

# 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

