

Delicious SUMMER SHEET Pan Dinners

9 Easy, Flavor-Packed Recipes for Busy Summer Nights



MSF



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 (I like parchment paper unless I 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

CLIENT EXPERIENCES

Demah Alesweed

"MaxStrength Fitness is a great place to train! The trainers are knowledgeable, supportive, and genuinely care about helping people succeed. The workouts are challenging but personalized, and the atmosphere feels like a strong, encouraging community. Definitely recommend!"

Lisa D.

"Wonderful experience at Max Strength Fitness! My personal trainer selected just the right machines for what I needed, and I couldn't believe how much of a workout I got in such a short period of time. This experience was so much better than a crowded, sweaty gym!"

MAX STRENGTH FITNESS

twenty minutes + twice a week = transformation

Let's talk

NEXT STEPS...

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 where

MAXSTRENGTH FITNESS

comes in...

At MaxStrength Fitness, we believe everyone deserves to be healthy, fit, and strong without spending hours in the gym. That's why our training is designed to deliver real results in just 20 minutes, twice a week.

Our no-sweat, no-distraction, one-on-one sessions are efficient, effective, and safe, allowing you to build meaningful strength while protecting your joints and energy. Everything is guided by a professional trainer in a focused, climate-controlled environment, so you can show up, train with purpose, and get back to your day.

If you're ready for a smarter way to train and a better way to live, we invite you to experience the MaxStrength Fitness difference.

WITH MORE ENERGY, IMPROVED HEALTH, AND LESS STRESS YOU ARE ABLE TO ENJOY ALL THE ACTIVITIES YOU LOVE.

Free Initial Consultation

& 2 FREE

TRAINING SESSIONS

LEARN MORE HERE



LET'S DO THIS TOGETHER!

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