



# Healthy Thanksgiving Menu

BY 3X WEIGHT LOSS



# Welcome!

If you're anything like me you absolutely LOVE spending Thanksgiving day cooking with friends and family and enjoying the comfort food ALL DAY LONG!

However, you probably don't enjoy the aftermath "food-coma" that comes with it leaving you feeling tired, lethargic and plump!

So I wanted to create a Thanksgiving menu that was healthy and delicious where you could still enjoy a traditional-style Thanksgiving dinner without overdoing it on the sugar and carbs.

In the following pages, you will find some of my favorite healthy Thanksgiving recipes. Enjoy!



# Main Dish

## Garlic Butter Roasted Turkey

### Ingredients

*2 gallons of Water*

*2 1/2 cups Kosher salt*

*12 lb Whole turkey*

*1/2 cup Butter*

*1 tbsp Sage (chopped finely)*

*1 tbsp Rosemary (chopped finely)*

*1 tbsp Thyme (leaves only)*

*4 cloves Garlic (minced)*

*1 tsp Lemon zest*

*1/2 tbsp Sea salt*

*1/2 tsp Black pepper*



Recipe Credit: <https://www.wholesomeyum.com/easy-garlic-butter-herb-roasted-turkey-recipe/>



# Directions

*In a large stock pot large enough to fit the turkey, stir together 2 gallons (7.5 L) of water and 2 1/2 cups (128 g) kosher salt. Submerge the turkey in the brine. Refrigerate for 10 to 12 hours.*

*When the turkey is done brining, drain the water and pat dry. Place the turkey onto a roasting pan with a roasting rack.*

*Position the oven rack on a low position, so that there is enough room for the turkey. The top of the turkey should end up just slightly higher than the middle when placed in the oven later. Preheat the oven to 350 degrees F (177 degrees F).*

*In a small bowl, mash together the softened butter, sage, rosemary, thyme, minced garlic, lemon zest, sea salt and black pepper.*

*Use your hands under the skin of the turkey to separate the skin from the meat underneath. (Be careful not to tear the skin.)*

*Spread half of the butter all over the turkey underneath the skin. Spread the other half over the skin all over.*

*Check the chart above for the amount of time to roast without foil and the remaining time with foil. For a 12 lb turkey, that's 45 minutes uncovered followed by about 2 1/4 hours covered. To cover, tent the top of the turkey with foil, shiny side out, making sure no turkey is peeking out, and return to the oven.*

*Check that the roasted turkey is done with a meat thermometer - it should read 165 degrees for the safest option. For the most juicy turkey, aim for 150-155 degrees, and then cover in foil immediately after removing from the oven. Let the turkey rest, covered in foil, for about 20 minutes to come up to 165 to 170 degrees before serving.*



# Main Dish

## Spiralized Ham

*Simply follow the direction on the package of the ham that you purchased.*





# ***Fresh Cranberry Sauce (Sugar-Free)***

*Serves 6*

## **Ingredients**

12 oz Fresh Cranberries

1 cup Powdered erythritol (I use this one from Amazon)

3/4 cup Water

1 tsp Orange zest

1/2 tsp Vanilla extract

## **Directions**

Combine the cranberries, water, erythritol, and orange zest in a medium saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for 10-15 minutes, until the cranberries pop and a sauce forms.

Remove from heat. Stir in the vanilla extract.



Recipe Credit: <https://www.wholesomeyum.com/recipes/4-ingredient-sugar-free-low-carb-cranberry-sauce-paleo-gluten-free/>

# Mashed Cauliflower

*Serves 6*

## Ingredients

2 medium heads cauliflower, florets removed	Freshly ground black pepper
6 oz. cream cheese, softened	Chopped chives, for garnish
1/4 cup heavy whipping cream	Butter, for serving
kosher salt	

## Directions

Bring a large pot of water to a boil. Add cauliflower florets and cook until tender, 10 minutes. Drain well, pressing with paper towels or a clean dish towel to remove as much excess water as possible.

Return to pot and mash cauliflower with a potato masher until smooth and no large chunks remain.

Stir in cream cheese and cream and season with salt and pepper and mash until completely combined and creamy.

Garnish with chives, season with more pepper, and top with a pat of butter.

Recipe Credit: <https://www.delish.com/cooking/recipe-ideas/recipes/a50786/mashed-cauliflower-recipe/>



# Sweet Potato Casserole

*Serves 16*

## Ingredients for Veggies

- 4 cups sweet potatoes or butternut squash (peeled, cubed)
- 1 medium head Cauliflower (chopped into florets)
- 2 tbsp Butter (measured solid, divided into 2 parts, and then melted)
- 1 tsp Cinnamon
- 3/4 tsp Garlic salt
- 1/2 tsp Black pepper
- 4 tsp sweetener of choice (stevia, erythritol, or xylitol)

## Ingredients for Topping

- 2 cups Pecans (divided into 1 1/2 cups and 1/2 cup)
- 1/3 cup sweetener of choice (stevia, erythritol, or xylitol)
- 1 tsp Cinnamon
- 1/8 tsp Garlic salt
- 2 tbsp Butter (measured solid and then melted)

Recipe Credit: <https://www.wholesomeyum.com/recipes/pecan-roasted-better-than-sweet-potato-casserole-low-carb-paleo/>





## Roasting

Preheat the oven to 400 degrees F (204 degrees C). Line two baking sheets with foil (greased lightly) or parchment paper.

In a large bowl, toss together the cubed butternut squash, cauliflower florets, a tablespoon of melted butter, garlic salt, cinnamon, and black pepper.

Arrange the vegetables in a single layer on the lined baking sheets. Roast in the oven for about 30-35 minutes, rotating the pans halfway through, until both are very soft and golden. (If your pans don't fit in the oven side by side, you can try a single larger pan or roast them in batches, but either way make sure veggies are in a single layer.)

## Topping

Meanwhile, pulse 1/2 cup (64 g) pecans in a food processor until a powder forms. (Don't overmix or you'll make nut butter. If there are a few larger pieces left, that's fine.) Chop the remaining 1 1/2 cups (192 g) pecans. Place both in a small bowl.

Add the sweetener, cinnamon, and garlic salt. Stir in the butter until the mixture is crumbly.

## Assembly

When the vegetables are done roasting, remove them from the oven, but don't turn it off.

Puree the veggies in a food processor or high-power blender, until smooth. (You may need to do this in batches if they don't all fit at once). Transfer the puree into a 2 quart (1.9 L) ceramic or glass casserole dish.

Stir the sweetener and remaining tablespoon of melted butter into the puree. Taste and adjust salt and pepper if desired.

Smooth the top with a spoon or spatula. Sprinkle the pecan crumble topping over the casserole.

Roast the casserole in the oven for about 20 minutes, until the top is golden.

# Cheesy Brussels Sprout Casserole

*Serves 6*

## Ingredients

5 slices organic bacon	1/2 tsp. cayenne pepper
3 tbsp. grass-fed butter	3/4 c. heavy cream
2 small shallots, minced	1/2 c. shredded sharp white cheddar
2 lb. Brussels sprouts, halved	1/2 c. shredded Gruyère
sea salt	

## Directions

Preheat oven to 375°. In a large oven-safe skillet over medium heat, cook bacon until crispy, 8 minutes. Drain on a paper towel-lined plate, then chop. Discard bacon fat. Return skillet to medium heat and melt butter. Add shallots and Brussels sprouts and season with salt and cayenne. Cook, stirring occasionally, until soft, about 10 minutes.

Remove from heat and drizzle with heavy cream, then top with both cheeses and bacon. Bake until cheese is bubbly, 12 to 15 minutes. (If your cheese isn't golden, switch oven to broil and broil 1 minute.)

Recipe Credit: <https://www.delish.com/holiday-recipes/thanksgiving/recipes/a44632/cheesy-brussels-sprout-casserole-recipe/>





# Mashed Carrots

*Serves 6*

## Ingredients

2 pounds carrots (about 12 large carrots), peeled  
4 tablespoons butter, or more to taste

1/2 cup chicken stock  
salt and pepper to taste  
2 teaspoons garlic powder

## Directions

Bring a large pot of water to a boil.

Chop the carrots into 1" pieces. Boil in the water for about 15-20 minutes, or until a knife can easily be inserted and removed from the carrots. Drain the water, and add the carrots back to the pot. Add in the butter, chicken stock, salt, pepper and garlic powder. Mash the carrots using a hand masher until evenly mixed. To get the carrots extra smooth, puree the carrots using an immersion blender or food processor. Taste to see if they need more butter or salt. Serve warm.



# Green Bean Casserole

*Serves 6*

## Ingredients

3 cups fresh green beans (sliced into smaller pieces)

2.5 cups button mushrooms (sliced)

2 onions (sliced)

1 garlic cloves (minced)

1/2 cup cream cheese

1/2 cup chicken stock

1/2 cup cheddar (grated)

1/4 tsp nutmeg

to taste salt and ground black pepper

**DIRECTIONS ON NEXT PAGE....**

Recipe Credit: <https://www.livingchirpy.com/the-best-easy-low-carb-keto-green-bean-casserole/>





## Directions:

1. Preheat the oven to 200°C/400°F
2. Boil the green beans in well-salted water until fork tender. Approximately 10 minutes. Drain the water and set aside. (IMPORTANT: The water for boiling the green beans should be WELL salted - think seawater salty).
3. While the green beans boil, sauté the onions, mushrooms, and garlic until caramelized. Season with salt, pepper, and the nutmeg.
4. Add the chicken stock and be sure to scrape all the bits from the bottom of the pan.
5. Add the cream cheese and allow to melt and warm up. Taste test and add salt if needed.
6. Mix in the green beans until everything is evenly combined and transfer everything into a casserole dish.
7. Top with cheddar and pop into the oven until the cheese is melted and bubble. About 10 minutes.

## Tips and Tricks:

For an optional, but delicious topping: Set aside a small handful of your sliced onions and lightly coat them in coconut flour. Add oil to a small pan and fry the onions until golden. Let them sit on a paper towel when you remove them from the oil and lightly salt. Sprinkle these on top of the casserole before serving.

# ***Creamed Spinach & Kale***

*Serves 6*

## **Ingredients**

2 Bags of baby spinach (12 oz)

6 cups baby Kale

1/2 cup softened cream cheese

3 TBSP Butter

1/4 cup Parmesan cheese

Salt and Black pepper to taste

## **DIRECTIONS:**

Melt butter in a saucepan and add in spinach. Stir and cover until it cooks down. Add in kale. Cover until it cooks down with spinach. Add in softened cream cheese and stir until creamy. Add in parmesan and pepper.

when fully cheesy and bubbly...

serve and enjoy!

Recipe Credit: <https://www.youtube.com/watch?v=7rBVTsASmbU>





# ***Pumpkin Cheesecake***

## **Almond Flour Cheesecake Crust**

- 1 1/2 cup Blanched almond flour
- 1/2 cup Vital Proteins Collagen Peptides (or whey protein powder)
- 3 tbsp Erythritol
- 1/3 cup Butter (melted)
- 1 tsp Vanilla extract

## **Pumpkin Cheesecake Filling**

- 24 oz Plain cream cheese (softened)
- 1 cup Pumpkin puree
- 1 1/4 cup Powdered erythritol
- 3 large Eggs (at room temperature)
- 1 tsp Pumpkin pie spice
- 1/2 tsp Cinnamon
- 1 tsp Vanilla extract

Recipe Credit: <https://www.wholesomeyum.com/low-carb-keto-pumpkin-cheesecake-recipe/>



Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 in (23 cm) springform pan with parchment paper. (You can also try greasing well.)

To make the almond flour cheesecake crust, stir the almond flour, collagen or protein powder, and erythritol together.

Whisk together the melted butter and vanilla, then stir into the dry ingredients, pressing with the spoon or spatula, until well combined. The dough will be slightly crumbly.

Press the dough into the bottom of the prepared pan. Prick gently with a fork all over. Bake for about 12-15 minutes, until barely golden. Let cool at least 10 minutes.

Meanwhile, beat the cream cheese and powdered sweetener together at low to medium speed until fluffy. Beat in the pumpkin puree, pumpkin pie spice, cinnamon and vanilla. Beat in the eggs, one at a time. (Keep the mixer at low to medium the whole time; too high speed will introduce too many air bubbles, which we don't want.)

Pour the filling into the pan over the crust. Smooth the top with a spatula. (Use a pastry spatula for a smoother top if you have one that fits into the pan.)

Bake for about 40-50 minutes, until the center is almost set, but still jiggly.

Remove the cheesecake from the oven. If the edges are stuck to the pan, run a knife around the edge. (But, do not remove the springform edge just yet.) Cool the cheesecake in the pan on the counter to room temperature, then refrigerate for at least 4 hours (preferably overnight), until completely set. (Do not try to remove the cake from the pan before chilling.)

Serve with whipped cream and/or a sprinkle of cinnamon.



# *Low Carb Bread For Dinner Rolls*

## **Dry Ingredients:**

- 1 cup almond flour
- 1 cup arrowroot flour
- 1/3 cup coconut flour
- 1 tsp sea salt
- 2 tsp active dry yeast
- 1 ½ tbsp very finely ground chia seed
- 2 tbsp organic psyllium husk powder

## **Wet Ingredients:**

- 1 ¼ cup filtered water
- 2 tsp maple syrup (This is consumed by the yeast, which lowers the glycemic index.)
- 1 egg

Recipe Credit: <https://www.drberg.com/blog/the-healthiest-bread-in-the-world>



## DIRECTIONS:

1. In a large bowl, whisk together the almond flour, arrowroot flour, coconut flour, and sea salt.
2. Heat water to 105-110 °F. Add 2 tsp of maple syrup and stir. Add the yeast and let it stand for 10 minutes. The yeast should bubble or foam. If it doesn't, start all over again.
3. Stir the finely ground chia and psyllium powder into the yeast mixture. Let it stand for 1 minute to thicken, then whisk.
4. Pour thickened yeast-chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute.
5. Put kneaded dough back into the bowl. Cover with a damp cloth and place in a warm spot to rise for one hour.
6. Preheat the oven at 425 °F. Place a pizza stone (or cooking sheet) in oven to preheat.
7. Divide dough into two balls. Place dough balls on a square of parchment paper or a cutting board. Dip your hands in water and shape into nice rounded shapes. Brush with egg wash, if desired. Use a serrated knife to cut a tic-tac-toe pattern on the top.
8. Slide the prepared dough onto the preheated stone or cooking sheet. Bake for 35-40 minutes. PLEASE NOTE – baking time can vary – the measure of doneness is an internal temperature of 205-210 °F.
9. Let it cool completely on a wire rack. (Not allowing the loaf to fully cool before cutting may result in a gummy interior.) When completely cooled, slice and serve or store in an airtight container. To re-crisp crust, toast or reheat at 375 °F for 5-10 minutes.