

The 14-Day Sheetpan Plan

How to use this guide

These recipes are built for real life: minimal prep, maximal protein, and vegetables that hold up to high heat. Each meal is designed to support blood sugar stability, preserve lean mass, and help you hit your daily protein target without living in the kitchen. Macros are approximate and will vary with brand, portion size, and cooking losses.

Protein target note: I recommend a target of 1.2 to 1.6 g/kg of body weight per day for adults, that lands around 20 percent of your calories each day from protein, but your needs may differ.

*If you want the deeper framework and the why behind the what, you can find it in my New York Times bestselling book, [**WOMEN FOOD AND HORMONES**](#). I developed and tested these recipes while writing my next book because time was short but I needed great nourishment. I hope these recipes nourish you too!*

The Sheet-Pan Formula (memorize this)

- Protein: 30–45 g per serving
- Vegetables: at least half the pan
- Fat: enough to roast, not drown
- Heat: 425°F is your ally
- Salt: more than you think, especially if you're stressed

Hormone-Aware Notes

- If sleep is fragile or cortisol is high, add a small carb with dinner (berries, squash, sweet potato on a second pan).
- If you're insulin resistant, keep dinner protein-forward and carbs earlier in the day.
- Eat before you're starving. That's not discipline, that's physiology.

Dr. Sara Szal MD

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1. Dijon-Lemon Salmon with Cauliflower and Asparagus

Serves: 4 Time: 25 minutes

Ingredients

- 4 salmon fillets (5-6 oz each)
- 1 large head cauliflower, cut into florets
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- 2 tbsp Dijon mustard
- 1 tbsp lemon zest + 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp kosher salt, plus more to taste
- 1/2 tsp black pepper
- Optional: 1 tbsp capers, chopped parsley

Steps:

1. Heat oven to 425 F. Line a sheet pan with parchment.
2. Toss cauliflower with 1 tbsp olive oil, half the salt and pepper. Roast 10 minutes.
3. Whisk Dijon, lemon zest, lemon juice, garlic, remaining olive oil, and remaining salt and pepper.
4. Push cauliflower to one side. Add salmon and asparagus. Brush salmon with Dijon mixture, toss asparagus with remaining mixture.
5. Roast 10-12 minutes until salmon is just cooked and asparagus is tender-crisp. Finish with capers and parsley if using.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
38	9	22	390

2. Tahini Chicken Thighs with Broccoli and Cauliflower

Serves: 4 Time: 35 minutes

Ingredients

- 8 bone-in, skin-on chicken thighs
- 1 head cauliflower, florets
- 1 large crown broccoli, florets
- 2 tbsp olive oil
- 3 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp water
- 2 cloves garlic, grated
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp kosher salt, plus more to taste
- 1/2 tsp black pepper
- Optional: sesame seeds, chopped cilantro

Steps:

1. Heat oven to 425 F. Line sheet pan.
2. Pat thighs dry. Mix tahini, lemon juice, water, garlic, cumin, paprika, salt, pepper.
3. Toss broccoli and cauliflower with olive oil and half of the tahini mixture. Spread on pan.
4. Nestle chicken thighs skin-side up among vegetables. Brush remaining tahini mixture over thighs.
5. Roast 30–35 minutes until chicken reaches 165 F and skin is crisp. Finish with sesame and cilantro.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
44	10	28	480

3. Sumac Chicken Wings with Brussels Sprouts and Red Onion

Serves: 4 Time: 40 minutes

Ingredients

- 2.5 lb chicken wings
- 1 lb Brussels sprouts, halved
- 1 red onion, thick wedges
- 2 tbsp olive oil
- 2 tsp sumac
- 1 tsp garlic powder
- 1 tsp kosher salt
- 1/2 tsp black pepper
- Optional: lemon wedges, yogurt dip

Steps:

1. Heat oven to 450 F. Line pan; place a wire rack if you have one.
2. Toss wings with 1 tbsp oil, sumac, garlic powder, salt, pepper. Spread on pan.
3. Toss sprouts and onion with remaining oil and a pinch of salt. Add around wings.
4. Roast 35-40 minutes, flipping wings once halfway, until crisp and cooked through.
5. Serve with lemon wedges and a yogurt dip if desired.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
40	12	30	510

4. Elk Burgers with Roasted Peppers and Mushrooms

Serves: 4 Time: 30 minutes

Ingredients

- 1.5 lb ground elk
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 8 oz cremini mushrooms, sliced
- 2 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp olive oil
- Optional: slices of manchego or cheddar, lettuce wraps

Steps:

1. Heat oven to 425 F. Line pan.
2. Form elk into 4 patties. Season both sides with salt, pepper, paprika, oregano.
3. Toss mushrooms, peppers, onion with olive oil and a pinch of salt; spread on pan.
4. Nestle patties among vegetables. Roast 12 minutes, flip patties, roast 8-10 minutes more until desired doneness.
5. Top with cheese for last 2 minutes if using. Serve in lettuce wraps with roasted vegetables.

Macros per serving (approx)

Protein (g)	Net carbs (g)	Fat (g)	Calories
42	10	18	380

5. Scallops with Zucchini, Asparagus, and Caper-Lemon Butter

Serves: 4 Time: 20 minutes

Ingredients

- 1.5 lb large sea scallops, patted dry
- 2 zucchini, half-moons
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- 3 tbsp butter or ghee
- 1 tbsp capers, drained
- 1 tbsp lemon juice + zest
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- Optional: chopped parsley

Steps:

1. Heat oven to 450 F. Line pan.
2. Toss zucchini and asparagus with olive oil, salt, pepper. Roast 8 minutes.
3. Meanwhile melt butter with capers, lemon juice, and zest.
4. Add scallops to pan, spaced apart. Spoon caper-lemon butter over scallops.
5. Roast 6-8 minutes until scallops are opaque. Finish with parsley.

Macros per serving (approx)

Protein (g)	Net carbs (g)	Fat (g)	Calories
36	8	18	330

6. Steak Fajitas with Peppers, Onions, and Cauliflower Rice

Serves: 4 Time: 30 minutes

Ingredients

- 1.5 lb flank steak or skirt steak
- 2 bell peppers, sliced
- 1 yellow onion, sliced
- 4 cups cauliflower rice (fresh or frozen)
- 2 tbsp olive oil
- 1 tbsp lime juice
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp kosher salt
- 1/2 tsp black pepper
- Optional: avocado, salsa, cilantro

Steps:

1. Heat oven to 450 F. Line pan.
2. Rub steak with 1 tbsp oil, lime juice, chili powder, cumin, salt, pepper.
3. Toss peppers and onion with remaining oil and a pinch of salt; spread on pan. Roast 10 minutes.
4. Push veggies aside and add steak. Roast 6-8 minutes, flip steak, add cauliflower rice to open space, roast 6-8 minutes more.
5. Rest steak 5 minutes, slice against the grain. Toss cauliflower rice with pan juices. Serve

Macros per serving (approx)

Protein (g)	Net carbs (g)	Fat (g)	Calories
45	12	20	410

7. Shrimp and Chicken Chorizo with Zucchini and Broccolini

Serves: 4 Time: 25 minutes

Ingredients

- 1.5 lb shrimp, peeled and deveined
- 12 oz chicken chorizo, sliced
- 2 zucchini, chunks
- 1 bunch broccolini
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- Optional: lemon wedges

Steps:

1. Heat oven to 425 F. Line pan.
2. Toss zucchini and broccolini with olive oil, paprika, salt, pepper. Roast 10 minutes.
3. Add chorizo slices and shrimp. Toss to coat in pan oils.
4. Roast 8-10 minutes until shrimp are pink and chorizo is browned.
5. Serve with lemon wedges.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
38	7	22	390

8. Pork Belly with Cabbage Wedges and Radishes, Ginger Tamari Glaze

Serves: 4 Time: 55 minutes

Ingredients

- 2 lb pork belly, cut into 1-inch pieces
- 1 small green cabbage, cut into wedges
- 1 bunch radishes, halved
- 1 tbsp avocado oil
- 2 tbsp tamari
- 1 tbsp rice vinegar
- 1 tbsp grated ginger
- 1 tbsp monk fruit or brown sugar (optional)
- 1 tsp sesame oil
- Optional: scallions, sesame seeds

Steps:

6. Heat oven to 400 F. Line pan with foil, then parchment.
7. Spread pork belly pieces on pan. Roast 25 minutes, stir, roast 15 minutes more.
8. Add cabbage wedges and radishes tossed with avocado oil. Roast 10-12 minutes.
9. Whisk tamari, vinegar, ginger, sweetener (optional), sesame oil. Drizzle glaze over everything, toss gently.
10. Roast 5-8 minutes until glazed. Finish with scallions and sesame.

Macros per serving (approx)

Protein (g)	Net carbs (g)	Fat (g)	Calories
28	10	48	610

9. Lamb Kofta with Eggplant, Zucchini, and Tomato

Serves: 4 Time: 35 minutes

Ingredients

- 1.5 lb ground lamb
- 1 egg
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 eggplant, cubes
- 2 zucchini, chunks
- 1 pint cherry tomatoes
- 2 tbsp olive oil
- Optional: mint, lemon, yogurt sauce

Steps:

1. Heat oven to 425 F. Line pan.
2. Mix lamb with egg, garlic, cumin, coriander, salt, pepper. Shape into 12-16 small logs.
3. Toss eggplant, zucchini, and tomatoes with olive oil and a pinch of salt; spread on pan.
4. Nestle kofta among vegetables. Roast 18-22 minutes until cooked through, turning once.
5. Finish with mint, lemon, and yogurt sauce if desired.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
36	12	30	470

10. Turkey Meatballs with Zucchini, Cherry Tomatoes, and Garlicky Spinach

Serves: 4 Time: 30 minutes

Ingredients

- 1.5 lb ground turkey
- 1 egg
- 1/3 cup grated Parmesan (optional)
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 2 zucchini, half-moons
- 1 pint cherry tomatoes
- 6 cups baby spinach
- 2 tbsp olive oil

Steps:

1. Heat oven to 425 F. Line pan.
2. Mix turkey with egg, Parmesan (optional), garlic, seasoning, salt, pepper. Form 16 meatballs.
3. Toss zucchini and tomatoes with olive oil and a pinch of salt; spread on pan. Nestle meatballs among vegetables.
4. Roast 15 minutes. Add spinach in piles and roast 5-7 minutes more until meatballs are cooked through and spinach wilts.
5. Stir spinach into pan juices and serve.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
40	9	18	360

11. Chicken Sausage with Broccoli, Cauliflower, and Mustard Vinaigrette

Serves: 4 Time: 30 minutes

Ingredients

- 1.5 lb chicken sausage links, sliced
- 1 head cauliflower, florets
- 1 large crown broccoli, florets
- 2 tbsp olive oil
- 2 tbsp whole grain mustard
- 1 tbsp apple cider vinegar
- 1 tsp honey or monk fruit (optional)
- 1/2 tsp kosher salt
- 1/2 tsp black pepper

Steps:

6. Heat oven to 425 F. Line pan.
7. Toss cauliflower and broccoli with 1 tbsp olive oil, salt, pepper. Roast 12 minutes.
8. Add sliced sausage and roast 12–15 minutes more until browned.
9. Whisk remaining olive oil, mustard, vinegar, and sweetener (optional).
10. Drizzle vinaigrette over hot pan and toss to coat.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
34	10	26	420

12. Pesto Cod with Green Beans and Cherry Tomatoes

Serves: 4 Time: 25 minutes

Ingredients

- 4 cod fillets (5-6 oz each)
- 12 oz green beans, trimmed
- 1 pint cherry tomatoes
- 2 tbsp olive oil
- 3 tbsp pesto (basil or arugula)
- 1 tbsp lemon juice
- 1/2 tsp kosher salt
- 1/2 tsp black pepper

Steps:

11. Heat oven to 425 F. Line pan.
12. Toss green beans and tomatoes with olive oil, salt, pepper. Roast 10 minutes.
13. Mix pesto with lemon juice. Add cod to pan and spread pesto over fillets.
14. Roast 10-12 minutes until cod flakes easily.
15. Spoon pan juices over cod before serving.

Macros per serving (approx)

Protein (g)	Net carbs (g)	Fat (g)	Calories
36	9	16	320

13. Tandoori Chicken Thighs with Charred Cauliflower and Red Onion

Serves: 4 Time: 40 minutes

Ingredients

- 8 bone-in, skin-on chicken thighs
- 1 large head cauliflower, florets
- 1 large red onion, thick wedges
- 2 tbsp avocado oil or olive oil
- 3/4 cup plain Greek yogurt (or coconut yogurt)
- 2 tbsp lemon juice
- 3 cloves garlic, grated
- 1 tbsp grated ginger
- 2 tsp paprika
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 1/4 tsp cayenne (optional)
- 1 1/2 tsp kosher salt
- Optional: cilantro, lime wedges

Steps:

1. Heat oven to 425 F. Line pan.
2. Mix yogurt, lemon juice, garlic, ginger, spices, and salt. Coat chicken thighs and let sit while oven heats.
3. Toss cauliflower and red onion with oil and a pinch of salt. Spread on pan.
4. Nestle chicken thighs skin-side up among vegetables, letting excess marinade stay on the thighs.
5. Roast 35-40 minutes until chicken reaches 165 F and cauliflower is charred on edges.
6. Finish with cilantro and lime.

Macros per serving (approx)			
Protein (g)	Net carbs (g)	Fat (g)	Calories
46	11	24	470

14. Halibut with Fennel and Romanesco, Lemon-Olive Oil Drizzle

Serves: 4 Time: 30 minutes

Ingredients

- 4 halibut fillets (5-6 oz each)
- 1 large fennel bulb, thinly sliced
- 1 small head romanesco, florets (or cauliflower)
- 2 tbsp olive oil
- 1 tbsp lemon juice + zest
- 2 cloves garlic, minced
- 1 tsp kosher salt
- 1/2 tsp black pepper
- Optional: olives, capers, parsley

Steps:

1. Heat oven to 425 F. Line pan.
2. Toss fennel and romanesco with 1 tbsp olive oil, half the salt, and pepper. Roast 12 minutes.
3. Whisk remaining olive oil with lemon juice, zest, garlic, and remaining salt.
4. Push vegetables aside and add halibut. Spoon lemon oil over fish and vegetables.
5. Roast 10-12 minutes until halibut flakes. Finish with olives or capers and parsley if desired.

Macros per serving (approx)

Protein (g)	Net carbs (g)	Fat (g)	Calories
38	10	14	310

The closing program

If you want these dinners to do more than feed you, treat them like medicine: repeatable, measurable, and gentle enough to sustain. Food is data. Your sleep, cravings, mood, and glucose response are the feedback loop.

A simple weekly prescription

- Protein first at each meal. Aim for 30 to 45 grams per meal as a starting point.
- Strength training 2 to 4 times per week. Protect muscle like it is your retirement account.
- Add fiber daily through non-starchy vegetables, berries, chia, flax, or legumes if tolerated.
- Front-load daylight, protect bedtime. Eight hours is not indulgence, it is infrastructure.
- If you use GLP-1s, prioritize protein and resistance training, and monitor lean mass over time.
- If you have diabetes, kidney disease, or are pregnant, personalize these recipes with your Clinician.

Want more? Get my New York Times bestselling book, [**Women Food and Hormones.**](#)

Medical note: This guide is educational and not personal medical advice.

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Medical Disclaimer

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About Dr. Sarah Szal

I'm a women's health expert and board-certified gynecologist who helps women navigating perimenopause and menopause build stronger body composition, sleep better, stabilize energy, think more clearly, and create a lifestyle strategy that feels fun and empowering, not punishing, using evidence-based medicine, actionable labs, and protocols that protect muscle, mood, and metabolic health.