chicken and white rice:

<http://picturetherecipe.com/recipes/persian-chicken-joojeh-kebabs/>

<http://picturetherecipe.com/recipes/chicken-fiesta-rice/>

chicken and potatoes:

<https://cafedelites.com/sheet-pan-garlic-herb-butter-chicken/>

<https://www.allrecipes.com/recipe/242352/greek-lemon-chicken-and-potatoes/>

<https://gimmedelicious.com/2016/03/22/15-minute-healthy-roasted-chicken-and-veggies/>

3 total salmon dishes

<http://picturetherecipe.com/recipes/blackened-salmon-homemade-seasoning/>

<http://picturetherecipe.com/recipes/greek-marinated-salmon-with-tzatziki-sauce/>

<https://therecipecritic.com/sheet-pan-thai-glazed-salmon-vegetables/>

3 total steak dishes

<https://www.myrecipes.com/recipe/sizzling-steak-with-roasted-vegetables>

https://diethood.com/steak-veggies-sheet-pan-dinner/

<https://www.girlgonegourmet.com/pasta-with-steak-and-spinach/>