

BUILD A SHEET PAN DINNER

Carbohydrates

Starchy

Sweet potatoes
Regular potatoes
Winter squash

Sweet

Grapes
Apples

Non-starchy

Zucchini
Peppers
Brussels sprouts

Cauliflower
Green beans
Broccoli

Protein

Chicken
Shrimp
Tofu

Salmon
Scallops
Tempeh

Fat

During cooking

Olive oil
Cashews
Pistachios

After cooking

Hemp seeds
Pistachios
Crushed walnuts

Flavor Boosters

During cooking

Dried herbs
Ginger
Dried spices

After cooking

Fresh herbs
Citrus juice
Salt and pepper

