

# HEALTHY THANKSGIVING RECIPES

Low Carb Meal They Will Surely Love





Remember the meaning of Thanksgiving, it's about gratitude and giving thanks for the harvest and blessings of the year.

This has been an unusual year and definitely has been a year that has taught us to be grateful for the little things and relationships.

Food will always be served at gatherings and let us be mindful of eating slowly but most of all enjoying the company of our friends and family.



## **Thanksgiving Menu**

- Turkey or Ham
- Stuffing
- Gravy
- Green beans
- Cauliflower mashed potatoes
- Cranberry sauce
- Sweet potato casserole
- Pumpkin pie
- Green salad





## **The Ultimate Hard to Screw up Turkey**

### *Ingredients:*

10-15 pound organic turkey, completely thawed  
2-4 Tbsp. olive oil or avocado oil  
1 Tbsp. coarse sea salt  
1-2 tsp. ground black pepper  
1 orange unpeeled, slices  
½ yellow onion, quartered  
6 garlic cloves  
1 tsp. dried rosemary  
1 tsp. dried thyme  
1 tsp. dried sage

Preheat oven to 375 degrees

Remove giblets from inside of the turkey. You can discard them or save them for another recipe.

Place turkey, breast side down, on a roasting rack in a roasting pan.

Stuff as much of the onion, orange, cloves, thyme, rosemary, and sage inside the turkey. It should be stuffed but should not be falling out, stop there.

Press the skin flaps together to keep the cavity closed. There is no need to tie it up.

Make sure to bend the wings back so there is even browning of the turkey.



Rub all surfaces of the turkey with olive or avocado oil.

Season the turkey with freshly ground pepper and coarse sea salt.

Insert a thermometer in the deepest part of the thigh and set it to 165 degrees.

Place the turkey in the center of the oven, until the internal temperature reaches 165 degrees, which takes about 2-3 hours. (If you don't have a thermometer pierce between the leg and thigh with a fork, and you will know when the turkey is done, when the juices run clear)

Once the turkey is cooked, remove from the oven, cover with tin foil, and allow to rest for 20 minutes before slicing and serving.

Optional: If you would like to brown the breast side of the turkey (It can be messy and a pain to do), flip the turkey breast side up the last 15 minutes of cooking. Increase the temperature to 450 degrees for 15 minutes.

Defrosting tips: Option #1: Place in sink and cover it with cold water for 4-8 hours. Option #2: Place in the fridge in a pan to catch any potential leakage for 2-3 days. (This is the preferred method)



## Stuffing

### *Ingredients:*

- 1 loaf gluten free bread, cut into 1 inch cubes
- 1 Tbsp. olive oil
- 10 cremini mushrooms, quartered
- 3 celery stalks, halved lengthwise and sliced
- 1 medium yellow onion, diced
- 1/2 tsp. dried thyme
- 3 cups chicken broth
- 1 tsp. sea salt or to taste
- 1/2 tsp. freshly ground black pepper, plus more to taste

Pre heat oven to 350 degrees

Spread bread cubes over 2 baking sheets, lined with parchment paper.

Bake in oven for about 15-20 minutes, until completely dried and begins to harden and turn golden.

Remove from baking sheet into a bowl and set aside for later.

Grease a 9 X 13 baking dish with olive oil and set aside

Heat oil in large skillet over medium-high heat.

Add mushrooms, salt and pepper and saute for about 10 minutes, while stirring occasionally until mushrooms are golden brown.

Once the mushrooms are golden, add onion, celery and thyme.

Cook, while stirring occasionally until the celery and onion have softened, about 8-10 minutes.

Stir in chicken broth when the veggies are softened.

Pour the chicken broth mixture over the bread crumbs in the mixing bowl and toss to combine.

Pour the bread mixture into the greased baking dish.

Bake for about 30-40 minutes, until thoroughly heated and the top turns golden brown.

## **Gravy**

### *Ingredients:*

- 1 Tbsp. olive oil
- 2 cloves of garlic
- ½ yellow onion, finely diced
- ¼ cup of almond or coconut flour
- ½ tsp. sea salt
- ¼ tsp. ground black pepper to taste
- 1 cup turkey drippings
- 1 cup chicken broth, add more as needed



*Instructions:* Heat oil over medium heat in a sauce pan. Add onion, garlic and saute until golden and tender, about 6-8 minutes.

Add the flour, salt, pepper, continue to stir frequently until well mixed for about 2 minutes.

Add turkey drippings and broth. Add more broth if there isn't enough turkey drippings and continue to stir.

Once mixture is thickened, approximately 8-10 minutes, transfer mixture to a blender and blend until smooth.

Season to taste. Serve while hot.





## **Sauteed Green Beans with Bacon, Mushrooms & Almonds**

*Ingredients:*

Part 1

1 lb green beans, tails cut off  
3 Tbsp. butter or ghee (avocado  
or coconut oil is also fine)  
4 cooked bacon strips, diced into cubes  
7 oz crimini or Swiss brown mushrooms, sliced  
12-15 sage leaves, chopped (or 1 tsp dried herbs) or Rosemary  
1 cup almonds, chopped  
1 cup dried cranberries, chopped  
9 garlic cloves, finely chopped  
3 Tbsp. balsamic vinegar

Part 2

3-6 Tbsp. olive oil  
Juice of 1 1/2 orange  
1 1/2 tsp. sea salt  
3/4 tsp. pepper



*Instructions:*

Cut the ends of the greens, wash and set aside.

Preheat a large deep frying pan to medium heat and melt butter (or other health fat). Add bacon and cook for 1 minute until it starts to brown slightly

Add mushrooms, stir and cook for 1-2 minutes.

Add a small amount of oil as the cooking fat starts to absorb into the mushrooms.

Cook for 2 more minutes or until mushrooms start to brown.

Add chopped bacon, cranberries, garlic, sage and cook for 3-4 minutes while stirring until slightly brown. Once browned, thoroughly stir in a tablespoon of balsamic vinegar and transfer to a bowl.

Return the empty frying pan on the stove over medium-heat. Add a tablespoon of olive oil and green beans and spread them evenly.

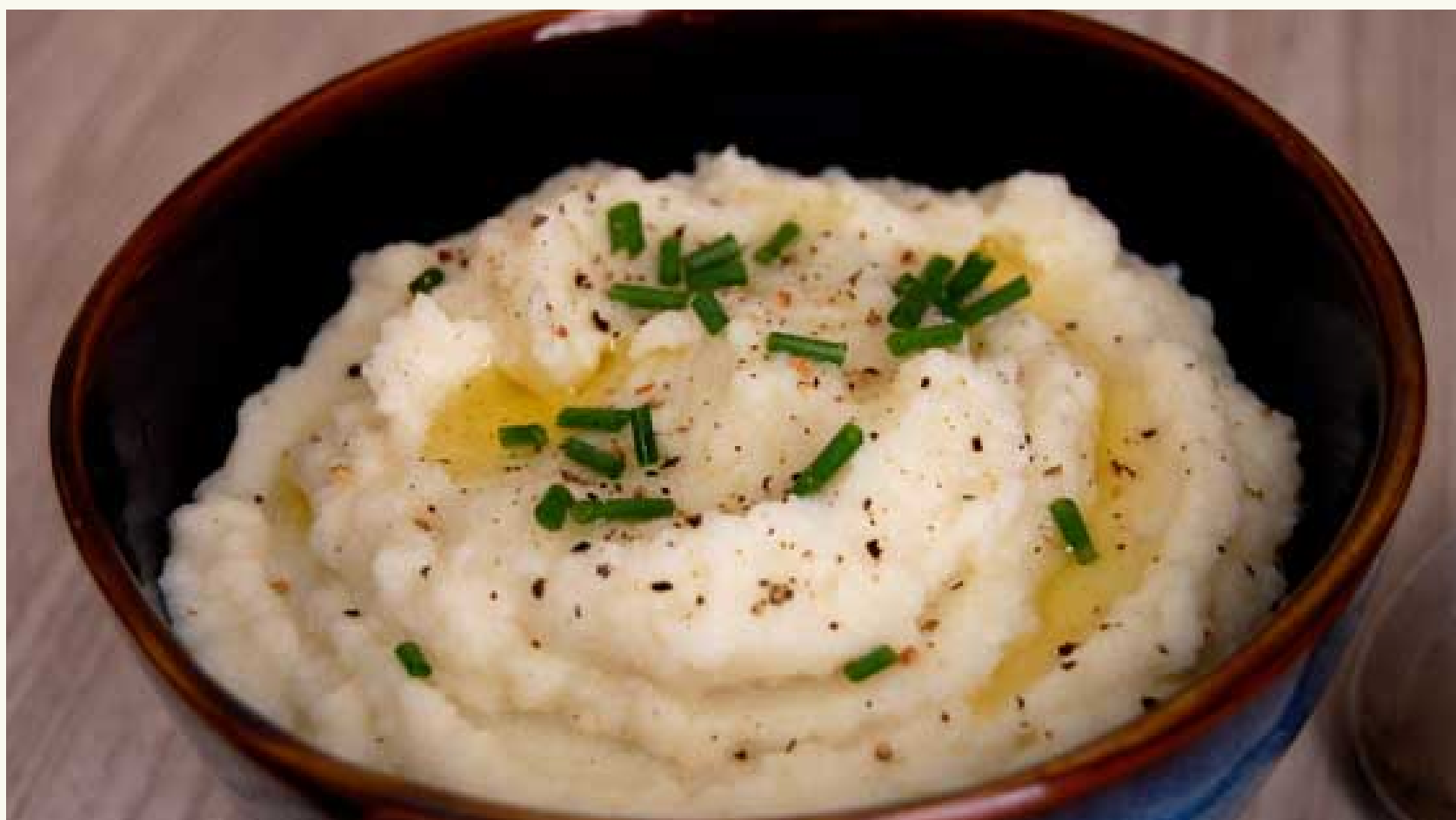
Cover with a lid and cook for 2 minutes. Uncover and stir and place the lid back on and let cook for another 1-2 minutes.

Uncover and season with salt, pepper and add orange juice.

Stir and cover with lid on for 2 more minutes.

Remove the lid and stir in pre-cooked bacon and mushroom mixture. Season with a pinch of salt and pepper to taste.

*Optional: Server with fried shallots or toasted almonds on top.*



**Cauliflower Mash Potato**

*Ingredients:*

1 large head of cauliflower, cut into florets

1/4 cup almond milk

1 tbsp ghee or butter

1 head of garlic

Salt and pepper to taste

fresh chives, chopped

*Instructions:*

Preheat oven to 400 degrees F.

Peel away the outer layers of the garlic bulb, then cut off the very top of the head of garlic to expose the individual garlic cloves.

Place in aluminum foil and drizzle with olive oil, then seal the foil around the garlic.

Bake for 25-30 minutes, until the cloves are soft.

Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin.

Meanwhile, place a couple inches of water in a large pot.

Once water is boiling, place steamer insert and then cauliflower florets into the pot and cover.

Steam for 12-14 minutes, until completely tender. Drain and return cauliflower to pot.

Add roasted garlic, milk, ghee, and salt to the cauliflower.

Using an immersion blender or food processor, combine ingredients until smooth.

Top with chives and freshly ground pepper.





## **Cranberry Sauce**

### *Ingredients:*

1 12 ounce bag fresh cranberries  
1 large orange for juice and zest  
1/3 cup raw honey, more if needed  
or other keto friendly sweetener

### *Instructions:*

Combine all the ingredients in a medium-sized pot over medium-high heat. Use the orange for as much fresh orange juice as possible (about ½ cup) and 1 tbsp. of fresh orange zest.

While the cranberries cook, they will start to pop. While cooking, stir occasionally, for about 15-20 minutes, until you no longer hear the cranberries popping and sauce is thickening.

Allow to cool and refrigerate until cool. It will thicken more as it cools.

If you prefer a sweeter sauce, add more honey or other sweetener to taste; as this recipe makes a slightly tart cranberry sauce.



## **Sweet Potato Casserole**



### *Ingredients Potatoes Mix:*

2 pounds of organic sweet potatoes, peeled and chopped  
1/2 cup of organic coconut sugar (or adjust sweetness with stevia, monk fruit or erythritol)  
1/4 cup of organic rice milk almond milk or coconut milk  
3 tbsp of coconut oil or olive oil  
1/2 teaspoon of Himalayan Sea Salt  
2 organic eggs from grass fed chickens  
1 teaspoon of organic vanilla extract

### *Ingredients Topping:*

1/3 cup of cashew, almond, or coconut flour  
2/3 cup of coconut sugar  
1/8 teaspoon of Himalayan Sea Salt  
2 tablespoon of melted coconut oil or grass-fed butter  
1/2 cup of chopped pecans  
dash of cinnamon

### *Instructions:*

Preheat oven to 350 degrees.

Place sweet potatoes in a Dutch oven and cover with water. Bring to a boil  
Reduce heat and simmer for about 20 - 25 minutes or until tender; drain.

Let them cool for about 5 minutes.

Place potatoes in a large bowl and add sugar, milk, coconut oil, sea salt, and vanilla. Beat with mixer or by hand until smooth. Add eggs and beat well.

Pour the smooth potato mixture into a 13X9 inch baking pan coated with oil.

Prepare the topping by combining flour, sugar and sea salt and stir with a whisk.  
Stir in the melted coconut oil.

Sprinkle the flour mixture evenly over the potato mixture and arrange the pecans evenly over the top.

Bake at 350 degrees for about 25 minutes or until golden.

Remove casserole from oven and preheat broiler.

Place it back in the oven and broil the casserole for about 45 -60 seconds or until the topping is bubbly. Let stand for about 10 minutes before serving and enjoy!!





## Pumpkin Pie

*Ingredients- pie crust:*

1 cup super fine almond flour  
2 Tbsp. powdered swerve  
¼ cup coconut oil

*Ingredients - filling:*

3 eggs  
½ cup almond milk  
2/3 cup powdered swerve or low carb sweetener of choice  
15 ounces canned pumpkin puree  
1 ½ tsp. pumpkin pie spice  
1 tsp. vanilla extract

*Instructions - pie crust*

Preheat oven to 350F.

In a small bowl mix almond flour and powdered swerve.

Pour in melted coconut oil and mix well until you get a crumbly mixture.

Place the mixture into a 9 inch shallow pie pan and use your finger to pat the pie crust evenly into the bottom and then work your way up the sides.

Once the mixture is evenly spread through the pan, use a fork to prick the bottom of the crust.



### *Instructions - pie filling:*

Whisk the 3 eggs, then add milk, swerve, pumpkin puree, pumpkin pie spice, vanilla extract and whisk it all together.

Pour into formed pie crust. Bake at 350 F for 40-50 minutes (the center may be a bit jiggly)

Cover the sides with foil if the sides of the crust start to brown too much.

Chill for 6-8 hours and serve with whipped topping.

### *Optional*

### *Ingredients- Whipped Topping*

2 coconut milk cans

1/2 tsp. liquid stevia more or less to taste

1 tsp. pure vanilla extract

### *Instructions:*

Refrigerate coconut milk 24 hours while still in the can.

Turn can upside down and open from the bottom using a can opener.

Pour off liquid completely and save coconut liquid for smoothies.

Place solid coconut milk in a medium mixing bowl and beat with an electric mixer on medium-high speed until thick and creamy.

Add stevia and vanilla, continue beating 2 minutes.

Store whipped topping in the refrigerator until ready to serve.



**Green Salad**



### *Ingredients:*

1 pound of organic baby spring mix  
1-2 stalks celery  
1 whole carrot  
1 cucumber  
2 broccoli head  
1 bell pepper  
2-4 tablespoons of chia seeds  
2-4 tablespoons of unsweetened Coconut flakes  
12 grape tomatoes  
1 avocado sliced

Mix all ingredients together.

Drizzle 2 tablespoons of olive oil or avocado oil, juice of 1 lemon and 1-2 tablespoons of balsamic vinegar to individual salad.

Optional add ½ cup of sliced strawberries or blueberries and/or 1 tablespoon of nuts or seeds.

# THANKSGIVING HACKS

- Eat breakfast at 2-4 hours after waking up
- Eat protein for breakfast not carbs (eggs and bacon or sausage is an ideal choice)
- If you are fat adapted and have practiced intermittent fasting, OMAD may be ideal for today
- Resume your daily fitness routine
- Stay hydrated (we tend to drink less water during the cooler months)
- Take digestive enzymes and HCL.
- Eat slowly, mindfully and enjoy friends and family
- Go for a 20-30 minute walk within 10 minutes of finishing dinner
- Wait at least 1 hour before you choose to mindfully indulge in dessert



# Grocery Shopping List

## **PRODUCE**

10 cremini mushrooms  
2 lbs. sweet potatoes  
1 bunch celery  
2 medium onions  
1 (12 ounce) bag fresh cranberries  
3 large oranges  
1 lb. fresh green beans  
2 heads garlic  
1 medium head of cauliflower  
1 avocado  
12 grapes tomatoes  
1 cucumber  
1 lb. organic baby spray mix  
1 whole carrot  
2 broccoli heads  
1 bell pepper  
1 bunch fresh chives

## **BULK**

1 c. almonds  
1 c. pecans  
1 c. dried cranberries  
4 c. almond flour  
1 c. coconut sugar  
1 c. powdered swerve  
4 Tbsp. chia seeds  
4 Tbsp. unsweetened coconut flakes

## **MEAT**

1 15-20 lb. turkey  
4 bacon strips

## **BREADS**

1 loaf gluten free



## **CANNED**

15 oz can unsweetened pumpkin puree  
4 cups chicken broth  
3/4 cup raw honey  
1 jar coconut oil  
3 - 14 oz. can coconut milk

## **DAIRY/EGGS**

1 carton eggs  
1 carton unsweetened almond milk  
1 stick of grass fed butter

NOTE: This grocery list includes everything you'll need to make the recipes EXCEPT for basic pantry staples, including olive oil, dried thyme, dried rosemary, ground cinnamon, vanilla extract and pumpkin spice seasoning blend (nutmeg, cloves, allspice and ginger).