

## ONE PROTEIN

Chicken drumstick  
Chicken thigh  
Chicken breast  
Pork chop  
Salmon (-10 min)  
Cod (-10 min)  
Shrimp (-10 min)  
Scallops (-10 min)  
Sausage  
Chorizo  
Tofu (-10 min)  
Grouper (-10 min)  
Sea bass (-10 min)  
Snapper (-10 min)  
Pork tenderloin  
Skirt steak  
Flank steak



## TWO VEGETABLES

Zucchini (-10 min)  
Butternut squash  
Brussels sprouts  
Asparagus  
Tomatoes (-10 min)  
Red onions  
Sweet peppers  
Apples  
Pears  
Bok choy  
Pineapple  
Romaine lettuce (-10 min)  
Sweet potatoes  
Portobella mushrooms  
Yellow squash (-10 min)  
Thin slices of carrots  
Rutabaga



## ADD AROMATICS

Minced garlic  
Minced ginger  
Grated parmesan  
Pesto  
Dijon mustard  
Sriracha  
Cumin  
Curry  
Nutmeg  
Adobo  
Garlic salt  
Cajun spices  
Paprika  
Cayenne pepper  
Dry or fresh herbs

**TOSS WITH  
OLIVE OIL**

**SALT AND PEPPER.  
THEN LAY ON PAN**

# ultrafast

SHEET PAN DINNERS

**CREATE YOUR OWN**

**BAKE IN  
PREHEATED 400F  
OVEN FOR  
30 MINUTES**