

Carbohydrates

Starchy

Sweet potatoes
Regular potatoes
Winter squash

Sweet

Grapes
Apples
Pears

Non-starchy

Asparagus
Zucchini
Peppers
Brussels sprouts
Carrots

Cauliflower
Green beans
Broccoli
Mushrooms
Onions

Protein

Chicken
Shrimp
Tofu

Salmon
Scallops
Turkey

Fat

During cooking

Olive oil
Avocado oil

Near end of cooking

Pumpkin seeds
Pistachios
Cashews
Walnuts

Flavor Boosters

During cooking

Dried herbs
Ginger
Dried spices
Salt and pepper

After cooking

Fresh herbs
Citrus juice



How to Build a Sheet Pan Dinner

Sheet pan meals combine proteins & veggies into one pan that you pop into a hot oven.

Sheet pan dinners are the ultimate cooking technique to help you to get quick and satisfying meals on the table with easy clean-up.

Here are Elisa and Ellen's favorite tips:

- Preheat the oven to 400° F.
- Place the empty metal tray in the oven to preheat so that the ingredients will be hitting a hot pan.
- Cut all of your vegetables into small bite-sized pieces for quicker cooking.
- Toss vegetables in 1-2 tablespoons of olive or avocado oil, season with your favorite spices.
- Line the sheet pan with parchment or foil just before you add the veggies and protein.
- Stir contents of the pan about halfway through (about the 10-15 minute mark) to make sure all sides get golden brown.
- Cook a sheet pan meal 20-25 minutes, or until the protein is cooked through.

While a recipe is not required to make a sheet pan dinner, we got your covered.

Visit <https://nourish-thrive.com/> for delicious sheet pan dinner recipe ideas and additional resources.

