



THE NEXT THREE DINNERS

BECAUSE CONFIDENCE
COMES FROM REPETITION.



QUICK BBQ CHICKEN SHEET PAN DINNER

A familiar dinner you can make without overthinking.

Why This Helps You Keep Going

This is the kind of dinner that reminds you you're capable. You made it — and it came out looking like real dinner. The more you repeat simple structure like this, the more natural it becomes.

What You're Practicing

- Even chopping
- Sheet pan confidence
- Balanced plate building

Ingredients

- 1½ lb boneless, skinless chicken thighs, cut into 2-inch pieces
- 2 Tbs dry barbecue seasoning (your favorite rub)
- 2 Tbs olive oil
- 2 zucchini, chopped
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 1 lb green beans, trimmed and cut into 2-inch pieces

Instructions

1. Preheat oven to 400°F.
 2. Toss chicken with 1 tablespoon of BBQ seasoning.
 3. In a large bowl, combine vegetables, olive oil, and remaining seasoning.
 4. Add chicken and mix well.
 5. Spread evenly on a lined sheet pan.
 6. Roast 20–25 minutes, until chicken reaches 165°F and vegetables are tender.
- Serve with rice or roasted potatoes.

Balanced Plate Reminder

Protein → Chicken

Plant → Zucchini, peppers, green beans

Carb → Rice or potatoes

Fat → Olive oil

If You're Feeling Unsure

Uneven pieces still cook.

If veggies brown more than expected, that's flavor.

Dinner doesn't need to be perfect — it just needs to be made.



SHEET PAN LEMON GARLIC SALMON

A simple dinner that feels a little more grown-up

Why This Helps You Keep Going

Salmon can feel like something you order out. Now you're making it at home. When you pull this from the oven and it flakes easily with a fork, you'll see what practice builds. This is the kind of dinner that makes you feel proud of yourself.

What You're Practicing

- Oven timing
- Simple seasoning
- Balanced plate building

Ingredients

- 4 salmon fillets
- 2 Tbs olive oil
- 3 cloves garlic, minced
- Juice of ½ lemon
- 1 tsp salt
- ½ tsp black pepper
- 1 bunch broccolini (or regular broccoli), trimmed

Instructions

1. Preheat oven to 400°F.
2. Place salmon and broccolini on a lined sheet pan.
3. Drizzle with olive oil.
4. Sprinkle garlic, salt, and pepper over everything.
5. Roast 12–15 minutes, until salmon flakes easily with a fork.
6. Squeeze lemon over the top before serving.

Serve with rice or roasted potatoes.

Balanced Plate Reminder

Protein → Salmon

Plant → Broccolini or broccoli

Carb → Rice or potatoes

Fat → Olive oil

If You're Feeling Unsure

If the salmon flakes, it's done.

If the edges brown, that's flavor.

You just cooked fish at home. That counts.



SKILLET SHRIMP WITH VEGETABLES

A fast dinner that proves you don't have to overthink it.

Why This Helps You Keep Going

This one comes together quickly — and that's the point. You're learning how to move confidently at the stove without second-guessing every step. When dinner is ready in under 20 minutes, you'll feel the shift.

What You're Practicing

- Heat control
- Quick sauté timing
- Building flavor simply

Ingredients

- 1½–2 lb shrimp, peeled and deveined
- 2 Tbs olive oil
- 3 cloves garlic, minced
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- ½ red onion, chopped
- Juice of ½ lemon
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add garlic and cook 30 seconds until fragrant.
3. Add vegetables and sauté 4–5 minutes until slightly tender.
4. Add shrimp, salt, and pepper.
5. Cook 3–4 minutes, stirring occasionally, until shrimp turn pink and opaque.
6. Finish with a squeeze of lemon.

Serve with rice.

Balanced Plate Reminder

Protein → Shrimp

Plant → Zucchini, peppers, onion

Carb → Rice

Fat → Olive oil

If You're Feeling Unsure

Shrimp cook quickly — pink and opaque means done.

If vegetables stay slightly crisp, that's okay.

You handled the stove with confidence.

