



Delicious

SUMMER SHEET

Pan Dinners



9 Easy, Flavor-Packed Recipes for Busy Summer Nights





Welcome



Summer is supposed to feel easy, breezy, and fun...

And that makes it a GREAT season to lean heavily on sheet pan dinners.

They're delicious, flexible, take almost no effort, and (even better!) don't leave you with a pile of dishes.

Plus, they still help you eat well and feel good.

This ebook gives you 9 go-to sheet-pan dinners you can mix and match all summer long.

Hope these make your dinnertime easier!



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Why Sheet Pan Meals Are So Awesome

Sheet pan meals work for practically everyone because they:

- ✓ Cook everything in one place
- ✓ Require minimal prep
- ✓ Make portion control easier
- ✓ Are endlessly customizable

With the right balance of protein, veggies, and flavor, you can create meals that are satisfying, nourishing, and realistic for real life... especially in the summer.





The Simple Sheet Pan Formula

Even though we've included 9 delicious recipes in this ebook, I'm going to share a secret with you.

You don't actually need a recipe.

Use this formula and you're set:

Protein + Veggies + Flavor + Healthy Fat (optional carb)

Basic guidelines:

- ✓ Oven temperature: 425°F/220°C
- ✓ Line your pan for easy cleanup (parchment paper unless you plan on broiling – then use aluminum foil to avoid anything catching on fire!)
- ✓ Cut veggies to similar sizes
- ✓ Don't overcrowd the pan (this helps everything roast instead of steam)
- ✓ Add sauces or glazes toward the end so flavors stay bold and textures stay crisp

Tips to Keep Sheet Pan Meals Tasty and Healthy

Simple tweaks = big flavor payoff.

- ✓ **1** Use oil intentionally (1–2 Tbsp per pan is usually enough)
- ✓ **2** Season generously with herbs, spices, citrus, and garlic
- ✓ **3** Roast proteins and veggies with similar cook times together
- ✓ **4** Finish with fresh elements (lemon juice, herbs, yogurt sauces)



Secret Money-Saver Tip: **Frozen Veggies**

Want to save money and time without sacrificing nutrition? Frozen vegetables are your secret weapon.



They're picked at peak ripeness and frozen right away, which means they're just as nutritious as fresh and often way cheaper, especially when veggies are out of season.

How to use frozen veggies on a sheet pan:

- ▶ Roast straight from frozen (no thawing)
- ▶ Use a hot oven (425°F/220°C)
- ▶ Preheat the pan while you're preheating the oven
- ▶ Spread in a single layer so they roast, not steam
- ▶ If they release moisture, stir once halfway through
- ▶ Add sauces at the end for best texture

Best options: Broccoli, cauliflower, green beans, Brussels sprouts, peppers, onions, and plain veggie blends



Mix & Match Ideas

Mix & Match Ideas

Feel free to experiment with different foods and flavors! The list of variations is almost endless.

Swap Proteins

chicken, shrimp, beef, salmon, tofu, chickpeas

Swap Veggies

fresh or frozen broccoli, peppers, green beans, Brussels sprouts, potatoes, cauliflower

Change Flavors

lemon-herb, BBQ, teriyaki, Mediterranean, smoky spice

LEMON CHICKEN & ROASTED VEGGIES

Serves 4

INGREDIENTS

- 1½ lb (680 g) chicken breast
- 4 cups (500 g) broccoli florets
- 10 oz (300 g) baby potatoes, halved
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss the potatoes with seasonings and half the oil, spread out on a sheet pan, and roast for 20 minutes.

Add the chicken and broccoli, toss with remaining oil, garlic, and lemon.

Roast 20-25 minutes, until chicken is cooked through.

Remove from the oven and serve.



per serving
MACROS



CALORIES

~420



PROTEIN

38 gram



CARBS

32 gram



FAT

16 gram

HONEY MUSTARD CHICKEN THIGHS

Serves 4

INGREDIENTS

- 1½ lb (680 g) boneless chicken thighs
- 4 cups (500 g) green beans
- 1 Tbsp honey
- 1 Tbsp Dijon mustard
- 1 Tbsp olive oil

INSTRUCTIONS

Preheat oven to 425°F/220°C.

In a small bowl, whisk together the honey, mustard, and oil to create a sauce.

Toss chicken and green beans with sauce.

Roast 25–30 minutes, flipping once.

Note: thicker thighs may need a few extra minutes to cook through.

Remove from the oven and serve.



per serving
MACROS



CALORIES

~450



PROTEIN

34 gram



CARBS

18 gram



FAT

24 gram

MEDITERRANEAN CHICKEN & VEGGIES

Serves 4

INGREDIENTS

- 1½ lb (680 g) chicken breast
- 1 medium red onion, sliced
- 2 cups (300 g) cherry tomatoes
- 1 bell pepper, sliced
- 2 Tbsp olive oil
- Dried oregano, garlic powder, and salt, to taste
- Optional: feta cheese

INSTRUCTIONS

Preheat oven to 425°F/220°C.

In a large bowl, toss all ingredients together to coat with oil and seasonings.

Spread out on sheet pan and roast for 25–30 minutes, until chicken breast reaches an internal temperature of 165°F/74°C (if chicken breasts are thick, they may need up to 35 minutes).

Remove from oven and serve.

Optional: if serving with feta, sprinkle after cooking.



per serving
MACROS



CALORIES

~ 410



PROTEIN

36 gram



CARBS

20 gram



FAT

18 gram

SHEET PAN SALMON WITH ROASTED VEGGIES

Serves 4

INGREDIENTS

- 1 lb (455 g) asparagus or frozen broccoli
- 1 Tbsp olive oil
- 1½ lb (680 g) salmon fillet
- Lemon slices, salt, pepper

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss the vegetables with oil, salt, and pepper and roast for 10 minutes.

Add salmon and lemon slices to the pan and roast another 12-15 minutes.

Remove from the oven and serve.



per serving
MACROS



CALORIES

~480



PROTEIN

34 gram



CARBS

12 gram



FAT

30 gram

SHRIMP FAJITA SHEET PAN

Serves 4

INGREDIENTS

- 2 bell peppers, sliced
- 1 medium onion, sliced
- 1 Tbsp olive oil
- 1½ lb (680 g) raw shrimp, peeled
- Fajita seasoning, to taste

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss the veggies with oil and seasoning, spread out on sheet pan, and roast for 12 minutes.

Add shrimp and roast 6–8 minutes.

Remove from the oven and serve (this is delicious with rice!).



per serving
MACROS



CALORIES

~350



PROTEIN

32 gram



CARBS

18 gram



FAT

14 gram

TURKEY SAUSAGE & VEGGIE BAKE

Serves 4

INGREDIENTS

- 1 lb (455 g) turkey sausage, sliced
- 4 cups (500 g) mixed veggies (your choice)
- 1 Tbsp olive oil
- 1 tsp Italian seasoning

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss all the ingredients together in a large bowl.

Spread out on sheet pan and roast 30–35 minutes, stirring once.

Remove from the oven and serve.



per serving
MACROS



CALORIES

~420



PROTEIN

28 gram



CARBS

22 gram



FAT

24 gram

BEEF & BROCCOLI SHEET PAN

Serves 4

INGREDIENTS

- 1½ lb (680 g) flank steak, sliced thin
- 4 cups (500 g) broccoli
- 1 Tbsp olive oil
- 1 Tbsp low-sodium soy sauce

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss the broccoli and oil together and spread out on prepared sheet pan.

Place in oven and roast for 12–15 minutes.

Add the beef and sprinkle with soy sauce. Roast for another 8–10 minutes.

Remove from oven and serve.



per serving
MACROS



CALORIES

~460



PROTEIN

35 gram



CARBS

14 gram



FAT

28 gram

CHICKPEA & VEGGIE SHEET PAN

Serves 4

INGREDIENTS

- 2 15.5 oz (425 g) cans chickpeas, drained
- 4 cups (500 g) cauliflower
- 1 Tbsp olive oil
- 1 tsp each smoked paprika and garlic powder, with salt to taste

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss chickpeas and cauliflower with oil and spices.

Roast 30–35 minutes, stirring once.

Remove from the oven and serve.



per serving
MACROS



CALORIES

~380



PROTEIN

14 gram



CARBS

48 gram



FAT

12 gram

TOFU & SESAME VEGGIE BAKE

Serves 4

INGREDIENTS

- 14 oz (400 g) extra-firm tofu, cubed
- 4 cups (500 g) mixed frozen veggies
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce

INSTRUCTIONS

Preheat oven to 425°F/220°C.

Toss tofu and veggies with oil and soy sauce and spread out on a sheet pan.

Roast 30 minutes, flipping halfway.

Remove from the oven and serve.



per serving
MACROS



CALORIES

~360



PROTEIN

20 gram



CARBS

30 gram



FAT

18 gram

Just a Few of Our
**HAPPY
CLIENTS**



Hannah

"It (CrossFit Bemidji) has completely transformed my life! It's made me be the strongest, healthiest, most confident me I can be! It helped me take the power back I had lost from the abuse, made me realize just how amazing I am!"



Duane

"Most if the problems I had with joint pain are gone. I have lost about twenty pounds, gained some muscle and my fitness level is a lot better now. I am happy to be on a fitness journey, I keep telling myself I am not here to lift the most weight, rx every workout, or do advanced gymnastics movements. I am here to feel better, move better, and to improve my quality of life."



Your **NEXT STEP...**

Sheet pan dinners are proof that **eating well doesn't have to be complicated.**

When you take the stress out of dinner, you free up energy for everything else.

That's exactly the kind of simple, sustainable approach that makes healthy living actually stick.

Food is one piece of the puzzle, but lasting results come from putting it all together: what you eat along with the daily habits that keep you on track even when life gets busy.



That's exactly what we focus on inside

CFB: Beginner's Program

Here's what you'll get when you join our 21 day program:

- ✔ **A clear starting point**
No guessing what to do or where to begin. The 21-day beginners program is designed as a simple, low-pressure on-ramp to Foundations
- ✔ **Beginner-friendly CrossFit classes**
Unlimited access during the 21 days, but structured to specific classes so you're not guessing what to do. There's 4 weekly "Beginners" classes (2 on Tuesdays, 2 on Thursdays) built just for new athletes with additional access to Skills and Yoga classes to support movement, mobility, and confidence
- ✔ **Step-by-step skill sessions & Coaching with accountability**
We break down movements so you actually understand what you're doing (and feel good doing it). You're not doing this alone, our coaches are there to support, guide, and keep you on track.
- ✔ **A supportive community**
No intimidation, no pressure... just people who want to see you win.
- ✔ **Real progress in 21 days & Confidence walking into the gym**
Build strength, improve energy, and start creating habits that actually stick. By the end of the program, you won't feel like a beginner anymore.



Ready to take the next step?

[Click here to book a NSI](#)

We'll talk about your goals and create a plan that works for you.

Let's Do This Together!

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