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20-MINUTE MEALS



In a pinch? These easy peasy main dishes and sides go together like peas and carrots!

ROTISSERIE CHICKEN + BAKED SWEET POTATO

MAKE IT IN < 20 MIN.: Prick sweet potato, clingwrap and microwave it for 5 minutes!

QUICK TIP: Buy the rotisserie chicken in the deli section of the supermarket.

SPICE IT UP WITH: Add olive oil + sage or thyme to the sweet potato.

MAKE IT HEARTIER: Serve it with a side salad.

SHEET-PAN ROASTED SALMON + FROZEN BROCCOLI

MAKE IT IN < 20 MIN.: Thaw frozen salmon in the fridge all day.

QUICK TIP: Roast it for 13-15 minutes at 450°.

SPICE IT UP WITH: Olive oil + lemon + dill

MAKE IT HEARTIER: Serve it over instant brown rice.



GROUND TURKEY WITH WHOLE WHEAT PASTA + ROASTED ASPARAGUS

MAKE IT IN < 20 MIN.: Roast the asparagus, brown the turkey and boil the noodles at the same time.

QUICK TIP: Buy your sauce pre-made — or score a 5-minute recipe at [SYFOK.com/5min](https://www.shapemyfutureok.com/5min).

SPICE IT UP WITH: Olive oil + lemon + garlic powder

MAKE IT HEARTIER: Add a slice of whole wheat garlic bread.



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