

Recipe #1: Sheet Pan Lemon Herb Chicken & Veggies



A simple, flavorful weeknight dinner that comes together in under 45 minutes with minimal cleanup. Great for meal prepping—make a double batch on Sunday, and you have lunch covered for the week.

Ingredients (serves 4):

- 4 boneless, skinless chicken breasts (6 oz each)
- 2 cups broccoli florets
- 1 cup cherry tomatoes
- 1 medium zucchini, sliced
- 1 red bell pepper, chopped
- 3 tbsp olive oil
- Juice of 1 lemon + zest
- 3 cloves garlic, minced
- 1 tsp dried oregano, 1 tsp dried thyme, salt & pepper to taste

Instructions:

- Preheat oven to 400F. Line a large baking sheet with parchment paper.
- In a small bowl, whisk together olive oil, lemon juice, lemon zest, garlic, oregano, thyme, salt, and pepper.
- Place chicken breasts and all vegetables on the sheet pan. Pour the lemon herb mixture over everything and toss to coat.
- Bake for 25-30 minutes, until chicken reaches an internal temperature of 165F and vegetables are tender with slightly caramelized edges.
- Serve immediately or divide into 4 meal prep containers. Store in the fridge for up to 4 days.

Macronutrients per serving:

| Serving Size | Calories | Protein | Carbs | Fat | Fiber |
|-----------------------|-----------|---------|-------|------|-------|
| 1 breast + veggies | ~380 kcal | ~42g | ~14g | ~16g | ~4g |

Tip: Swap the chicken for salmon fillets and reduce cook time to 18-20 minutes for a heart-healthy omega-3 variation.

Recipe #2: Turkey & Veggie Egg Muffins (On-the-Go!)



These protein-packed egg muffins are the ultimate grab-and-go meal. Make a batch on Sunday, store them in the fridge, and you have a ready-made breakfast or snack for the entire week. No reheating required—they are delicious at room temperature, too.

Ingredients (makes 12 muffins):

- 8 large eggs
- 1/4 cup unsweetened almond milk (or regular milk)
- 1/2 lb lean ground turkey, cooked and crumbled
- 1/2 cup diced bell pepper (any color)
- 1/2 cup baby spinach, roughly chopped
- 1/4 cup diced red onion
- 1/4 cup shredded low-fat mozzarella
- Salt, pepper, and garlic powder to taste
- Non-stick cooking spray

Instructions:

- Preheat oven to 375F. Spray a standard 12-cup muffin tin generously with non-stick spray.
- Whisk together eggs, almond milk, salt, pepper, and garlic powder in a large bowl.
- Divide the cooked turkey, bell pepper, spinach, and onion evenly among the muffin cups.
- Pour the egg mixture over the fillings, filling each cup about 3/4 full.
- Sprinkle mozzarella on top of each muffin.
- Bake for 20-22 minutes until eggs are fully set and tops are lightly golden.
- Cool for 5 minutes before removing. Store in an airtight container in the fridge for up to 5 days.

Macronutrients per serving (2 muffins):

| Serving Size | Calories | Protein | Carbs | Fat | Fiber |
|--------------|-----------|---------|-------|------|-------|
| 2 muffins | ~210 kcal | ~22g | ~3g | ~12g | ~1g |

Tip: These freeze beautifully! Make a double batch and freeze half. Thaw overnight in the fridge or microwave for 60 seconds from frozen.

On-the-Go Tip: Wrap 2 muffins in parchment and toss them in your gym bag alongside a piece of fruit for a complete, balanced post-workout meal.