



Sheet Pan Meals

Stuffed Peppers

Burger Patties

Grain Bowls

Stir Fry

Taco Night

Zucchini Boats

Chicken 3 Ways





Simple Sheet Pan Meals

Short on time and looking for a quick, easy, and tasty recipe to make for dinner? Look no further than these sheet pan meals! Sheet pan meals are perfect for a busy weeknight dinner. And, with just one pan, cleanup is a breeze!

All you need to get a sheet pan meal on the table is a little bit of creativity. Mix it up with your favorite protein, veggies, and spices for a meal that is uniquely yours!

Store any sheet pan leftovers in an airtight container in the refrigerator for 4-5 days. To reheat, simply place your leftovers in a microwave-safe dish and microwave on high for 30 seconds at a time until warm.



General Recipe

Follow the steps below for some sheet pan meal inspiration and you'll have your own nutrition packed meal in no time!

Step 1

Preheat your oven to 400 degrees F.

Step 2

Choose a filling protein.

Step 3

Chop an array of fiber-rich vegetables.

Step 4

Arrange all ingredients on a sheet pan.

Step 5

Add olive oil, seasonings & spices and mix until well-coated.

Step 6

Bake, serve and enjoy!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

COOKING TIPS:

 Line the baking sheet with parchment paper to make for easy clean up!

NUTRITION TIPS:

 Swap out any vegetables you don't like for ones you do! It's important to eat foods we actually enjoy for increased satisfaction.



Simple Sheet Pan Meals () 55 minutes





All-American **Lemon Garlic Chicken & Veggies**

Recipe adapted from www.carlsbadcravings.com

Ingredients

2 lbs boneless skinless chicken thighs 1 lb potatoes, diced 3 cups broccoli florets

Lemon Garlic Marinade

½ cup olive oil 3 Tbsp lemon juice 3 cloves garlic, minced 1 Tbsp Dijon mustard 3 tsp all-purpose seasoning

Optional

½ tsp paprika, ground cumin, and/or dried thyme



Nutrition Facts (Per Serving) 387 kcal, 23 g CHO, 2 g fiber, 22 g fat, 28 g pro, 112 mg Ph, 664 mg K, 319 mg Na

- 1. Preheat the oven to 400 degrees F.
- 2. Make your marinade: Combine olive oil, lemon juice, garlic, mustard, and seasonings in a large enough bag to hold the marinade and chicken. Add chicken, seal bag, and let it marinate in the fridge for 20 minutes.
- 3. Add chopped/diced potatoes to a large baking sheet, drizzle with olive oil and add a sprinkle of all-purpose seasoning. Toss until evenly coated. Bake at 400 degrees F for 15 minutes.
- 4. After 15 minutes, remove the sheet pan from the oven and add the broccoli. Lightly drizzle with olive oil and a sprinkle of all-purpose seasoning.
- 5. Add the marinated chicken to the pan.
- 6. Bake uncovered at 400 degrees for 18-22 minutes or until the chicken reaches an internal temperature of 165 -175 degrees F.



Stuffed Peppers

Wondering how to use your bell peppers in new and interesting ways? Try making stuffed peppers!

Bell peppers are great for holding fillings such as meat, cheese, other vegetables, and more. As an added bonus, they are an easy, delicious meal to prepare too!



General Recipe

Not sure how to start?
Follow the 4 simple steps below!

Step 1

Preheat oven to 375 degrees F and cut the top of the bell pepper, leave whole or cut in half.

Step 2

In a pan, cook preferred protein with onions, garlic, and other vegetables of your choice with seasoning and tomato sauce until fully cooked. Cook rice in a separate pot.

Step 3

Place peppers in a baking dish, stuff rice and protein mixture into each pepper, top with cheese if desired, and bake for about 45 minutes or until tender.

Step 4

Serve and enjoy!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Choose any color bell pepper that you like! For example, if you prefer red, use those for the recipes below.
- These can be made ahead of time and then reheated for those busy days or evenings.



Stuffed Peppers

All-American Turkey Stuffed Green Peppers

Recipe adapted from www.davita.com

Ingredients

Bell Pepper

4 large green peppers

Turkey & Veggies

1 lb ground turkey
½ cup brown rice, cooked
¼ cup diced tomatoes,
canned
½ cup low-sodium chicken
broth
1 egg
½ onion, minced
2 cloves garlic, minced
1 Tbsp paprika
½ tsp salt

1 hour





Nutrition Facts (Per Serving)

330 kcal, 15 g CHO, 3 g fiber, 15 g fat, 35 g pro, 377 mg Ph, 669 mg K, 155 mg Na

- 1. Preheat the oven to 350 degrees F.
- 2. Remove stems from peppers and clean seeds and membranes from inside.
- 3. Mix turkey, rice, egg, onion, garlic, and seasonings well.
- 4. Stuff peppers with meat mixture.
- 5. Place peppers in a large baking dish. Pour diced tomatoes and broth over peppers.
- 6. Bake for 1 hour.
- 7. Serve and enjoy!



Burger Patties

Let's explore the flavor possibilities of burger patties!

We often think of burger patties made from beef, but did you know you can also make patties from chicken, turkey, fish, beans, and even lentils? Whatever you use, burger patties are high in protein and will keep you full.

Burger patties can be eaten alone, between a bun, or on top of a salad! Make them your own by adding in different sauces like mustard or bbq sauce, fresh herbs like rosemary and thyme, and spices like turmeric and cumin. It doesn't end there; get creative with your choice of toppings! Try topping your burger with mushrooms, Swiss cheese, or even pesto and tomatoes.

Burger patties are also great to freeze and reheat at a later time. After free, be sure to thaw your patties in the refrigerator. Once thawed, heat them in an oven at 350 degrees F for 10-15 minutes or until warm in the middle.



General Recipe

Not sure how to start? Follow the 4 simple steps below!

Step 1

Mix together ground up protein, egg, onion, garlic, and seasoning in a bowl until fully combined.

Step 2

Divide the mixture into 6 equal burger patties.

Step 3

Heat olive oil in a large skillet over medium heat and cook each patty for 4-5 minutes on either side until fully cooked (reaches an internal temperature of 165 degrees F).

Step 4

Layer the patty and toppings of your choice on a salad, 1/2 a whole wheat bun, or even a Portobello mushroom.

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Top your burgers with a variety of vegetables!
- Use a slice of butternut squash or eggplant as a bun!
- Add your favorite no-salt-added seasonings to your burger!



Burger Patties

All-American Lemon Dill Tuna Patties

Recipe adapted from www.alldayidreamaboutfood.com

Ingredients

Burger Patties

3-5 oz cans tuna in water, drained ½ cup almond flour 1½ medium green onions, chopped, white and light green parts only 1½ Tbsp fresh dill, chopped ¾ Tbsp lemon zest ½ tsp salt ⅓ tsp black pepper ⅙ cup mayonnaise 1 egg ¾ tsp lemon juice 1½ Tbsp avocado oil



30 minutes



6 servings



Nutrition Facts (Per Serving)

185 kcal, 2 g CHO, 1 g fiber, 11 g fat, 20 g pro, 154 mg Ph, 223 mg K, 207 mg Na

- 1. In a large bowl, mix together all of the ingredients except the avocado oil until well combined. Form into 6 patties about 3/4 inch thick.
- 2. In a large skillet, heat 1 tablespoon of the avocado oil over medium heat until shimmering. Add half of tuna patties and cook until golden brown on the bottom, about 3 to 4 minutes.
- 3. Carefully flip over and cook the other side for another 3 to 4 minutes. Remove to a paper towel lined plate and repeat with the remaining oil and patties.
- 4. Assemble burgers with your favorite toppings and base and enjoy!



Grain Bowls

Grain bowls are a quick, easy, and healthy meal that everyone can enjoy for lunch or dinner! To make one, you can mix and match your favorite whole grains, vegetables, lean proteins, seasonings, and sauces. By using whole grains, you add fiber, protein, and B vitamins to your day.

Most grain bowls can be assembled ahead of time, so they are great to add into your meal prep routine. Store them in the fridge in an airtight container for 5-7 days.



General Recipe

Not sure how to start? Follow the 4 simple steps below!

Step 1

Prepare your whole grain of choice.

Step 2

Cook your protein of choice in a saucepan over medium-high heat with oil until fully cooked.

Step 3

Cook your veggies of choice with garlic, onion, and salt-free seasonings of choice in a saucepan over medium-high heat with oil until fully cooked.

Step 4

Divide your grain, protein, and veggies into 4 different portions.

Add extra seasoning, garnish, or sauce of choice, serve and enjoy!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Filling your bowl with ½ grains and ½ greens (romaine, arugula, spinach, etc.) is a good way to cut back on carbohydrates and still enjoy a delicious grain bowl.
- Choose quinoa over rice for a higher protein and lower carb choice.



Grain Bowls

All-American

Quinoa and Veggie Bowl

Recipe adapted from www.myrecipes.com

Ingredients

Grain

2 cups quinoa, cooked

Egg & Veggies

4 eggs
2 Tbsp olive oil
1 medium bell pepper,
chopped
1 medium onion, sliced
3/4 cup of kale, chopped
1 medium zucchini, chopped
2 cloves of garlic, minced
3/4 tsp thyme

Optional Add-Ons

Red pepper flakes, to taste

U 15-20 minutes





Nutrition Facts (Per Serving) 289 kcal, 30 g CHO, 6 g fiber, 14 g fat, 12 g

pro, 282 mg Ph, 625 mg K, 91 mg Na

Instructions

FOR THE PROTEIN:

1. Cook the eggs to your liking. Use 1 Tbsp of olive oil if you are frying it.

FOR THE VEGETABLES:

- 1. Heat a medium-sized pan over medium-high heat. Add 1 Tbsp oil and move the pan to distribute the oil. Add bell pepper, onion, thyme, and garlic. Sauté for 3 minutes.
- 2. Stir in the zucchini and sauté for 2 minutes.
- 3. Add kale and stir. Cover and cook for 2 minutes.

ASSEMBLE THE BOWL:

1. Split the quinoa and vegetables into 4 servings and place them in separate bowls. Place 1 egg in each bowl. Add red pepper flakes if desired.



Easy Stir-Fry

Stir-frying is a Chinese cooking method where meat, fish, or vegetables are sautéed over high heat. You can stir fry anything from snow peas to tofu to catfish! Stir-frying is a great way to enjoy a variety of vegetables and discover new flavors. It is also a great way to use up leftovers.

See how many colors you can add to your stir fry. The more colors, the better! And when served with brown rice, a stir fry meal is a great source of fiber. Fiber promotes healthy digestion and stable blood sugar.



General Recipe

New to the stir fry world? Follow the 5 simple steps below!

Step 1

Chop your vegetables and marinate your protein of choice.

Step 2

Heat 1 Tbsp olive oil in a fry pan or wok over medium-high heat.

Step 3

Add filling protein and fiber-rich vegetables. Sauté, mixing often.

Step 4

Add your sauce or seasonings of choice and stir together.

Step 5

Serve with brown rice, quinoa, or cauliflower rice.

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Mix and match your veggies! Try zucchini, green beans, carrots, asparagus, and others to make it your own!
- For different flavors, try different low-sodium/no-salt-added (<200mg) and 0g added sugar seasonings and sauces!



Easy Stir-Fry

All-American BBQ Chicken Stir-Fry

Recipe adapted from www.myfoodandfamily.com

Ingredients

Grain

1½ cup quinoa, cooked

Chicken & Veggies

1 Tbsp olive oil
1 lb chicken breast, cut into bite-size pieces
½ cup no-sugar-added barbecue sauce
½ tsp garlic powder
1-10 oz pack of frozen mixed vegetables
(broccoli, carrots, green beans, etc.), thawed and drained

30 minutes





Nutrition Facts (Per Serving)
331 kcal, 26 g CHO, 5 g fiber, 40 g fat, 40 g pro,
431 mg Ph, 841 mg K, 431 mg Na

- 1. Heat oil in a large frying pan on medium-high heat, add chicken and cook until fully cooked.
- 2. Stir in barbecue sauce, garlic powder, and vegetables. Cook until heated through.
- 3. Serve over quinoa and enjoy!



Taco Night

Tacos are a traditional Mexican dish. They are made with corn or wheat tortillas and filled with protein, beans, or vegetables.

Tacos are a great way to enjoy your favorite proteins, veggies, and toppings!



General Recipe

New to making tacos? Follow the 4 simple steps below!

Step 1

Cook protein and vegetables on a skillet with oil and salt-free taco seasoning or other seasonings of your choice.

Step 2

Warm tortillas in the microwave covered with a damp paper towel for 30 seconds or heat in a pan.

Step 3

Fill warmed tortillas with cooked protein and vegetables.

Step 4

Top with salsa, plain Greek yogurt, guacamole, cilantro, and any additional garnishes of your choice!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Choose whole grain or grain-free tortillas for a low-carb choice.
 Examples of grain-free tortillas are ones made with almond flour or coconut flour.
- Filling your tacos with lean protein and veggies will help keep blood sugars stable.



Taco Night

All-American Roasted Vegetable Taco

Recipe adapted from www.kidneyrd.com

Ingredients

Veggies

1 Tbsp olive oil
1 onion, sliced
1/2 tsp ground cumin
1/2 tsp garlic powder
1/2 tsp smoked paprika
1/2 tsp dried oregano
1/2 tsp chili powder
Black pepper, to taste
1 large carrot, peeled and sliced into 2-inch sticks
1 cup mushrooms, sliced

Tortilla & Toppings

4 corn tortillas, 6" diameter ¼ cup Greek yogurt ⅓ cup cilantro, chopped ⅓ lime, juiced

45 minutes





Nutrition Facts (Per Serving) 105 kcal, 16 g CHO, 2 g fiber, 4 g fat, 2 g pro, 106 mg Ph, 207 mg K, 26 mg Na

- 1. Preheat the oven to 425 degrees F. Line two sheet pans with parchment paper.
- 2. In a small bowl, combine olive oil, spices, and seasoning powders.
- 3. In a large mixing bowl, add onions, carrots, and half of the seasoning. Toss to coat, then transfer to a baking sheet in a single layer. Bake for 10 minutes.
- 4.To the same mixing bowl, add sliced mushrooms and the rest of the seasoning. Toss to coat and transfer to the other baking sheet.
- 5. Once the carrots and onions have been in the oven for 10 minutes, give them a toss and put them back in the oven. Place mushrooms in the oven on a different rack. Bake for 10 more minutes until all vegetables are tender.
- 6. Warm tortillas and assemble your tacos. Stuff each tortilla with roasted vegetables and top with Greek yogurt, lime, and cilantro. Enjoy!



Zucchini Boats

Looking for a new way to enjoy zucchini? Try making these zucchini boats.

Zucchinis have many vitamins and minerals such as vitamin C, vitamin B6, and potassium!

When zucchinis are cut in half and have some of the pulp removed, they make a great bowl to stuff for lunch or dinner! Try stuffing them with meat, cheese, veggies, dips, and more.



General Recipe

Not sure how to start? Follow the 5 simple steps below!

Step 1

Preheat oven to 350 degrees F.

Step 2

Wash zucchini, cut zucchini in half lengthwise, and scoop out the center.

Step 3

Cook your protein of choice and vegetables in a saucepan over medium-high heat with oil, until fully cooked.

Step 4

Spoon mixture into zucchini shells and place on baking sheet.

Step 5

Bake, uncovered for 25-30 minutes, until zucchini is tender.

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Check the nutrition label on the crushed tomato and salsa. Use ones that have 0g added sugar and are low-sodium (<200mg).
- Mix and match your veggies! Try mushrooms, spinach, broccoli, and more to make it your own!



Zucchini Boats

All-American

Turkey Stuffed Zucchini Boats

Recipe adapted from www.cleananddelicious.com

Ingredients

Zucchini

4 medium zucchini

Turkey & Veggies

2 tsp olive oil 1 lb. ground turkey 3 cloves garlic, minced ½ onion, chopped ½ red bell pepper, chopped 1 Tbsp Italian seasoning 1 cup crushed tomatoes ½ cup shredded mozzarella cheese

🕔 1 hour 15 minutes 🦷 4 servings





Nutrition Facts (Per Serving)

408 kcal, 14 g CHO, 4 g fiber, 25 g fat, 35 g pro, 442 mg Ph, 905 mg K, 192 mg Na

- 1. Bring a large pot of water to a boil and preheat the oven to 350 degrees F.
- 2. Slice zucchini in half lengthwise and use a spoon to scoop out the center, leaving about 1/4 inch zucchini shell around. Be sure to save the "zucchini meat" that was scooped out.
- 3. Heat olive oil in a large skillet over medium-high heat, then add ground turkey. Break the meat into smaller pieces and cook until lightly browned.
- 4. Add garlic, onions, green peppers, zucchini meat, Italian seasoning, tomatoes, salt, and pepper. Mix together and let cook for 15 minutes until veggies are tender.
- 5. Place zucchini halves in the baking dish. Fill each zucchini boat with about $\frac{1}{2}$ cup of filling and top each with 1 Tbsp of shredded cheese.
- 6. Cover with aluminum foil and bake for 30 minutes or until everything has heated through.



Chicken 3-Ways

What do you think about when you hear the words "healthy meal?" Sometimes thoughts of plain grilled chicken and steamed veggies come to mind. While plain grilled chicken and non-seasoned veggies have their place, we want to assure you that there are many ways to add flavor to lean proteins like chicken.

The best part about adding flavor is that it does not mean more time and work! Follow our general recipe guide to get started. It's time to get creative! Just think, you might be a few steps away from making your new favorite healthy meal!



General Recipe

Not sure how to start? Follow the 4 simple steps below!

Step 1

Marinate your chicken.

Step 2

Bake, grill, or sauté your chicken depending on the recipe you choose to follow below.

Step 3

Cook your veggies of choice with garlic, onion, and salt-free seasonings of choice in a saucepan over medium-high heat with oil until fully cooked (165 degrees F).

Step 4

Divide your grain, protein, and veggies into 4 different bowls.

Add extra seasoning, garnish, or sauce of choice, serve and enjoy!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

- Buying chicken in bulk and storing some in the freezer is a cheaper way to have it ready when you need it.
- Save the extra chicken for a leftover lunch. It can be great way to add protein to a salad.



Chicken 3-Ways

All-American BBQ Chicken

Recipe adapted from www.thewholecook.com

Ingredients

Protein

4 chicken breasts, boneless

Veggies

½ cup corn (fresh or frozen)
½ cup broccoli
½ cup cauliflower
2 Tbsp olive oil

BBQ Sauce

6 oz tomato paste
½ cup coconut aminos or
sodium-free soy sauce
1 tsp garlic, minced
1 tsp apple cider vinegar
1 ½ tsp salt-free chili powder
1 tsp ground mustard
1 tsp salt

Instructions

FOR THE PROTFIN:

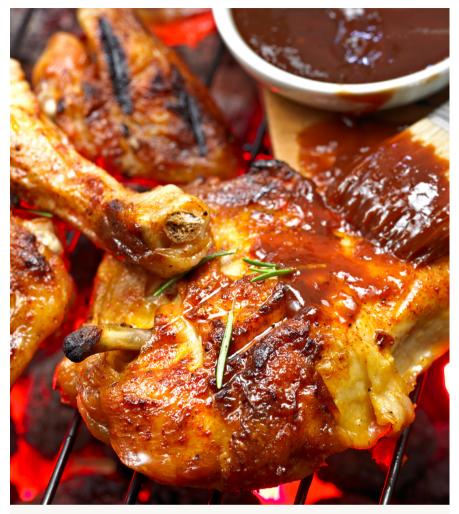
- 1. Combine all the BBQ sauce ingredients together. Brush chicken with 1 Tbsp olive oil, salt and pepper.
- 2. For Grill: Cook chicken for 5 minutes then flip and brush $\frac{1}{3}$ of BBQ sauce on. Cook for another 5 minutes. Flip and brush with $\frac{1}{3}$ of the sauce. Cook another 3 minutes. Flip and remove from grill once completely cooked. Brush with remaining sauce.
- 3. For Oven: If you are baking the chicken, preheat the oven to 375 degrees F. Brush chicken with olive oil. Brush with ½ BBQ sauce. Bake for 15 minutes then flip and coat with remaining BBQ sauce. Cook for another 15 minutes or until fully cooked.

FOR THE VEGETABLES:

1. In the same oven as chicken or preheated oven if grilling, line baking sheet with broccoli and cauliflower. Drizzle with 1 Tbsp olive oil. Bake for 30 minutes. If fresh, grill or steam the corn. If frozen, pour into small pot and heat up.







Nutrition Facts (Per Serving) 349 kcal, 15 g CHO, 4 g fiber, 13 g fat, 43 g pro, 382 mg Ph, 967 mg K, 418 mg Na

