

Honey Garlic Sheet Pan Chicken & Veggies

Nutrition Naturally Forever

○ FULL MOON | DETOX

The Full Moon represents the energetic peak of the lunar cycle. In the Menopause Moon Kitchen, this phase mirrors ovulation, a time when estrogen reaches its peak during the reproductive cycle before beginning to fall.

Our focus this week is **Detox**, but not in the sense of cleanses, juices or restriction. Your body already has sophisticated systems for processing and eliminating what it no longer needs. Our job is simply to give those systems the nourishment they need to work well.

This **Honey Garlic Sheet Pan Chicken & Vegetables** makes that wonderfully practical.

Broccoli is a cruciferous vegetable and contains naturally occurring plant compounds that support the enzymes involved in the body's detoxification processes. It also provides fibre, which helps support healthy digestion and regular elimination; an important final step when the body is clearing metabolised hormones.

Red peppers bring vibrant colour along with vitamin C and other antioxidants that help protect cells from oxidative stress. Garlic provides additional plant compounds, while potatoes contribute fibre and satisfying carbohydrates.

And then there's the chicken. Protein isn't only about building muscle. The liver requires amino acids from protein to carry out many of its everyday metabolic and detoxification processes, making protein an important part of a nourishing Full Moon plate.

Rather than thinking about "detoxing" by taking foods away, think about what you can **add**: protein, fibre, colourful vegetables, cruciferous vegetables, herbs, spices, healthy fats and plenty of hydration.

Best of all, everything cooks together on one tray. Hormone-supportive food doesn't need to mean spending hours in the kitchen.

☐ **Moon Kitchen Tip:** During Full Moon week, add a cruciferous vegetable such as broccoli, cauliflower, cabbage, kale or Brussels sprouts to your shopping basket. Small, regular additions can support your body's natural pathways far more gently than an occasional restrictive "detox".

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download my **FREE Menopause Pantry Resource** and discover:

- ✓ The Menopause Pantry Principles
- ✓ A practical pantry checklist
- ✓ Tips to help you thrive through menopause with real food

☐ **Get instant access**

Honey Garlic Sheet Pan Chicken & Veggies

13 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Drizzle the chicken with one-third of the oil. Season with salt and pepper, and place on the prepared baking sheet.
3. Place the peppers, potatoes and broccoli into a large bowl and drizzle with another 1/3 of the oil and season with salt and pepper. Place on the prepared baking sheet(s). Space out the veggies and chicken to avoid steaming in the oven.
4. Transfer the baking sheet(s) to the oven. Cook for 20 to 25 minutes until everything is cooked through.
5. Whisk the water and cornstarch together in a small bowl.
6. Meanwhile, in a small saucepan over medium-low heat, pour in the remaining oil and then add the garlic. Cook until fragrant, about one minute. Stir in the tamari, vinegar and honey and increase the heat to medium and bring to a low boil. Whisk in the water and cornstarch and cook until just thickened, about one minute more. Remove from the heat.
7. Pour half of the sauce into a small bowl.
8. With five minutes remaining for the chicken, remove the baking sheet and brush half of the sauce over the chicken. Return to the oven and cook until done.
9. Divide the chicken and vegetables evenly between plates. Serve with the remaining sauce on the side or brush it on top of the chicken and vegetables. Garnish the chicken with sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two chicken thighs, 1/2 cup peppers, one cup potatoes and one cup of broccoli.

Ingredients

680 grams Chicken Thighs (boneless, skinless)
23 milliliters Avocado Oil (divided)
Sea Salt & Black Pepper (to taste)
2 Red Bell Pepper (sliced)
600 grams Mini Potatoes (halved)
364 grams Broccoli (cut into florets)
44 milliliters Water
4 grams Cornstarch
3 Garlic (cloves, minced)
59 milliliters Tamari
23 milliliters Rice Vinegar
53 grams Honey
2 grams Sesame Seeds

Nutrition

Amount per serving

Calories	472	Vitamin D	2IU
Fat	13g	Vitamin E	2mg
Carbs	49g	Vitamin K	103µg
Fiber	7g	Thiamine	0.4mg
Sugar	16g	Riboflavin	0.6mg
Protein	42g	Niacin	13mg
Cholesterol	160mg	Vitamin B6	1.6mg
Sodium	1209mg	Folate	118µg

More Flavor

Chili flakes in the sauce.

Additional Toppings

Green onion.

Potassium	1511mg	Vitamin B12	1.0µg
Vitamin A	2474IU	Phosphorous	505mg
Vitamin C	187mg	Magnesium	109mg
Calcium	89mg	Zinc	4mg
Iron	4mg	Selenium	43µg