

ATHLETE'S SHEET PAN DINNER

Flexible
NUTRITION

Makes ~8 servings

Cook Time: ~20-30 minutes

Ingredients

- 4 cups chopped vegetables*
- 1 lb boneless, skinless chicken breast chopped into 1" pieces
- ~3 TBSP high-heat oil**
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp black pepper
- 1/2 tsp salt



Directions

- Preheat oven to 420 degrees. Line a sheet pan with aluminum foil for easier clean up.
- Place all chopped chicken and vegetables into a large mixing bowl, top with oil and seasonings, then mix it all with your hands or large spoon until everything is evenly coated.
- Spread seasoned chicken and vegetables evenly onto the baking sheet.
- Bake for ~20-30 minutes, or until chicken reaches internal temperature of 165 degrees.

As Fuel

- **Add a grain/complex carbohydrate:** include a potato in the veggies, or put over rice or pasta.
- **Post-Workout**