

THE FAB FOUR GUIDE SERIES · NO. 02

Fab Four
Sheet Pan Dinners

Seven easy oven dinners. Protein and vegetables roast side by side, cleanup is a sheet of parchment, and every plate covers protein, fat, fiber, and greens.

PROTEIN FAT FIBER GREENS

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BE WELL

One pan, all four

The Fab Four is protein, fat, fiber, and greens. Put all four on your plate (or in your blender) and you elongate your blood sugar curve, turn off hunger hormones, and stay full for four to six hours. It's not a diet. It's light structure you can use at every meal, for every person at your table.

> *You can easily smooth out any spikes in your blood sugar curve with the very next Fab Four meal.*
>
> KELLY LEVEQUE, BODY LOVE

Protein

GOAL · 20 to 40g per meal

Protein breaks down into amino acids, which help muscles and other tissues build and stay strong. It's also the biggest signal to your brain that you're full.

Eggs, chicken, grass-fed beef, wild salmon, turkey, Greek yogurt, protein powder

Fat

GOAL · 1 to 2 tbsp per meal

Fat fuels hormone production, cell growth, and brain function. It slows digestion and curbs cravings. One tablespoon of oil is about 14g of fat.

Avocado, olive oil, avocado oil, nut butter, coconut, egg yolks, wild fish

Fiber

GOAL · 10g+ per meal

Fiber feeds the good bacteria in your gut, keeps you regular, and slows the absorption of glucose so your blood sugar rises and falls gently.

Chia, flax, acacia, avocado, berries, broccoli, cauliflower, beans

Greens + Color

GOAL · Half your plate, deep in color

Leafy greens and vegetables deep in color bring vitamins, minerals, phytochemicals, and water. Think the whole rainbow, not just green.

Spinach, kale, romaine, fresh herbs, peppers, tomatoes, carrots, red cabbage, beets, blueberries

A sheet pan does the work for you. The protein and the vegetables roast at the same time, the oil and pan juices become your sauce, and you get thirty minutes back while the oven runs.

Roasted vegetables shrink a lot in a hot oven, so a full pan can still come up short on fiber once it's split four ways. Each recipe has a Fab Four Boost that shows the easiest way to get your plate to 10 grams.

How to read each recipe. Every recipe has a Fab Four bar up top showing roughly how many grams of protein, fat, and fiber you get in one serving, and which ingredient is doing the work. The fourth box calls out the colors on your plate. Dots next to each ingredient tell you which pillar it covers. Gram counts are estimates from USDA FoodData Central and brand labels, so treat them as a guide, not a scorecard.

THE FORMULA

Build any sheet pan dinner

Every sheet pan dinner in this guide follows the same build. Learn it once and you can roast whatever is in the fridge.

Protein	**4 to 6 oz per person**	Chicken thighs or breast, wild salmon, shrimp, sausage. About 25g of protein in 4 oz cooked chicken.
Fat	**1 to 2 tbsp per person**	Olive or avocado oil tossed with everything, then avocado, guacamole, or a sauce on top.
Fiber	**Aim for 10g per plate**	Broccoli, cauliflower, Brussels sprouts, asparagus, peppers. Half an avocado adds about 5g.
Greens + Color	**Half the pan**	Fill the pan with color: red and orange peppers, cherry tomatoes, green broccoli and asparagus, fresh herbs.
Starch (optional)	**1 serving**	Baby potatoes or a grain-free tortilla. One serving per plate, never the whole pan.

Roast hot, 400 to 425°F, and give everything room. A crowded pan steams instead of browning, so use two pans when you need to.



CHICKEN · 30 MIN

Sheet Pan Chicken & Veggie Fajitas

PREP 5 MIN · TOTAL 30 MIN · SERVES 4 TO 5

Peppers, onions, and chicken roast together on one pan while you mash the guacamole. Tortillas warm in the oven during the last five minutes.

PROTEIN
~38g per serving
Chicken breast, plus almond flour tortillas

FAT
~29g per serving
Guacamole, avocado oil, almond flour tortillas

FIBER
~8g per serving
Avocado, peppers, onion, tortillas

GREENS + COLOR
About 1.5 cups
Red · Yellow · Orange · Green
red bell pepper, yellow pepper, orange pepper, avocado, cilantro, lime

MAKE IT STEAK FAJITAS
Swap the chicken for 1 1/2 lbs flank or skirt steak (sirloin works too). Freeze it 15 to 20 minutes, then slice against the grain into 1/4-inch strips. Roast the peppers and onions alone for 12 minutes first, then add the seasoned steak and roast 8 to 10 minutes more, until browned outside and just pink inside.

FAB FOUR BOOST
Use all three pepper colors for the most phytochemicals, and add a fourth pepper if your crew eats a lot. Skip the second tortilla and pile the filling on a bed of romaine to keep the plate lighter on starch.

Sheet Pan Chicken & Veggie Fajitas

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

FOR THE FAJITAS

- 1 1/2 lbs boneless, skinless chicken breasts or thighs, cut into thin strips
- 3 bell peppers (any color), thinly sliced
- 1 large yellow onion, thinly sliced
- 3 tbsp avocado oil (or olive oil)
- 2 to 3 tbsp Siete Fajita Seasoning

FOR SERVING

- 8 to 10 Siete tortillas (almond flour or cassava)
- Homemade guacamole (about 2 avocados, lime, garlic, cilantro, salt)
- Fresh lime wedges

METHOD

1. Preheat your oven to 425°F and line a large sheet pan with parchment paper.
2. Add the peppers, onions, and chicken to the sheet pan. Drizzle with the oil and sprinkle with the fajita seasoning. Toss everything until well coated.
3. Spread the chicken and veggies evenly on the pan. Bake 20 to 25 minutes, flipping halfway, until the chicken is cooked through and the veggies are tender.
4. While the fajitas roast, mash avocados with lime juice, garlic, cilantro, and salt.
5. Wrap the tortillas in foil and warm them in the oven during the last 5 minutes.
6. Fill warm tortillas with the chicken and veggies. Top with guacamole, cilantro, salsa, or hot sauce, and squeeze fresh lime over right before serving.

bewellbykelly.com · Sheet Pan Chicken & Veggie Fajitas. Grams calculated with chicken breast, 8 tortillas, and 2 avocados across 5 plates.



CHICKEN · 40 MIN

Post-Sports Lemon Garlic Chicken & Potatoes

PREP 15 MIN · TOTAL 40 MIN · SERVES 4 TO 6

Crispy potatoes, lemony garlic chicken thighs, and a second pan of broccoli and cauliflower, with the pan juices standing in as the sauce.

PROTEIN
~38g per serving
Chicken thighs, plus potatoes, broccoli, and cauliflower

FAT
~25g per serving
Olive oil and chicken thighs

FIBER
~7g per serving
Broccoli, cauliflower, potatoes

GREENS + COLOR
About 2 cups
Green · White · Yellow
broccoli, chives, parsley, cauliflower, lemon, gold potatoes

FAB FOUR BOOST
Don't skip the avocado. Half an avocado per plate adds about 5g of fiber and takes you to roughly 12g.

Post-Sports Lemon Garlic Chicken & Potatoes

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

CHICKEN AND MARINADE

- 1.5 to 2 lbs boneless skinless chicken thighs
- 2 tbsp olive oil
- Zest and juice of 1 lemon
- 4 garlic cloves, smashed
- 1 tsp each smoked paprika, cumin, dried oregano
- 1/2 tsp each coriander and black pepper, pinch of chili flakes, kosher salt

PAN ONE

- 1.5 lbs honey gold potatoes, halved
- 1 to 2 tbsp olive oil, salt, smoked paprika

PAN TWO

- 1 head cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 2 tbsp olive oil, salt, and pepper

TO FINISH

- Chives and parsley, chopped; lemon wedges
- Sliced avocado (optional)

METHOD

1. Heat the oven to 425°F. Toss the potatoes with olive oil, salt, and paprika, spread cut-side down on a sheet pan, and roast 15 minutes alone so they get crispy.
2. Meanwhile, pat the chicken dry, salt it generously, and toss with the olive oil, lemon zest and juice, garlic, and spices. Toss the cauliflower and broccoli with olive oil, salt, and pepper on a second pan.
3. Nudge the potatoes over and lay the chicken on the same pan in a single layer. Pour any remaining marinade and garlic over the top.
4. Slide the vegetable pan in on the rack below. Roast 20 to 25 minutes, until the chicken reads 175 to 185°F and the broccoli edges are browned.
5. Rest 5 minutes, then slice the chicken. Spoon the pan juices over everything.
6. Finish with chives, parsley, a squeeze of lemon, and avocado if you have it.

bewellbykelly.com · Post-Sports Sheet Pan Lemon Garlic Chicken & Potatoes. Grams per 1/5 of the recipe.



WILD SALMON · 20 MIN

Sheet Pan Salmon with Sesame & Ginger

PREP 5 MIN · TOTAL 20 MIN · SERVES 4 · FREEZER FRIENDLY

This takes twenty minutes on one pan, and the sesame ginger sauce doubles as the marinade, so you get omega-3 fats from the salmon and crunch from the roasted broccoli.

PROTEIN
~26g per serving
Wild salmon, plus broccoli

FAT
~13g per serving
Sesame oil, wild salmon (omega-3s), sesame seeds

FIBER
~4g per serving
Broccoli, green onion, sesame seeds

GREENS + COLOR
About 1.5 cups
Dark green · Green
broccoli, green onion

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 head of broccoli
- Green onion
- 4 wild salmon fillets, 3 to 4 oz each
- Sesame seeds, to top

SAUCE

- 2 tbsp sesame oil
- 1 tbsp rice wine vinegar
- 2 tbsp coconut aminos
- 1 tsp ginger
- 2 garlic cloves, minced

METHOD

1. Preheat your oven to 400°F.
2. Make the sauce: combine sesame oil, rice wine vinegar, coconut aminos, ginger, and garlic in a mixing bowl.
3. Cut your broccoli and the green part of the green onions. Add them to a sheet pan and drizzle on the marinade.
4. Roast the veggies for 5 minutes.
5. Pull out the pan, add the salmon fillets, and turn them in the marinade.
6. Add the chopped whites of the green onion and cook another 12 to 15 minutes.

FAB FOUR BOOST
Roast a second head of broccoli and serve with half an avocado per plate. That brings each plate to about 11g of fiber and 2 tbsp of fat.

bewellbykelly.com/blogs/blog/sheet-pan-salmon-with-sesame-ginger



SHRIMP · 30 MIN

Greek Lemon Garlic Shrimp with Summer Squash & Crispy Chickpeas

PREP 10 MIN · TOTAL 30 MIN · SERVES 4

Lemon, garlic, oregano, basil, and dill give this one a Greek feel. Crispy chickpeas roast right next to the squash, so the plate lands over 10 grams of fiber, and feta on top is up to you.

PROTEIN
~41g per serving
Shrimp + chickpeas (about 44g with feta)

FAT
~25g per serving
Olive oil + 1/2 avocado (about 29g with feta)

FIBER
~11g per serving
Chickpeas, avocado, zucchini, squash, tomatoes

GREENS + COLOR
About 2.5 cups
Green · Yellow · Red
zucchini, basil, dill, avocado, yellow squash, lemon, cherry tomatoes

FINISH IT GREEK
Crumble feta over the hot pan right before serving. It softens into the lemony pan juices.

Greek Lemon Garlic Shrimp with Summer Squash & Crispy Chickpeas

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1.5 lbs large shrimp, peeled, deveined, patted dry
- 2 zucchini + 2 yellow squash, cut into half-moons
- 1 pint cherry tomatoes
- 1 (15-oz) can chickpeas, rinsed and patted very dry
- 3 tbsp olive oil, divided
- 4 garlic cloves, minced
- Zest and juice of 1 lemon
- 1 1/2 tsp dried oregano, divided
- Salt, pepper, pinch of red pepper flakes
- Fresh basil and dill, torn
- 2 avocados (half per plate)
- Optional: 1/2 cup crumbled feta, to finish

METHOD

1. Heat the oven to 425°F.
2. Toss the squash, tomatoes, and chickpeas with 2 tbsp olive oil, half the oregano, and salt. Spread on a sheet pan and roast 15 minutes.
3. Toss the shrimp with the remaining 1 tbsp oil, garlic, lemon zest, the rest of the oregano, and the pepper flakes.
4. Push the vegetables to the sides, lay the shrimp in a single layer, and roast 6 to 8 minutes, until pink.
5. Squeeze the lemon over everything and shower with basil and dill. Serve with half an avocado per plate.

Grams per 1/4 of the pan with 1/2 avocado, without feta.



FLANK OR SKIRT STEAK · 45 MIN

Sheet Pan Steak with Broccolini, Brussels Sprouts & Chimichurri

PREP 20 MIN · TOTAL 45 MIN (CHIMICHURRI RESTS WHILE YOU COOK) · SERVES 4

Thin, fajita-style strips of steak roast fast next to Brussels sprouts and broccolini, then get my Summer Garden Chimichurri spooned over at the table.

PROTEIN

~41g per serving

Flank or skirt steak, Brussels sprouts

FAT

~40g per serving

Chimichurri olive oil (about 3 tbsp sauce per plate), avocado oil, steak

FIBER

~6g per serving

Brussels sprouts, broccolini, herbs

GREENS + COLOR

About 2 cups + herbs

Green · Dark green

Brussels sprouts, cilantro, chives, broccolini, parsley, basil, dill

Sheet Pan Steak with Broccolini, Brussels Sprouts & Chimichurri

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

ON THE PAN

- 1.5 lbs flank or skirt steak (sirloin works too)
- 1 lb Brussels sprouts, halved
- 1 bunch broccolini, trimmed
- 3 tbsp avocado oil, divided
- Salt, pepper, 1 tsp garlic powder

SUMMER GARDEN CHIMICHURRI

- 1 cup flat-leaf parsley, finely chopped
- 1/2 cup cilantro, 3 tbsp chives, 2 tbsp dill, finely chopped
- 1/4 cup basil, finely chopped (added at the end)
- 4 cloves garlic, minced; 1 tsp red pepper flakes; 3/4 tsp fine sea salt
- 3 tbsp red wine vinegar
- 1 tbsp lemon juice + 1 tsp zest
- 3/4 cup extra virgin olive oil; black pepper

METHOD

1. Chimichurri first. Stir the garlic, pepper flakes, salt, and vinegar together and let it bloom 10 minutes. Don't skip this; it takes the harsh bite out of the raw garlic.
2. While it blooms, chop the parsley, cilantro, chives, and dill by hand, not in a food processor (it bruises the herbs bitter). Add them to the base, pour in the olive oil last, add pepper, and let it rest at least 30 minutes.
3. Heat the oven to 425°F. Freeze the steak 15 to 20 minutes so it slices thin. Toss the Brussels sprouts with 1 tbsp oil and salt and roast cut side down 12 minutes.
4. Slice the steak against the grain into 1/4-inch strips and toss with 1 tbsp oil, salt, pepper, and garlic powder. Toss the broccolini with the last 1 tbsp oil.
5. Add the steak and broccolini to the pan in a single layer and roast 6 to 8 minutes, until the steak is browned and just pink inside.
6. Right before serving, stir the basil, lemon juice, and zest into the chimichurri. Spoon it over each plate, never into the hot pan.

GRILLING A STEAK INSTEAD?

Even if I decide to barbecue a nice piece of steak, this is how I make the sheet pan side veggies. Roast the Brussels sprouts for 12 minutes, add the broccolini for the last 8 to 10, and spoon the chimichurri over the steak and the vegetables.

FAB FOUR BOOST

Half an avocado per plate takes this to about 11g of fiber.

KEEP THE EXTRA

The batch makes about 1 1/2 cups, more than four plates need, so put extra on the table. It keeps 5 days in a sealed jar (pull it out 20 minutes before serving so the oil loosens) or 3 months frozen in an ice cube tray. Making it more than a day ahead? Leave out the basil, lemon, and chives and stir them in fresh the day you serve.

Chimichurri: bewellbykelly.com/blogs/blog/summer-garden-chimichurri-steak. Grams per 1/4 of the pan with about a quarter of the sauce.



WILD SALMON · 30 MIN

Sheet Pan Salmon with Artichokes, Potatoes & Cauliflower

PREP 10 MIN · TOTAL 30 MIN · SERVES 4 TO 5

A recipe I borrowed from Eating for Life, and it's worth the book. My Fab Four twist is swapping half the potatoes for cauliflower, so the pan roasts up crispy with more fiber and fewer starchy carbs.

PROTEIN
~44g per serving
Wild salmon, plus potatoes and cauliflower

FAT
~42g per serving
Olive oil, salmon (omega-3s), herb aioli (1 tbsp per plate)

FIBER
~4g per serving
Cauliflower, potatoes, artichoke hearts, herbs

GREENS + COLOR
About 1.5 cups
White · Green · Yellow
cauliflower, artichokes, chives, dill, gold potatoes, lemon

FAB FOUR BOOST
Serve each plate over a handful of arugula with a squeeze of lemon. Going all cauliflower instead of 50/50 adds about 1g more fiber per plate and cuts the starch further.

Sheet Pan Salmon with Artichokes, Potatoes & Cauliflower

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

FOR THE SHEET PAN

- 1 (10-oz) jar artichoke hearts
- 1/2 bag gold potatoes, halved
- 1/2 head cauliflower, cut into florets (equal to the potatoes)
- 1/2 cup olive oil, divided
- 1 tsp salt, divided
- 1 tsp ground black pepper
- 2 lbs skin-on salmon

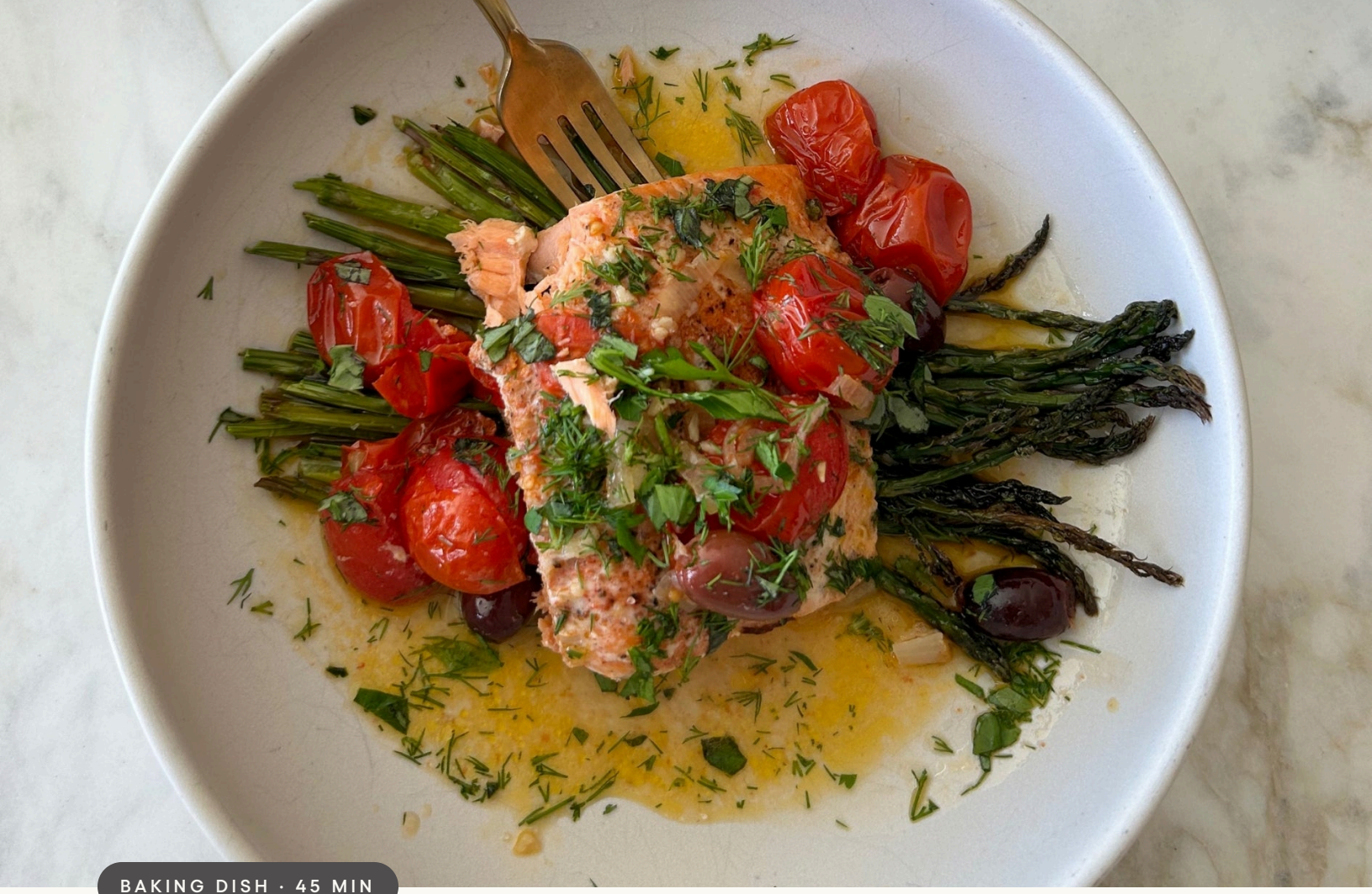
FOR THE HERB AIOLI

- 1/2 cup mayonnaise
- 1/2 medium lemon, juiced
- 2 to 3 cloves garlic, grated
- 1 sprinkle salt
- 3 tbsp chopped chives and 3 tbsp chopped fresh dill, plus extra for the pan

METHOD

1. Preheat the oven to 400°F with a rack in the middle. (The book calls for 375°F. I run mine hotter for better color on the potatoes and the artichoke edges.)
2. In a medium bowl, toss the artichoke hearts, potatoes, and cauliflower with 1/4 cup olive oil and 1/2 tsp salt. Rub the salmon all over with the remaining 1/4 cup oil, 1/2 tsp salt, and the pepper.
3. Arrange the vegetables cut side down on a sheet pan and roast 10 minutes.
4. Flip the vegetables and push them aside. Add the salmon skin side down and return the pan to the oven.
5. Roast until the salmon is opaque and flakes easily, about 10 minutes, or 135°F inside.
6. Meanwhile, whisk the mayonnaise, lemon juice, garlic, and salt until smooth, then stir in the chives and dill.
7. Shower the pan with extra chives and dill and serve warm with the aioli.

Adapted from Eating for Life by Torie Borrelli Hall & Eric Wolfinger. Kelly's version: bewellbykelly.com/blogs/blog/sheet-pan-salmon-with-artichokes-potatoes. Grams per 1/5 of the pan.



BAKING DISH · 45 MIN

Mediterranean Salmon with Roasted Asparagus

PREP 5 MIN · TOTAL 45 MIN · SERVES 4 TO 6

Technically not a sheet pan, but it's too easy to leave out. Cherry tomatoes and olives roast until jammy, then the salmon goes right into that sauce while the asparagus roasts alongside.

PROTEIN
~38g per serving
Wild salmon (1.5 lbs across 4 plates)

FAT
~26g per serving
Olive oil, salmon (omega-3s), Kalamata olives

FIBER
~4g per serving
Asparagus, cherry tomatoes, olives, shallot

GREENS + COLOR
About 2 cups
Red · Green · Purple
cherry tomatoes, asparagus, parsley, basil, dill, Kalamata olives, shallot

USE A BAKING DISH
Skip the sheet pan here and use a large, deeper baking dish. If you're doing a lot of tomatoes, the juices can really pour off the sides of a flat pan. This one takes a little longer because you wait for the tomatoes to go jammy, but it's still mostly hands-off.

FAB FOUR BOOST
Serve over a big handful of arugula with half an avocado to reach about 10g of fiber.

Mediterranean Salmon with Roasted Asparagus

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

FOR THE SALMON

- 2 to 4 tbsp olive oil
- 1 shallot, thinly sliced
- 4 garlic cloves, minced
- 2 cups cherry tomatoes
- 1/4 cup Kalamata olives
- 1 to 2 tbsp vinegar, pinch of sea salt
- 1 to 2 lbs salmon fillet
- 1 1/2 tsp each smoked paprika and cumin, 1/2 to 1 tsp coriander, salt, pepper

FOR THE ASPARAGUS

- 1 lb fresh asparagus, trimmed
- 2 tbsp olive oil, salt, pepper
- Fresh herbs: Italian parsley, basil, dill

METHOD

1. Preheat your oven to 400°F. Add the olive oil to a large baking dish with the shallot, garlic, cherry tomatoes, and olives.
2. Sprinkle with salt, stir to coat, add a splash of vinegar, and roast 15 to 20 minutes, until the tomatoes are bursting and jammy.
3. Meanwhile, toss the asparagus in olive oil, salt, and pepper and spread on a sheet pan. Pat the salmon dry and season with salt, pepper, paprika, cumin, and coriander.
4. Add the salmon to the tomato dish and slide the asparagus in alongside. Bake 10 to 12 minutes, until the salmon is done to your liking.
5. Plate and spoon the pan sauce over the salmon and asparagus. Top with fresh herbs.

bewellbykelly.com · Mediterranean Baked Salmon with Roasted Asparagus (The Fab Four Kitchen)

Turn the oven on, walk away

Once you've made a few of these, you won't need the recipe. Protein on one side, color on the other, oil and salt over everything, and a hot oven.

The goal was never perfection. It's one balanced dinner, then the next one.

Want more Fab Four?

Find dozens of free Fab Four recipes at bewellbykelly.com.

Listen to the Be Well by Kelly podcast for the science behind blood sugar balance, every week.

be well, kelly

Nutrition values are per-serving estimates based on USDA FoodData Central and manufacturer labels, and will vary with brands and portions. This guide is for education and is not medical advice. Talk with your doctor about your individual needs. Recipes and photos © Be Well by Kelly.