



One Pot Meals Recipe Pack

This collection of healthy recipes includes simple, delicious options for skillet, slow cooker, instant pot and sheet pan meals.



Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on my digital meal plans + 1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Now, let's get cooking!

Kelly G Glynn

Cardio-Well, LLC
www.cardio-well.com



Recipes

SKILLET

Sausage Kale Skillet

One Skillet Honey Mustard Chicken and Veggies

Skillet Chili Cauliflower with Lime Sauce

Vegan Skillet PB Chocolate Chip Cookies

SLOW COOKER/INSTANT POT

Instant Pot Black Bean Soup

Slow Cooker Chicken Carnitas

Slow Cooker Lemon Garlic Pepper Chicken

SHEET PAN


Sheet Pan Pancakes


Sheet Pan Tofu and Veggie Fajitas


Sheet Pan Dijon Salmon


NUTRIENT GUIDE

Per serving:

 calories

 carbohydrates

 total fat

 protein

Sausage Kale Skillet

Serves 4

Prep: 10 mins. | Total: 15 mins.

Ingredients

- 12 oz sausage, uncured and unsweetened (gluten-free)
- 8 oz kale, spines removed and chopped

Directions

Prep

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat heavy skillet.

Make

1. Add sausage to skillet and brown on all sides.
2. Stir in kale and remove from heat. Cover to allow kale to wilt.

Per serving:

C 272 calories

C 6g carbohydrates

F 22g total fat

P 13g protein



One Skillet Honey Mustard Chicken and Veggies

Serves 4

Prep: 15 mins. | Total: 50 mins.

Ingredients

- 1 1/2 lb chicken breast (bone-in, skin-on)
- Salt, kosher, to taste
- 1 tsp Black Pepper, ground
- 1 Tbs Garlic Powder
- 1 Tbs Olive Oil
- 3 Heads Broccoli, florets separated
- 5 Carrots, Chopped
- 2 Shallots, Chopped
- 2 cup Chicken Stock, low sodium
- 2 Tbs Honey
- 5 Tbs Dijon Mustard, smooth
- 2 Tbs Water

Directions

1. Clean chicken breasts of excess skin and pat dry with paper towels.
2. Season chicken breasts with salt, pepper, and 1 Tbsp. of garlic powder.
3. Heat 2 tsp olive oil in a large skillet over medium-high heat. Place chicken breasts skin side down and sear for 5 minutes until skin becomes golden and crisp. Flip and sear an additional 5 minutes. Remove chicken breasts to a paper towel lined plate.
4. Reduce heat to medium, add the broccoli and cook for 3 minutes. Add the carrots and cook for 3 minutes. Add the shallots and cook for an additional minute.
5. In a small bowl combine remaining ingredients. Pour this mixture over the vegetables and stir to evenly coat. Reduce heat to medium-low, place chicken breasts back in the pan on top of the vegetables and cover.
6. Allow chicken and vegetables to braise until chicken is cooked through and vegetables are tender, about 25 minutes.

Per serving:

C 497 calories

C 33g carbohydrates

F 20g total fat

P 42g protein



Skillet Chili Cauliflower with Lime Sauce

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 2 Tbs olive oil
- 1 small sweet onion, chopped
- 1 head cauliflower, cut into florets
- 1 red bell pepper, chopped
- 1 tsp garlic powder
- 2 tsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 cup plain yogurt
- 2 limes, 1 juiced and 1 cut into wedges
- 1/2 tsp salt
- 1/2 cup fresh cilantro, chopped
- 1 avocado, sliced

Directions

Prep

1. Preheat oven to 400°F.
2. Chop cauliflower/pepper/cilantro.
3. Juice one lime.

Make

1. In a large oven-proof skillet, sauté onion and red pepper in olive oil until soft. Stir in garlic powder, chili powder, and cumin and sauté until fragrant, about 3 minutes.
2. Add cauliflower and toss to coat. Place skillet in oven for 15 minutes, tossing halfway through.
3. Meanwhile, in a bowl whisk together non-dairy yogurt, lime juice, and salt.
4. Remove cauliflower from oven, drizzle with nondairy yogurt sauce and top with cilantro and avocado just before serving.

Per serving:

C	281 calories
C	33g carbohydrates
F	15g total fat
P	11g protein



Vegan Skillet PB Chocolate Chip Cookie

Serves 10

Prep: 10 mins. | Total: 35 mins.

Ingredients

- 1 1/2 cup white beans, canned, drained and rinsed
- 2/3 cup peanut butter, creamy
- 1/2 cup maple syrup
- 2 tsp vanilla extract
- 1/3 cup almond milk, unsweetened
- 3/4 cup oats, quick-cook
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup chocolate chips, dark

Directions

Prep

1. Preheat oven to 350° F and grease an 8" cast-iron skillet. Alternatively, you could use a well-greased round pie dish.

Make

1. Add beans, peanut butter, maple syrup, vanilla, and almond milk to a food processor and run until smooth. Add oats, baking powder, and salt and pulse until combined. Scrap down sides of the container. Pulse in chocolate chips.
2. Spread dough in the skillet and bake in the oven for 25-30 minutes.
3. Remove from oven and let stand for 10 minutes before slicing and serving - it will be hard to wait!

Per serving:

- C** 275 calories
- C** 35g carbohydrates
- F** 13g total fat
- P** 8g protein



Instant Pot Black Bean Soup

Serves 8

Prep: 15 mins. | Total: 90 mins.

Ingredients

- 1 lb black beans, dried, rinsed
- 1 onion, sweet, chopped
- 1 bell pepper, red, chopped
- 4 cloves garlic, minced or pressed
- 4 cup vegetable broth, low sodium
- 1 cup salsa, prepared
- 1 Tbs chili powder
- 2 tsp cumin, ground
- 2 bay leaves
- salt, to taste
- 2 avocados, ripe, chopped

Directions

1. Add all ingredients [except avocado] to instant pot and set on high pressure for 60 minutes.
2. Add half of the mixture to a blender and process until smooth. Return to pot and stir into soup.
3. Salt to taste. Serve garnished with avocado.

Per serving:

- C** 296 calories
- C** 45g carbohydrates
- F** 8g total fat
- P** 14g protein



Slow Cooker Chicken Carnitas

Serves 4

Prep: 15 mins. | Total: 4 hours

Ingredients

- 2 tsp chili powder
- 1 tsp oregano, dried
- 2 tsp cumin, ground
- 1/2 tsp coriander, smoked
- 2 1/2 Tbs olive oil
- 3/4 cup red onion, chopped
- 4 cloves garlic, chopped
- 1 Tbs diced (canned) jalapeños
- 1 lime, juiced
- 1 orange, sliced
- 2 lb boneless skinless chicken thighs
- 1 1/2 Tbs soy sauce
- 1 Tbs maple syrup
- 8 tortillas
- cilantro, chopped
- 1 lime, cut into wedges

Per serving:

C 513 calories

C 39g carbohydrates

F 24g total fat

P 40g protein



Directions

Prep

1. Whisk together chili powder, oregano, cumin, coriander, and paprika.
2. Chop onion, garlic, and jalapeño pepper.
3. Slice orange.

Make

1. Rub all sides of chicken thighs with spice mixture. Place in a slow cooker.
2. Top chicken with 1/2 cup of onions [reserve 1/4 cup for serving], garlic, jalapeño, and orange slices. Drizzle with soy sauce and maple syrup.
3. Cover and cook on high for 4 hours, or on low 8 hours.
4. Use two forks to pull apart chicken in the slow cooker. Let the meat sit in juices until ready to serve.
5. Serve in warm tortillas topped with onions, cilantro, and lime wedges.

Slow Cooker Lemon Garlic Pepper Chicken

Serves 12

Prep: 15 mins. | Total: 4 hours

Ingredients

- 4 lb chicken, giblets removed
- 2 lemons, zested and juiced
- 10 cloves garlic use as whole head
- 1/2 tsp salt
- 2 tsp pepper
- 1 Tbs dried oregano
- 1 Tbs olive oil

Per serving:

C 206 calories

C 2g carbohydrates

F 8g total fat

P 30g protein

Directions

Prep

1. Zest and juice lemons.
2. Remove skins from garlic cloves but keep whole.

Make

1. Place chicken in slow cooker.
2. Rub chicken with lemon zest, salt, pepper and oregano.
3. Sprinkle with salt and add garlic cloves to pot.
4. Drizzle chicken with lemon juice.
5. Stuff one of the used lemons in the cavity of the chicken.
6. Drizzle with olive oil.
7. Set slow cooker to high for 4 hours or low for 6 hours. Cook until internal temperature of chicken reaches 165°F.
8. Turn off slow cooker and let chicken stand for 15 minutes before carving. Remove chicken from slow cooker and carve. Mash garlic into remaining juices and drizzle over chicken if desired.



Sheet Pan Pancakes

Serves 4

Prep: 10 mins. | Total: 30 mins.

Ingredients

- 2 Eggs, large
- 1 cup Almond Milk, plain, unsweetened
- 1 Tbs Maple Syrup
- 2 tsp Vanilla Extract
- 1 1/2 cup Almond Flour
- 1/2 cup Coconut Flour
- 3 Tbs Tapioca Flour
- 1 tsp Baking Powder
- 1/8 tsp Salt
- 1 cup Blueberries, fresh (Other Fruit, chopped if needed)

Directions

Make

1. Wash and dry blueberries.
2. Preheat oven to 350 degrees Fahrenheit.
3. Line a 9x7in. baking sheet with parchment paper.
4. In a large bowl, whisk together the eggs, almond milk, vanilla, and maple syrup. Slowly whisk in the almond flour, coconut flour, tapioca flour, baking powder, and salt until a smooth batter forms. Gently fold in the blueberries or other fruit filling.
5. Pour the batter onto the prepared baking sheet and spread evenly. Bake for 20-25 minutes or until firm and the top is golden brown.
6. Slice and serve.

Per serving:

- C** 288 calories
- C** 32g carbohydrates
- F** 12g total fat
- P** 13g protein



Sheet Pan Tofu and Veggie Fajitas

Serves 4

Prep: 15 mins. | Total: 40 mins.

Ingredients

- 1 tsp Chili Powder
- 1 tsp Cumin, ground
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper, ground
- 1/4 tsp Salt
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 1/2 lb Tofu, extra firm, sliced
- 1 Red Bell Pepper, Sliced
- 1 Green Bell Pepper, Sliced
- 1 White Onion, sliced
- 2 Cloves Garlic, minced
- 2 Tbs Olive Oil
- 1/4 cup Cilantro, Chopped

Directions

Prep

1. Preheat oven to 425° Fahrenheit. Line a large sheet tray with parchment paper.
2. Combine spices in a small bowl and set aside.
3. Make Lime-Yogurt sauce: mix ingredients in a small bowl and set aside.
4. Make pico de gallo: mix all ingredients in a small bowl and set aside.

Make

1. Spread tofu, peppers, onion, and garlic on the sheet tray. Add olive oil and spice blend, toss together with hands.
2. Bake in the oven for 25 minutes or until vegetables are tender. Remove from oven.
3. Finish with cilantro and serve with Lime-Yogurt Sauce and Pico de Gallo.

Per serving:

- C** 297 calories
- C** 20g carbohydrates
- F** 16g total fat
- P** 25g protein

Lime-Yogurt Sauce

- 1 cup plain yogurt
- 1/4 tsp Chili Powder
- 1/2 Lime, Juiced and Zested

Pico De Gallo

- 3 Tomatoes, diced
- 1/4 White Onion, diced
- 2 Tbs Cilantro, Chopped
- 1/4 Jalapeno Pepper
- 1/2 Lime, Juiced and Zested
- 1 Clove Garlic, Minced



Sheet Pan Dijon Salmon

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 1/2 lb salmon,, cut into filets
- 2 Tbs Dijon mustard
- 2 cloves garlic, crushed
- 1 1/2 Tbs olive oil
- 1/2 lemon, juiced
- 1 Tbs maple syrup
- 1/4 cup scallions, chopped
- parchment paper
- 6 cup watercress (or spinach)
- 1 lemon, juiced
- 2 Tbs olive oil

Directions

Prep

1. De-bone salmon filets.
2. Preheat oven to 400°F.
3. Crush garlic, juice lemon, and chop scallions.
4. Line baking sheet with parchment paper.

Make

1. Arrange filets on baking sheet.
2. Stir together mustard, garlic, oil, lemon juice, and maple syrup. Stir in scallions.
3. Spoon mixture over filets and bake for about 12-15 minutes until cooked through [cooking time will depend on thickness of filets.]
4. Toss watercress or spinach with lemon juice, olive oil and salt. Place on plate.
5. Serve salmon over watercress or spinach.

Per serving:

C 388 calories

C 8g carbohydrates

F 22g total fat

P 35g protein

