**Sheet Pan Meals**

The beauty of the sheet pan meal is you can mix any veggies and animal protein! Pick your favorites and make your own combinations!!!

1. Veggies
   1. Asparagus
   2. Bell-peppers
   3. Green Beans
   4. Mushrooms
   5. Yellow Squash
   6. Cherry Tomatoes
   7. Zucchini
   8. Cauliflower
   9. Broccoli
   10. Garlic
   11. Onions
   12. Snap Peas
   13. Beets
   14. Brussel Sprouts
   15. Carrots
   16. Potatoes/Sweet Potatoes
   17. Butternut Squash
2. Animal Protein:
   1. Chicken
   2. Pork
   3. Lamb
   4. Natural Sausage
   5. Beef
3. Seasonings
   1. Mexican:
      1. Cumin, Salt & Pepper – Squeeze lime after baking
      2. Organic Taco Seasoning\**contains nightshades*
   2. Italian Seasonings
   3. Curry Powder
   4. Moroccan: Cumin, Cinnamon, All Spice
   5. Asian: Coconut Aminos, Sesame Seed Oil, Ginger
   6. Classic: Salt, Pepper, Onion & Garlic
4. Place all veggies & protein on parchment lined baking pan
5. Sprinkle Seasonings and Healthy Oil (coconut or avocado oil) over the top and toss to coat
6. Bake 425 for 20-30 min

Tips: Cut everything in bite size pieces for faster cooking!