**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!