Sheet Pan Dinner **builder**

© carb booster Ⓥ recipe variation ♥ higher protein choice

A sheet pan dinner is an easy way to create a nutritious and delicious meal. You simply toss vegetables, mushrooms, and proteins with oil and seasonings, place the mixture on a baking sheet, and oven roast (or air fry) at a high temperature (400°F [200°C]) until fork-tender and lightly charred. If you want to get fancy, adding spreads underneath when plating, and topping with nuts, seeds, and/or sauces is an excellent way to boost the protein content and add moisture, flavor, and crunch.

This tool is designed to help you create a 4-serving sheet pan dinner. Follow the directions at the top of each section and fill in the math at the bottom. When possible, some numbers are filled in for you to simplify the process. When making your selections, feel free to choose multiples of the same item, there is no need to choose 4-5 different vegetables and 2-3 different proteins if you wish to have only zucchini, carrots, and tofu.

When choosing the items that will go in the oven, you may want to take the roasting time into consideration so as to avoid over/ undercooking some items, or having to add items to the oven in multiple stages. Roasting times are given on the left where applicable. These times are for smallish bite-sized pieces. Larger pieces may take longer to roast. If you prefer to air fry instead of oven roast, reduce the times by about 25%.

Once you've chosen your vegetables/mushrooms and proteins. You'll need to choose enough oil and seasonings to adequately coat and flavor these. For oil, I would typically use 3-4 tablespoons (45-60ml) for this size of dinner. For seasonings, I'd usually use 2-3 teaspoons of spices or that same amount of a seasoning blend. I may also use a tablespoon of dried herbs, and I'll likely use at least a tablespoon of nutritional yeast flakes. I also add some salt, which contains no caloric nutrients and so is not in the table. I would use at least half a teaspoon of salt for a dinner this size.

When it comes to nuts and seeds, I like mine toasted for more flavor and crunch. If you'd like to do so as well, you can pop them into the oven 3-5 minutes before your roasted items are due to finish. Keep an eye on them to prevent burning. I don't suggest toasting hemp hearts, and sesame seeds only take 1-2 minutes to toast. This tool is designed for only 1 nut/seed to be chosen. However, if you'd like to use more, you certainly can.

Once you've made all of your selections, transfer your math for each section to the final macro math chart and add everything up. Divide your total by 4 to get the nutritional information per serving.

I have included 3 different builder pages in this downloadable version of the builder. The first page is the version in the book. The second page is similar to the version in the book, but has space for you to fill in the macros of your products and add another protein option. The third page excludes book recipes and instead leaves space for you to fill in your preferred product macros and protein options.

The last page of this document is where you can record some dinners you've created that you may want to make again.

Notes & Tips

Extra-firm tofu is typically stored in water and so weighs more unpressed, about 420g for a 12-ounce block or about 490g for a 14-ounce block.

At the time of writing, my Red Wine Marinara had similar macros to Rao's marinara (a low-carb brand sold in the US & Canada).

Macros are gram-based. Cup, spoon, and pieces (pcs) amounts are approximate. Pieces are medium-sized as per the USDA's definition (when available). Cups are for bite-sized cut pieces.

Numbers in this tool have been rounded for ease of use. Thus, the nutritional value of a dinner created with this tool will not be exact, but it will typically be within ±10% of its true value.

1. Choose 4 to 5 vegetables.

↧ approx. roasting time		CALS	160	PRO	10	FAT	0	NC
10	**asparagus** (120g) ≈ 7 pcs | 1 cup							2
12	**mushrooms** (135g) ≈ 2 - 2 1/2 cups ♥	white 2		brown 4				shiitake 6
10	**zucchini** (120g) ≈ 2/3 pcs | 1 cup							2
12	**tomatoes** (135g) ≈ 1 common | 8 cherry | 17 grape							3.5
15	**bell pepper** (120g) ≈ 1 pcs | 1 cup	green 3.5		red 5				yellow 6.5
20	**cauliflower** (140g) ≈ 1/4 head | 1 1/3 cups							4
10	**eggplant** (140g) ≈ 1/4 pcs | 1 cup							4
15	**onion** (60g) ≈ 1/2 pcs | 1/3 cup							4.5
20	**turnip** (120g) ≈ 1 pcs | 1 cup							5.5
15	**broccoli** (135g) ≈ 1/3 crown | 2 cups ♥							5.5
10	**green beans** (130g) ≈ 24 pcs | 1 cup							5.5
15	**Brussels sprouts** (120g) ≈ 6 pcs | 1 cup ♥							6
15	**pumpkin** (130g) ≈ 1 cup							8
20	**carrots** (120g) ≈ 2 pcs | 1 cup							8
30	**beets** (120g) ≈ 1 1/2 pcs | 1 cup							8
25	© **butternut squash** (135g) ≈ 1 cup							13
25	© **parsnip** (100g) ≈ 1 pcs | 3/4 cup							13
20	© **potato** (105g) ≈ 1/2 pcs wh. | 1/2 pcs sw. | 3/4 cup			white 16				sweet 18

Macro Math	CALS	160	PRO	10	FAT	0	NC	

2. Choose some proteins. Feel free to add ones that aren't listed.

Macros for tofu, tempeh, and lupini beans can vary significantly. Check your labels.

	↧ approx. roasting time		CALS	PRO	FAT	NC
Items to Roast	20	**tofu, extra-firm** 12 oz block (340g pressed)	280	30	15	0
	20	**tofu, extra-firm** 14 oz block (395g pressed)	410	47	20	0
	20	**tempeh** 8 oz (227g) (best marinated before use)	435	46	25	8.5
	20	**lupini beans** 1 cup (180g) (Cento brand)	130	23	4.5	9
	20	© **chickpeas** 1 1/2 cups (245g) ≈ 1 x 15oz (425g) can	400	20	5	50
Items for Under or Atop		***Pretend Polenta*** | Page 62 | 4 servings (800g) ≈ 3 cups	1,485	86	105	19
		Soybean Hummus | Page 66 | (250g | 1 cup)	690	30	60	11
		Ⓥ ***Lupini Hummus*** | Page 66 | (250g | 1 cup)	610	23	50	13
		Ⓥ © ***Chickpea Hummus*** | Page 66 | (250g | 1 cup)	720	28	50	28
		© **chickpea hummus**, storebought (250g | 1 cup)	520	15	35	30
		Sham Chèvre | Page 70 | 4 servings (120g or 140g)	375	11	35	5
		Tangy Sesame Hemp Dressing | Page 42 | (180ml)	650	20	60	8

Macro Math	CALS		PRO		FAT		NC	

3. Choose the amount of oil you'd like to use.

	PRO	0	NC	0	CALS	FAT
oil 1 teaspoon (5ml)					40	5
oil 1 tablespoon (15ml)					120	15

Macro Math	CALS		PRO	0	FAT		NC	0

4. Choose some seasonings. Add salt as well.

	FAT	0	CALS	PRO	NC
seasoning blend 1 teaspoon | **garlic** 1 1/2 cloves (5g)			5	0	1
herbs 1 tablespoon (i.e. 3 teaspoons)			10	0	0.5
nutritional yeast flakes 1 tablespoon (5g) ♥			20	3	0.5
tamari or **soy sauce** 1 tablespoon (15ml)			10	2	1

Macro Math	CALS		PRO		FAT	0	NC	

5. Choose a nut or seed topping.

Group A	CALS	215	FAT	20	PRO	NC
pecans (35g) ≈ 1/4 cup					3	1.5
hemp hearts (40g) ≈ 1/4 cup ♥					13	2
pumpkin seeds (40g) ≈ 1/4 cup ♥					14	2
peanuts, oil-roasted (35g) ≈ 1/4 cup ♥					10	2
walnuts (30g) ≈ 1/4 cup					5	2
hazelnuts (35g) ≈ 1/4 cup					5	2.5
almonds, slivered (35g) ≈ 1/4 cup					7	3
pinenuts (35g) ≈ 1/4 cup					4	3
sunflower seeds (35g) ≈ 1/4 cup					7	4
peanuts, dry-roasted (35g) ≈ 1/4 cup					9	4.5
© **pistachios** (35g) ≈ 1/4 cup					7	6
© **cashews** (30g) ≈ 1/4 cup					5	8

or Group B	CALS	PRO	FAT	NC
Brazil nuts (20g) ≈ 4 pcs	130	3	15	1
sesame seeds, brown/black (10g) ≈ 1 tablespoon	60	2	5	1

Macro Math	CALS	PRO	FAT	NC
Group A	215		20	
or Group B				

6. These other items could also go under or atop your dinner.

	CALS	PRO	FAT	NC
Red Wine Marinara | Page 74 | (250g | 1 cup)	215	3	15	11
avocado, mashed (135g) ≈ 1 pcs | 1/2 cup + 1 tablespoon	225	3	20	2.5

Macro Math	CALS		PRO		FAT		NC	

7. Calculate the Macros.

Macro Math	CALS	PRO	FAT	NC
1. vegetables	160	10	0	
2. proteins				
3. oil		0		0
4. seasonings			0	
5. nut or seed				
6. other items				
Total				
Per serving (Total ÷ 4)				

1. Choose 4 to 5 vegetables.

↧ approx. roasting time		CALS	160	PRO	10	FAT	0	NC
10	**asparagus** (120g) ≈ 7 pcs | 1 cup							2
12	**mushrooms** (135g) ≈ 2 - 2 1/2 cups ♥	white 2		brown 4				shiitake 6
10	**zucchini** (120g) ≈ 2/3 pcs | 1 cup							2
12	**tomatoes** (135g) ≈ 1 common | 8 cherry | 17 grape							3.5
15	**bell pepper** (120g) ≈ 1 pcs | 1 cup	green 3.5		red 5				yellow 6.5
20	**cauliflower** (140g) ≈ 1/4 head | 1 1/3 cups							4
10	**eggplant** (140g) ≈ 1/4 pcs | 1 cup							4
15	**onion** (60g) ≈ 1/2 pcs | 1/3 cup							4.5
20	**turnip** (120g) ≈ 1 pcs | 1 cup							5.5
15	**broccoli** (135g) ≈ 1/3 crown | 2 cups ♥							5.5
10	**green beans** (130g) ≈ 24 pcs | 1 cup							5.5
15	**Brussels sprouts** (120g) ≈ 6 pcs | 1 cup ♥							6
15	**pumpkin** (130g) ≈ 1 cup							8
20	**carrots** (120g) ≈ 2 pcs | 1 cup							8
30	**beets** (120g) ≈ 1 1/2 pcs | 1 cup							8
25	© **butternut squash** (135g) ≈ 1 cup							13
25	© **parsnip** (100g) ≈ 1 pcs | 3/4 cup							13
20	© **potato** (105g) ≈ 1/2 pcs wh. | 1/2 pcs sw. | 3/4 cup							white 16 / sweet 18

Macro Math	CALS	160	PRO	10	FAT	0	NC	

2. Choose some proteins. Feel free to add ones that aren't listed.

Macros for tofu, tempeh, and lupini beans can vary significantly. Check your labels.

	↧ approx. roasting time		CALS	PRO	FAT	NC
Items to Roast	20	**tofu, extra-firm** _____ oz/g block				
	20	**tempeh** _____ oz/g block				
	20	**lupini beans** 1 cup (180g)				
	20					
	20	© **chickpeas** 1 1/2 cups (245g) ≈ 1 x 15oz (425g) can	400	20	5	50
Items for Under or Atop		***Pretend Polenta*** | Page 62 | 4 servings (800g) ≈ 3 cups	1,485	86	105	19
		Soybean Hummus | Page 66 | (250g | 1 cup)	690	30	60	11
		Ⓥ ***Lupini Hummus*** | Page 66 | (250g | 1 cup)	610	23	50	13
		Ⓥ © ***Chickpea Hummus*** | Page 66 | (250g | 1 cup)	720	28	50	28
		© **chickpea hummus**, storebought (250g | 1 cup)	520	15	35	30
		Sham Chèvre | Page 70 | 4 servings (120g or 140g)	375	11	35	5
		Tangy Sesame Hemp Dressing | Page 42 | (180ml)	650	20	60	8

Macro Math	CALS		PRO		FAT		NC	

3. Choose the amount of oil you'd like to use.

	PRO	0	NC	0	CALS	FAT
oil 1 teaspoon (5ml)					40	5
oil 1 tablespoon (15ml)					120	15

Macro Math	CALS		PRO	0	FAT		NC	0

4. Choose some seasonings. Add salt as well.

	FAT	0	CALS	PRO	NC
seasoning blend 1 teaspoon | **garlic** 1 1/2 cloves (5g)			5	0	1
herbs 1 tablespoon (i.e. 3 teaspoons)			10	0	0.5
nutritional yeast flakes 1 tablespoon (5g) ♥			20	3	0.5
tamari or **soy sauce** 1 tablespoon (15ml)			10	2	1

Macro Math	CALS		PRO		FAT	0	NC	

5. Choose a nut or seed topping.

Group A	CALS	215	FAT	20	PRO	NC
pecans (35g) ≈ 1/4 cup					3	1.5
hemp hearts (40g) ≈ 1/4 cup ♥					13	2
pumpkin seeds (40g) ≈ 1/4 cup ♥					14	2
peanuts, oil-roasted (35g) ≈ 1/4 cup ♥					10	2
walnuts (30g) ≈ 1/4 cup					5	2
hazelnuts (35g) ≈ 1/4 cup					5	2.5
almonds, slivered (35g) ≈ 1/4 cup					7	3
pinenuts (35g) ≈ 1/4 cup					4	3
sunflower seeds (35g) ≈ 1/4 cup					7	4
peanuts, dry-roasted (35g) ≈ 1/4 cup					9	4.5
© **pistachios** (35g) ≈ 1/4 cup					7	6
© **cashews** (30g) ≈ 1/4 cup					5	8

or Group B	CALS	PRO	FAT	NC
Brazil nuts (20g) ≈ 4 pcs	130	3	15	1
sesame seeds, brown/black (10g) ≈ 1 tablespoon	60	2	5	1

Macro Math	CALS	PRO	FAT	NC
Group A	215		20	
or Group B				

6. These other items could also go under or atop your dinner.

	CALS	PRO	FAT	NC
Red Wine Marinara | Page 74 | (250g | 1 cup)	215	3	15	11
avocado, mashed (135g) ≈ 1 pcs | 1/2 cup + 1 tablespoon	225	3	20	2.5

Macro Math	CALS		PRO		FAT		NC	

7. Calculate the Macros.

Macro Math	CALS	PRO	FAT	NC
1. vegetables	160	10	0	
2. proteins				
3. oil		0		0
4. seasonings			0	
5. nut or seed				
6. other items				
Total				
Per serving (Total ÷ 4)				

1. Choose 4 to 5 vegetables.

↧ approx. roasting time		CALS	160	PRO	10	FAT	0	NC
10	**asparagus** (120g) ≈ 7 pcs | 1 cup							2
12	**mushrooms** (135g) ≈ 2 - 2 1/2 cups ♥	white 2		brown 4				shiitake 6
10	**zucchini** (120g) ≈ 2/3 pcs | 1 cup							2
12	**tomatoes** (135g) ≈ 1 common | 8 cherry | 17 grape							3.5
15	**bell pepper** (120g) ≈ 1 pcs | 1 cup	green 3.5		red 5				yellow 6.5
20	**cauliflower** (140g) ≈ 1/4 head | 1 1/3 cups							4
10	**eggplant** (140g) ≈ 1/4 pcs | 1 cup							4
15	**onion** (60g) ≈ 1/2 pcs | 1/3 cup							4.5
20	**turnip** (120g) ≈ 1 pcs | 1 cup							5.5
15	**broccoli** (135g) ≈ 1/3 crown | 2 cups ♥							5.5
10	**green beans** (130g) ≈ 24 pcs | 1 cup							5.5
15	**Brussels sprouts** (120g) ≈ 6 pcs | 1 cup ♥							6
15	**pumpkin** (130g) ≈ 1 cup							8
20	**carrots** (120g) ≈ 2 pcs | 1 cup							8
30	**beets** (120g) ≈ 1 1/2 pcs | 1 cup							8
25	© **butternut squash** (135g) ≈ 1 cup							13
25	© **parsnip** (100g) ≈ 1 pcs | 3/4 cup							13
20	© **potato** (105g) ≈ 1/2 pcs wh. | 1/2 pcs sw. | 3/4 cup						white 16	sweet 18

Macro Math	CALS	160	PRO	10	FAT	0	NC	

2. Choose some proteins. Feel free to add ones that aren't listed.

Macros for tofu, tempeh, and lupini beans can vary significantly. Check your labels.

Items to Roast or to Put Under or Atop

	↧ approx. roasting time	CALS	PRO	FAT	NC
20	**tofu, extra-firm** _____ oz/g block				
20	**tempeh** _____ oz/g block				
20	**lupini beans** 1 cup (180g)				
20	© **chickpeas** 1 1/2 cups (245g) ≈ 1 x 15oz (425g) can	400	20	5	50
	© **chickpea hummus**, storebought (250g | 1 cup)	520	15	35	30

Macro Math	CALS		PRO		FAT		NC	

3. Choose the amount of oil you'd like to use.

	PRO	0	NC	0	CALS	FAT
oil 1 teaspoon (5ml)					40	5
oil 1 tablespoon (15ml)					120	15

Macro Math	CALS		PRO	0	FAT		NC	0

4. Choose some seasonings. Add salt as well.

	FAT	0	CALS	PRO	NC
seasoning blend 1 teaspoon | **garlic** 1 1/2 cloves (5g)			5	0	1
herbs 1 tablespoon (i.e. 3 teaspoons)			10	0	0.5
nutritional yeast flakes 1 tablespoon (5g) ♥			20	3	0.5
tamari or **soy sauce** 1 tablespoon (15ml)			10	2	1

Macro Math	CALS		PRO		FAT	0	NC	

5. Choose a nut or seed topping.

Group A	CALS	215	FAT	20	PRO	NC
pecans (35g) ≈ 1/4 cup					3	1.5
hemp hearts (40g) ≈ 1/4 cup ♥					13	2
pumpkin seeds (40g) ≈ 1/4 cup ♥					14	2
peanuts, oil-roasted (35g) ≈ 1/4 cup ♥					10	2
walnuts (30g) ≈ 1/4 cup					5	2
hazelnuts (35g) ≈ 1/4 cup					5	2.5
almonds, slivered (35g) ≈ 1/4 cup					7	3
pinenuts (35g) ≈ 1/4 cup					4	3
sunflower seeds (35g) ≈ 1/4 cup					7	4
peanuts, dry-roasted (35g) ≈ 1/4 cup					9	4.5
© **pistachios** (35g) ≈ 1/4 cup					7	6
© **cashews** (30g) ≈ 1/4 cup					5	8

or Group B	CALS	PRO	FAT	NC
Brazil nuts (20g) ≈ 4 pcs	130	3	15	1
sesame seeds, brown/black (10g) ≈ 1 tablespoon	60	2	5	1

Macro Math	CALS	PRO	FAT	NC
Group A	215		20	
or Group B				

6. These other items could also go under or atop your dinner.

	CALS	PRO	FAT	NC
low-carb marinara (250g | 1 cup)				
avocado, mashed (135g) ≈ 1 pcs | 1/2 cup + 1 tablespoon	225	3	20	2.5

Macro Math	CALS		PRO		FAT		NC	

7. Calculate the Macros.

Macro Math	CALS	PRO	FAT	NC
1. vegetables	160	10	0	
2. proteins				
3. oil		0		0
4. seasonings			0	
5. nut or seed				
6. other items				
TOTAL				
PER SERVING (TOTAL ÷ 4)				

My Sheet Pan **dinners**

🅼 **Macro Math**	**chosen items**	**CALS**	**PRO**	**FAT**	**NC**
1. vegetables		160	10	0	
2. proteins					
3. oil			0		0
4. seasonings				0	
5. nut or seed					
6. other items					
Total					
Per serving (Total÷ 4)					

🅼 **Macro Math**	**chosen items**	**CALS**	**PRO**	**FAT**	**NC**
1. vegetables		160	10	0	
2. proteins					
3. oil			0		0
4. seasonings				0	
5. nut or seed					
6. other items					
Total					
Per serving (Total÷ 4)					

🅼 **Macro Math**	**chosen items**	**CALS**	**PRO**	**FAT**	**NC**
1. vegetables		160	10	0	
2. proteins					
3. oil			0		0
4. seasonings				0	
5. nut or seed					
6. other items					
Total					
Per serving (Total÷ 4)					

🅼 **Macro Math**	**chosen items**	**CALS**	**PRO**	**FAT**	**NC**
1. vegetables		160	10	0	
2. proteins					
3. oil			0		0
4. seasonings				0	
5. nut or seed					
6. other items					
Total					
Per serving (Total÷ 4)					