

# Sheet Pan Meals

These sheet pan meals are a real gamechanger during a busy week. Loaded with veggies and proteins and bursting with flavour, these colourful recipes will surely be a hit at the dinner table.



# Grocery List



43 ingredients

## FRUITS

1/2 Lime

## BREAKFAST

1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

1/2 tsp Garlic Powder

1/4 tsp Ground Ginger

1 tsp Italian Seasoning

1/8 tsp Red Pepper Flakes

1/4 tsp Sea Salt

0 Sea Salt & Black Pepper

1 1/3 tbsps Taco Seasoning

## VEGETABLES

6 cups Broccoli

3 1/2 cups Brussels Sprouts

4 Carrot

1 Garlic

1 Green Bell Pepper

2 cups Mini Potatoes

2 Red Bell Pepper

1/2 cup Red Onion

2 Yellow Onion

## BREAD, FISH, MEAT & CHEESE

8 ozs Chicken Breast

12 ozs Shrimp

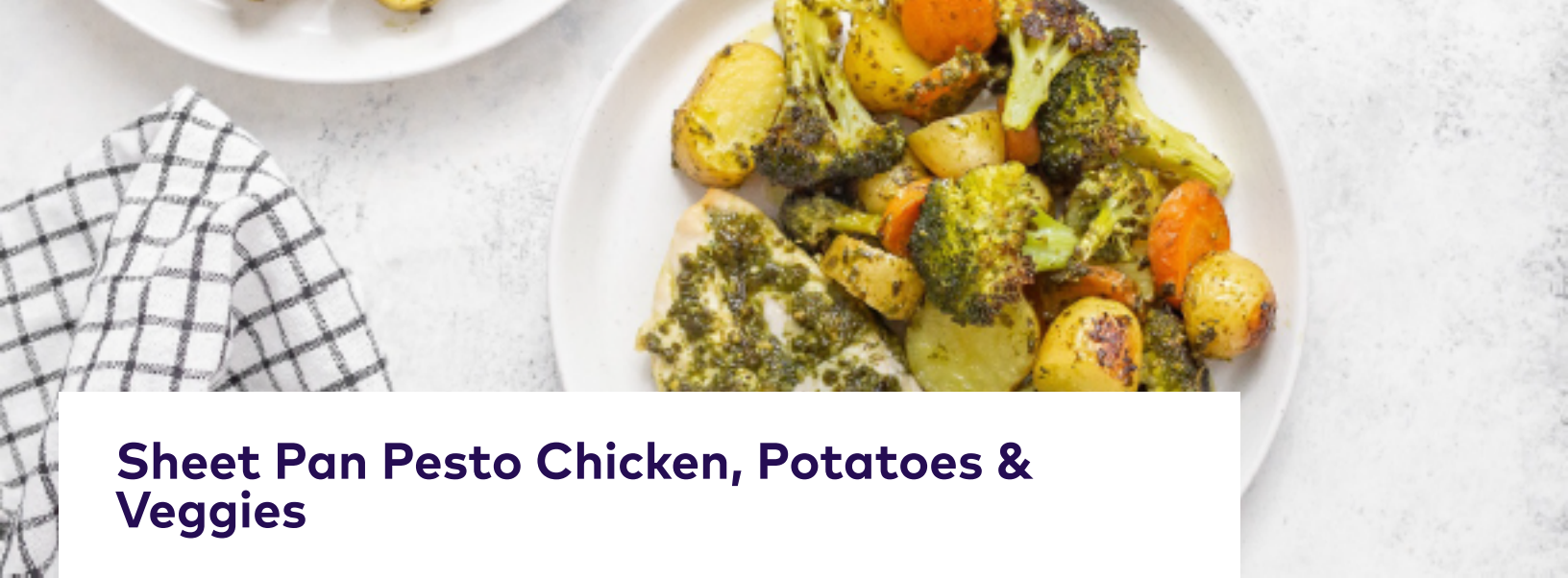
7 1/16 ozs Tofu

## CONDIMENTS & OILS

1/3 cup Extra Virgin Olive Oil

3 tbsps Pesto

2 tbsps Tamari



# Sheet Pan Pesto Chicken, Potatoes & Veggies



7 ingredients



30 minutes



2 servings

## DIRECTIONS

1. Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
2. Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
3. Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

### Additional Toppings

Add red pepper flakes, parmesan, or nutritional yeast.

## INGREDIENTS

- 8 ozs** Chicken Breast (skinless, boneless)
- 2 cups** Mini Potatoes (halved)
- 2 cups** Broccoli (cut into florets)
- 1** Carrot (medium, sliced)
- 1 1/2 tbsps** Extra Virgin Olive Oil
- 3 tbsps** Pesto
- Sea Salt & Black Pepper

## NUTRITION

### Amount per serving

<b>Calories</b>	483	<b>Cholesterol</b>	82mg
<b>Fat</b>	23g	<b>Sodium</b>	254mg
<b>Carbs</b>	38g	<b>Vitamin A</b>	6064IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	113mg
<b>Sugar</b>	6g	<b>Calcium</b>	149mg
<b>Protein</b>	34g	<b>Iron</b>	3mg



# Sheet Pan Roasted Veggies



8 ingredients



30 minutes



4 servings

## DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
3. Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to three days.

### No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

## INGREDIENTS

- 3 1/2 cups Brussels Sprouts (halved or quartered)
- 2 cups Broccoli (cut into florets)
- 2 Carrot (peeled and sliced)
- 2 Yellow Onion (medium, cut into wedges)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt (to taste)

## NUTRITION

### Amount per serving

Calories	145	Cholesterol	0mg
Fat	7g	Sodium	205mg
Carbs	19g	Vitamin A	5959IU
Fiber	6g	Vitamin C	108mg
Sugar	8g	Calcium	84mg
Protein	5g	Iron	4mg



# Sheet Pan Shrimp Fajitas



7 ingredients



20 minutes



2 servings

## DIRECTIONS

1. Preheat the oven to 400°F (204°C).
2. Place the shrimp, peppers, and onion on a large baking sheet. Season with oil and taco seasoning and mix until the shrimp and veggies are well coated. Arrange into a single layer.
3. Bake for six to eight minutes or until the shrimp are cooked through.
4. Remove the pan from the oven and turn the oven to broil. Remove the shrimp from the pan and set aside. Broil the peppers and onions for three to four minutes or until slightly charred.
5. Add the shrimp back to the pan and drizzle with lime juice. Season with salt if needed. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add red pepper flakes or cayenne to taste.

### Serve it With

Tortillas, rice, cauliflower rice, lettuce, salsa, avocado, cilantro and/or sour cream.

### No Taco Seasoning

Use a combination of chili powder, cumin, garlic powder, onion powder, oregano, and salt.

## INGREDIENTS

- 12 ozs** Shrimp (deveined, peeled, tails removed)
- 1** Red Bell Pepper (thinly sliced)
- 1** Green Bell Pepper (thinly sliced)
- 1/2 cup** Red Onion (thinly sliced)
- 1 1/2 tbsps** Extra Virgin Olive Oil
- 1 1/3 tbsps** Taco Seasoning
- 1/2** Lime (juiced)

## NUTRITION

### Amount per serving

<b>Calories</b>	300	<b>Cholesterol</b>	274mg
<b>Fat</b>	11g	<b>Sodium</b>	719mg
<b>Carbs</b>	16g	<b>Vitamin A</b>	2089IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	130mg
<b>Sugar</b>	7g	<b>Calcium</b>	150mg
<b>Protein</b>	37g	<b>Iron</b>	2mg



# Sticky Sheet Pan Tofu Stir Fry



9 ingredients



35 minutes



2 servings

## DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
3. Bake the tofu and veggies for 20 minutes.
4. Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
5. Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to four days.

### Additional Toppings

Sesame seeds, sliced green onion, or more tamari.

### Vegetables

Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

### No Tamari

Use soy sauce or coconut aminos instead.

### No Maple Syrup

Use honey or another liquid sweetener instead.

### Serve it With

Rice, cauliflower rice, or quinoa.

## INGREDIENTS

- 7 1/16 ozs** Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)
- 2 tbsps** Tamari (divided)
- 2 cups** Broccoli (cut into florets)
- 1** Carrot (large, peeled and sliced)
- 1** Red Bell Pepper (medium, chopped)
- 1 tbsp** Maple Syrup
- 1** Garlic (small clove, minced)
- 1/4 tsp** Ground Ginger
- 1/8 tsp** Red Pepper Flakes

## NUTRITION

### Amount per serving

<b>Calories</b>	182	<b>Cholesterol</b>	0mg
<b>Fat</b>	6g	<b>Sodium</b>	1064mg
<b>Carbs</b>	22g	<b>Vitamin A</b>	7572IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	160mg
<b>Sugar</b>	13g	<b>Calcium</b>	356mg
<b>Protein</b>	15g	<b>Iron</b>	4mg