

Sheet Pan Dinner

Grocery List

4 recipes. 1 shopping trip. Substitutes included.

CAPRESE CHICKEN

- Bone-in or boneless chicken thighs (2 lbs)
Sub: Chicken breasts work; reduce cook time by 5 min
- Cherry tomatoes (1 pint)
Sub: Diced roma tomatoes
- Fresh mozzarella (8 oz)
Sub: Pre-shredded mozzarella
- Balsamic glaze (2 tbsp)
Sub: Reduce balsamic vinegar with a pinch of sugar
- Italian seasoning (1 tsp)
Sub: Dried oregano + dried basil
- Olive oil (2 tbsp)
Sub: Avocado oil

SPICY SALMON AND BROCCOLI

- Salmon fillets (4, about 6 oz each)
Sub: Cod or tilapia; reduce cook time by 3 min
- Broccoli florets (3 cups)
Sub: Broccolini or cauliflower florets
- Garlic powder (1 tsp)
Sub: 2 cloves fresh garlic, minced
- Red pepper flakes (1/2 tsp)
Sub: Cayenne; use half the amount
- Sriracha or chili oil (for finish)
Sub: Any hot sauce
- Lemon (1, for finish)
Sub: 2 tbsp bottled lemon juice
- Olive oil (2 tbsp)
Sub: Avocado oil

HARVEST BOWL

- Chicken thighs (2 lbs)
Sub: Chickpeas (1 can) for vegetarian build
- Sweet potatoes (2 large)
Sub: Butternut squash, cubed
- Brussels sprouts (2 cups, halved)
Sub: Broccoli florets
- Red onion (1 large)
Sub: Yellow onion
- Smoked paprika (1 tsp)
Sub: Regular paprika + pinch of cumin
- Maple syrup (1 tsp)
Sub: Honey
- Tahini (for drizzle)
Sub: Greek yogurt thinned with lemon juice
- Olive oil (2 tbsp)
Sub: Avocado oil

SHRIMP FAJITAS

- Shrimp, peeled and deveined (1.5 lbs)
Sub: Sliced chicken breast; add 8 min cook time
- Bell peppers, mixed (3, sliced)
Sub: Frozen pepper strips, roasted from frozen
- Yellow onion (1 large, sliced)
Sub: Red onion
- Fajita seasoning packet (1 oz)
Sub: 1 tsp chili powder + 1 tsp cumin + 1/2 tsp garlic powder + salt
- Flour tortillas (8)
Sub: Corn tortillas or lettuce wraps
- Olive oil (2 tbsp)
Sub: Avocado oil

PANTRY STAPLES

- Salt and black pepper
- Olive oil (1 bottle covers all 4 recipes)