini
- 3 cups chicken or vegetable broth
- 1 cup heavy cream or milk
- 2 cups spinach
- 2 garlic cloves, minced
- 1 tablespoon butter
- Salt and pepper to taste
- Optional: parmesan, nutmeg

CALORIES

560

PROTEIN

26g



## DIRECTIONS

Melt butter in a pot and sauté garlic. Add broth, cream, and tortellini. Simmer until tortellini is tender and sauce thickens. Stir in spinach until wilted. Season with salt and pepper. Top with parmesan and serve warm.

# SHEET PAN BEEF FLANK STEAK AND ASPARAGUS

## INGREDIENTS

- 1 flank steak
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon black pepper
- 1 teaspoon salt
- Optional: lemon juice,  
soy sauce, butter

CALORIES

420

PER SERVING

PROTEIN

36g

PER SERVING



## DIRECTIONS

1. Preheat oven to 220°C (425°F).
2. Rub steak with olive oil, garlic, salt, and pepper.
3. Toss asparagus with a little oil and seasoning.
4. Arrange on sheet pan.
5. Roast 10–15 minutes (depending on doneness preference).
6. Rest steak before slicing and serving.

ONE SKILLET

# Creamy Sun-Dried Tomato Chicken

## INGREDIENTS

- 2 chicken breasts or thighs
- 2 tablespoons sun-dried tomatoes, chopped
- 2 garlic cloves, minced
- 1 cup heavy cream or half-and-half
- 1 tablespoon olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- Optional: spinach, parmesan, basil

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CALORIES

520

PROTEIN

36g

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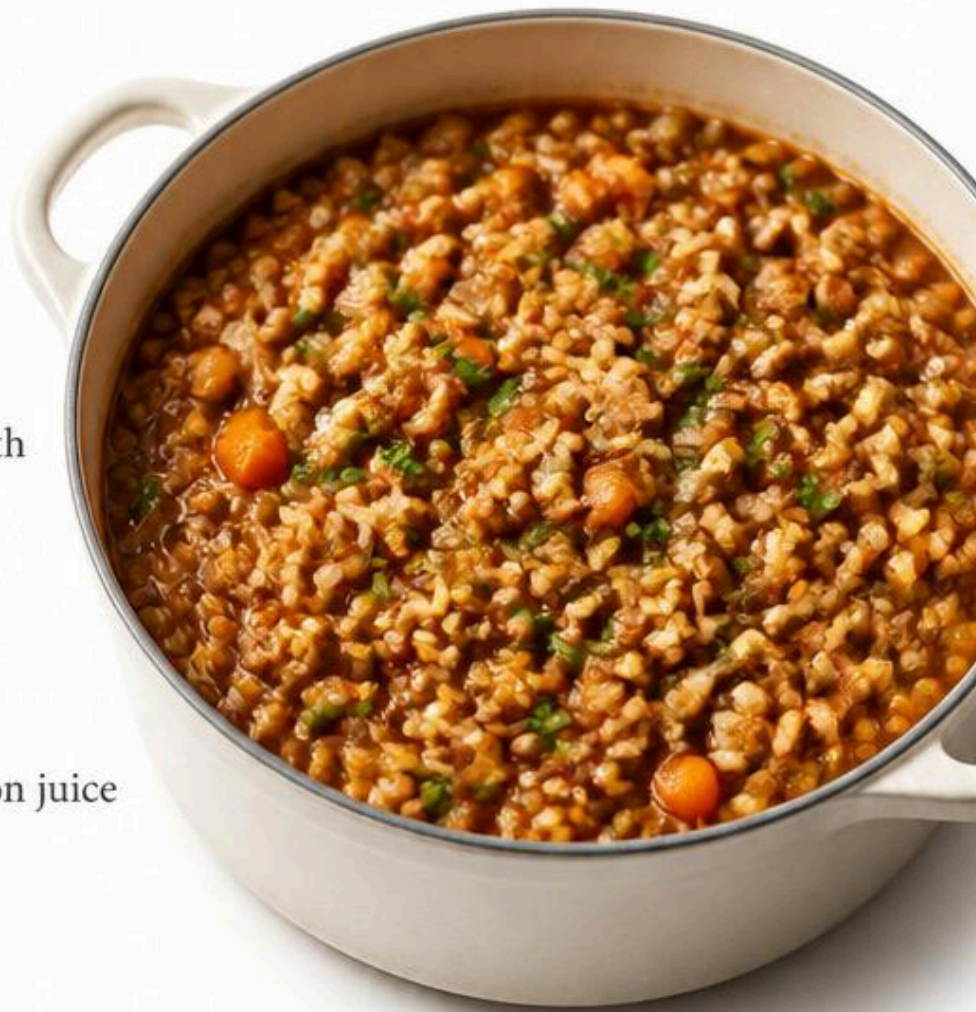
## DIRECTIONS

1. Heat oil and butter in a skillet.
2. Sear chicken until golden and cooked through; remove.
3. Sauté garlic and sun-dried tomatoes.
4. Add cream and simmer until slightly thickened.
5. Return chicken to skillet and coat in sauce.
6. Add optional spinach or parmesan and serve warm.

# ONE-POT LENTIL AND RICE CASSEROLE

## INGREDIENTS

- 1 cup lentils, rinsed
- 1 cup rice (uncooked)
- 1 onion, chopped
- 2 carrots, diced
- 2 garlic cloves, minced
- 4 cups vegetable or chicken broth
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional: spinach, parsley, lemon juice



CALORIES

420

PROTEIN

18g

## DIRECTIONS

1. Heat olive oil in a pot and sauté onion, carrot, and garlic.
2. Stir in cumin and paprika.
3. Add lentils, rice, and broth.
4. Bring to a boil, then reduce heat and cover.
5. Simmer 25–30 minutes until rice and lentils are tender.
6. Fluff and finish with optional spinach or lemon juice.

# SHEET PAN BBQ CHICKEN DRUMSTICKS AND CORN

## INGREDIENTS

- 6 chicken drumsticks
- 2–3 ears corn, cut into halves
- ½ cup BBQ sauce
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional: honey, chili flakes

## CALORIES

480

## PROTEIN

32g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Season chicken with oil, paprika, garlic powder, salt, and pepper.
3. Arrange drumsticks and corn on a sheet pan.
4. Brush chicken generously with BBQ sauce.
5. Bake 35–45 minutes, turning halfway and reapplying sauce.
6. Serve hot with extra BBQ sauce if desired.

# SHEET PAN SALMON WITH SWEET POTATO WEDGES

## INGREDIENTS

- 2 salmon fillets
- 2 large sweet potatoes, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Juice of ½–1 lemon
- Optional: dill, parsley, honey mustard drizzle

CALORIES

520

PROTEIN

34g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato wedges with olive oil, paprika, garlic powder, salt, and pepper. Roast wedges for 15 minutes first.
3. Push wedges aside and add salmon to the pan.
4. Bake another 12–15 minutes until salmon is cooked and sweet potatoes are tender.
5. Finish with lemon juice and optional herbs.

# SHEET PAN PORK CHOPS AND GREEN BEANS

## INGREDIENTS

- 2–4 pork chops
- 3 cups green beans, trimmed
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: lemon wedges, mustard glaze

**CALORIES:** 420

**PROTEIN:** 34G

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss green beans with olive oil and seasoning.
3. Season pork chops with spices.
4. Arrange everything on a sheet pan.
5. Bake 20–25 minutes until pork is cooked through.
6. Serve hot with lemon or glaze.



CREAMY GARLIC PARMESAN

# Gnocchi Skillet

## INGREDIENTS

- 500g gnocchi
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1 cup cream or milk
- 1 cup parmesan cheese, grated
- Salt and pepper to taste
- Optional: spinach, mushrooms, parsley

CALORIES  
**620**

PROTEIN  
**18g**

## DIRECTIONS

1. Melt butter in a skillet over medium heat.
2. Sauté garlic until fragrant.
3. Add gnocchi and lightly pan-sear until golden.
4. Pour in cream and simmer until slightly thickened.
5. Stir in parmesan until creamy and smooth.
6. Add optional spinach or herbs and serve hot.



# ONE-POT BEEF AND MACARONI SKILLET

## INGREDIENTS

- 300–400g ground beef
- 2 cups macaroni (uncooked)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 3 cups beef broth or water
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: cheddar cheese, parsley



CALORIES

**520**

PROTEIN

**28g**

## DIRECTIONS

1. Brown beef in a large skillet or pot.
2. Add onion and garlic; sauté until soft.
3. Stir in macaroni, tomatoes, broth, and spices.
4. Simmer until pasta is tender and liquid is mostly absorbed.  
Stir occasionally to prevent sticking.
5. Top with cheese if desired and serve warm.

# BEEF AND CABBAGE STIR-FRY SKILLET

## INGREDIENTS

300–400g ground beef  
½ head cabbage, sliced  
1 onion, sliced  
2 garlic cloves, minced  
2 tablespoons soy sauce  
1 tablespoon sesame oil  
or cooking oil  
1 teaspoon ginger (optional)  
Salt and pepper to taste  
Optional: chili flakes,  
green onions



CALORIES

**370**

PER SERVING

PROTEIN

**28g**

PER SERVING

## DIRECTIONS

1. Brown beef in a skillet and drain excess fat.
2. Add onion and garlic; sauté until softened.
3. Add cabbage and cook until wilted but slightly crisp.
4. Stir in soy sauce, sesame oil, and ginger.
5. Cook until flavors combine.
6. Top with green onions or chili flakes.

# SHEET PAN GREEK TURKEY BURGERS AND POTATOES

## INGREDIENTS

- 500g ground turkey
- 1 egg
- ½ cup breadcrumbs
- 2 teaspoons oregano
- 2 garlic cloves, minced
- Salt and pepper to taste
- 3–4 potatoes, cubed
- 2 tablespoons olive oil
- Optional: feta, tzatziki, lemon

CALORIES

**420**

kcal

PROTEIN

**35**

g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix turkey, egg, breadcrumbs, garlic, oregano, salt, and pepper.
3. Form burger patties and place on sheet pan.
4. Toss potatoes with olive oil and seasoning.
5. Roast 25–30 minutes until burgers are cooked and potatoes are crispy.
6. Serve with feta or tzatziki if desired.

