

Lifespeachy One Pan Plates

Created by Lifespeachy Health & Wellness



Cheesy Black Beans & Rice

15 ingredients · 45 minutes · 4 servings



Directions

1. Cook the brown rice according to the directions on the package.
2. While the rice cooks, heat the avocado oil in a skillet over medium heat and add the onion. Sauté for 2 to 3 minutes and then add the cumin, chili powder, paprika and sea salt. Then add the red pepper and jalapeño. Cook for an additional 2 to 3 minutes.
3. Add the black beans, corn, salsa, and cooked rice. Stir to combine.
4. Turn the oven to broil. Top the skillet with the shredded cheese and place in the oven for 3 to 4 minutes, until the cheese is bubbly on top. Serve with corn tortillas and fresh cilantro. Enjoy!

Notes

Dairy-Free

Omit the cheddar cheese, or use a dairy-free cheese.

No Smoked Paprika

Use regular paprika instead.

Less Spicy

Omit the jalapeño.

Corn-Free

Omit the corn and tortillas.

No Avocado Oil

Use extra virgin olive oil instead.

Save Time

Cook the brown rice in advance. You can also use jasmine rice or quinoa, which cooks faster.

Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 tsps Cumin
- 1 tsp Chili Powder
- 1 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1 Red Bell Pepper (chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 3/4 cups Black Beans (cooked)
- 3/4 cup Frozen Corn (thawed)
- 3/4 cup Salsa
- 4 ozs Cheddar Cheese (optional, grated)
- 2 cups Corn Tortilla Chips (optional)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving

| | | | |
|-----------|-----|-------------|--------|
| Calories | 520 | Protein | 20g |
| Fat | 16g | Cholesterol | 28mg |
| Saturated | 6g | Sodium | 707mg |
| Trans | 0g | Vitamin A | 2183IU |
| Carbs | 76g | Vitamin C | 45mg |
| Fiber | 12g | Calcium | 285mg |

Sugar

6g

Iron

4mg

One Pot Poached Chicken with Broccoli & Sweet Potato

6 ingredients · 20 minutes · 2 servings



Directions

1. In a pot over medium-high heat, add chicken followed by the remaining ingredients. Bring to a boil, reduce heat to a simmer and close the pan. Let simmer until chicken is cooked through, about 15-20 minutes.
2. Using a slotted spoon, scoop out the chicken and veggies. Shred the chicken, season with sea salt and black pepper, and drizzle with broth. Save the leftover broth for future use. Enjoy!

Notes

More Flavour

Use chicken or vegetable broth instead of water, add herbs, garlic cloves and/or onion wedges.

No Broccoli or Sweet Potato

Use carrots, celery or cauliflower instead.

Leftovers

Refrigerate chicken in an air-tight container up to 3 days, and the broth up to 2 days, or freeze for up to 2 months.

Ingredients

10 ozs Chicken Breast (skinless, boneless)

1 tbsp Apple Cider Vinegar

2 cups Water

1 Sweet Potato (medium, diced)

2 cups Broccoli (chopped into florets)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 258 | Protein | 35g |
| Fat | 4g | Cholesterol | 103mg |
| Saturated | 1g | Sodium | 134mg |
| Trans | 0g | Vitamin A | 9831IU |
| Carbs | 19g | Vitamin C | 83mg |
| Fiber | 4g | Calcium | 94mg |
| Sugar | 4g | Iron | 2mg |

One Pot Taco Pasta

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

No Ground Beef

Use ground chicken or turkey instead.

Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 1 **Tomato** (large, diced)
- 1/2 **cup** Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1 **Red Bell Pepper** (diced)
- 2 1/2 **cups** Chicken Broth
- 1 **cup** Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)

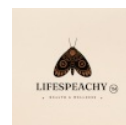
Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 369 | Protein | 22g |
| Fat | 12g | Cholesterol | 51mg |
| Saturated | 4g | Sodium | 865mg |
| Trans | 0g | Vitamin A | 1595IU |
| Carbs | 44g | Vitamin C | 31mg |
| Fiber | 5g | Calcium | 44mg |
| Sugar | 4g | Iron | 3mg |

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No Brown Rice Pasta Shells

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

One Pan Shrimp Boil

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
2. Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
3. Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It

Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 1 lb Shrimp (raw)
- 1 lb Chicken Sausage (sliced into chunks)
- 3 Yellow Potato (medium, diced)
- 3 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/2 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbspc Celery Salt
- 1/4 tsp Paprika
- 1/8 tsp Cayenne Pepper

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 593 | Protein | 44g |
| Fat | 24g | Cholesterol | 319mg |
| Saturated | 7g | Sodium | 2367mg |
| Trans | 0g | Vitamin A | 98IU |
| Carbs | 52g | Vitamin C | 37mg |
| Fiber | 4g | Calcium | 206mg |
| Sugar | 7g | Iron | 7mg |

One Pan Chicken & Radishes

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
3. Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
4. Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
5. Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Sumac

Omit or replace with another herb.

No Fresh Oregano

Use dried and reduce the amount or use another fresh herb such as rosemary.

Radish Tops

If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.

Ingredients

10 ozs Chicken Leg, Bone-in (skin on)
1/4 tsp Ground Sumac (divided)
1/2 tsp Fennel Seed (ground)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1 Lemon (sliced, zest from half the lemon reserved)
2 cups Radishes (trimmed, halved, tops removed and washed/dried)
4 Garlic (cloves, skin on)
2 tbsps Fresh Oregano (divided)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 376 | Protein | 25g |
| Fat | 26g | Cholesterol | 139mg |
| Saturated | 7g | Sodium | 163mg |
| Trans | 0g | Vitamin A | 172IU |
| Carbs | 10g | Vitamin C | 29mg |
| Fiber | 4g | Calcium | 106mg |
| Sugar | 3g | Iron | 3mg |

One Pan Sausage & Peppers

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
3. Divide between plates and enjoy!

Notes

Meal Prep

Divide between storage containers and store in the fridge for up to 3 days.

Gluten-Free and Paleo

Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

More Flavor

Use a spicy Italian or honey garlic flavored sausage.

No Pork

Use chicken, turkey, lamb or veggie sausages instead.

No Avocado Oil

Use olive oil or coconut oil instead.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 cup Red Onion (sliced)
- 1 tbsp Avocado Oil
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 lb Pork Sausage

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|--------|
| Calories | 438 | Protein | 15g |
| Fat | 36g | Cholesterol | 66mg |
| Saturated | 12g | Sodium | 1185mg |
| Trans | 0g | Vitamin A | 2041IU |
| Carbs | 13g | Vitamin C | 164mg |
| Fiber | 2g | Calcium | 32mg |
| Sugar | 4g | Iron | 1mg |

Quinoa Chicken Stir Fry

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
3. Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
4. Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
5. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

Storage

Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian

Replace the chicken breast with chickpeas.

Ingredients

- 3 tbsps Tamari
- 1 tbs Apple Cider Vinegar
- 1 tbs Raw Honey
- 1 tbs Sesame Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1 Red Bell Pepper (de-seeded and sliced)
- 1 Yellow Bell Pepper (de-seeded and sliced)
- 4 cups Broccoli (chopped into florets)
- 2 cups Snap Peas
- 3/4 cup Quinoa (dry)
- 1 1/2 cups Water
- 1 tbs Sesame Seeds

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 420 | Protein | 42g |
| Fat | 11g | Cholesterol | 103mg |
| Saturated | 2g | Sodium | 857mg |
| Trans | 0g | Vitamin A | 1983IU |
| Carbs | 40g | Vitamin C | 211mg |
| Fiber | 7g | Calcium | 124mg |
| Sugar | 9g | Iron | 4mg |

One Pan Hawaiian Salmon

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
3. Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
4. After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

No Salmon

Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.

Ingredients

- 4 Red Bell Pepper (sliced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Pineapple (cored and sliced into rounds)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|--------|
| Calories | 250 | Protein | 27g |
| Fat | 9g | Cholesterol | 58mg |
| Saturated | 1g | Sodium | 94mg |
| Trans | 0g | Vitamin A | 3957IU |
| Carbs | 18g | Vitamin C | 191mg |
| Fiber | 4g | Calcium | 29mg |
| Sugar | 13g | Iron | 1mg |

One Pan Breakfast Hash

6 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon

Use prosciutto, ham or turkey bacon.

More Vegetables

Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor

Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers

Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

Ingredients

4 cups Brussels Sprouts (halved)

1/2 cup Red Onion (chopped)

1 tsp Avocado Oil

Sea Salt & Black Pepper (to taste)

5 slices Bacon (chopped)

4 Egg

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 530 | Protein | 28g |
| Fat | 38g | Cholesterol | 418mg |
| Saturated | 12g | Sodium | 713mg |
| Trans | 0g | Vitamin A | 1894IU |
| Carbs | 20g | Vitamin C | 153mg |
| Fiber | 7g | Calcium | 143mg |
| Sugar | 6g | Iron | 5mg |

One Pan Lemon Chicken

7 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
2. In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
3. Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts

Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts

Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor

Add spices such as oregano, thyme, or chili flakes.

No Mini Potatoes

Use diced regular potatoes.

Additional Toppings

Add lemon slices, zest from one lemon, and fresh rosemary.

Ingredients

8 ozs Chicken Breast (skinless and boneless)

2 cups Mini Potatoes (halved)

2 cups Brussels Sprouts (halved)

2 tbsps Extra Virgin Olive Oil

1 tbsp Lemon Juice

1 tbsp Rosemary (fresh, chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

| | | | |
|------------------|-----|--------------------|-------|
| Calories | 411 | Protein | 32g |
| Fat | 17g | Cholesterol | 82mg |
| Saturated | 3g | Sodium | 82mg |
| Trans | 0g | Vitamin A | 726IU |
| Carbs | 35g | Vitamin C | 107mg |
| Fiber | 7g | Calcium | 64mg |
| Sugar | 3g | Iron | 3mg |

One Pan Basil Chicken

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper. Place the chicken, onion and green beans on the sheet. Drizzle everything with half the balsamic vinegar and sea salt. Add the minced garlic to the chicken. Bake for 15 minutes.
2. Remove from the oven and drizzle the remaining balsamic vinegar on top of the chicken and veggies. Add the basil to the chicken and place back in the oven for 5 minutes, or until the chicken is cooked through.
3. Remove from the oven. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add thyme, oregano or chili flakes to the chicken.

Serve it With

Cauliflower rice, brown rice or quinoa.

Ingredients

8 ozs Chicken Breast (boneless, skinless, cut into cubes)

1/2 cup Red Onion (small, thinly sliced)

2 cups Green Beans (washed, trimmed)

3 tbsps Balsamic Vinegar (divided)

1/4 tsp Sea Salt

1 Garlic (clove, minced)

2 tbsps Basil Leaves (fresh, chopped)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 207 | Protein | 28g |
| Fat | 3g | Cholesterol | 82mg |
| Saturated | 1g | Sodium | 359mg |
| Trans | 0g | Vitamin A | 865IU |
| Carbs | 15g | Vitamin C | 16mg |
| Fiber | 3g | Calcium | 66mg |
| Sugar | 9g | Iron | 2mg |

One Pan Paleo Plate

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

Notes

No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast

Use turkey breast.

Vegans and Vegetarians

Replace chicken with roasted chickpeas.

Extra Time

Slice sweet potato into cubes or fries.

Ingredients

1 lb Chicken Breast

1/8 tsp Sea Salt

4 cups Brussels Sprouts (washed, trimmed and halved)

1 tbsp Extra Virgin Olive Oil (plus extra for brushing)

2 Sweet Potato (washed and sliced in half)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 259 | Protein | 29g |
| Fat | 7g | Cholesterol | 82mg |
| Saturated | 1g | Sodium | 182mg |
| Trans | 0g | Vitamin A | 9919IU |
| Carbs | 21g | Vitamin C | 76mg |
| Fiber | 5g | Calcium | 62mg |
| Sugar | 5g | Iron | 2mg |