



Christmas Menu

MAIN

Rosemary & Garlic Roast Beef

SIDES

Brussels Sprouts with Candied Walnuts • Green Bean Casserole
Low-Carb Bread • Baked Stuffing

BEVERAGES

Low-Carb Egg Nog • Low-Carb Ginger Beer

DESSERTS

Chocolate Raspberry Pavlova • Southern Pecan Tassies
Peppermint Brownie Cheesecake



Christmas Dinner Shopping List

ROSEMARY AND GARLIC ROAST BEEF:

3 lbs boneless rib eye roast • 1 bunch fresh rosemary • 20 cloves fresh garlic • olive oil • one stick of butter • 1 quart beef stock • 4 cups mushrooms (a variety of different types works well in this recipe) • salt • pepper

BRUSSELS SPROUTS WITH SAUSAGE AND CANDIED WALNUTS:

3 cups Brussels sprouts • olive oil • 12 oz breakfast sausage • 1/2 to 3/4 cup chopped walnuts • 2 tablespoons fresh cranberries • 2 tablespoons butter • THM Gentle Sweet or stevia • salt • pepper • garlic salt • nutmeg • poultry seasoning

GREEN BEAN CASSEROLE:

4 cups frozen green beans • 0% Greek yogurt • 4 oz shredded cheddar cheese • unsweetened almond milk • oat fiber • salt • pepper • onion powder • Light Rye Wasa crackers (these are not gluten-free!) • grated parmesan cheese • butter

LOW-CARB BREAD:

6 eggs • non-flavored whey protein powder • salt • coconut oil

HEALTHY BAKED STUFFING:

Simple Baked Soda Bread (5 eggs, 0% Greek yogurt, 2 cups THM Baking Blend, salt, baking soda, apple cider vinegar) • 3/4 cup unsalted butter • 2 yellow onions • 1 bunch celery • 1 bunch flat-leaf parsley • fresh sage • fresh rosemary • fresh thyme • salt • pepper • 2 1/2 cups chicken broth • 2 eggs

LOW-CARB EGGNOG:

1/2 pint heavy cream • 2 eggs • 1/4 cup xylitol • stevia extract • nutmeg • vanilla extract • ground cloves • ground cinnamon

LOW-CARB GINGER BEER:

5.3 oz fresh ginger root • 2 lemons • 1/2 cup swerve (can sub other sweetener if needed) • plain sparkling water



Christmas Dinner Shopping List

CHOCOLATE RASPBERRY PAVLOVA:

raspberry curd (1 stick butter, 2 1/2 cups fresh or frozen raspberries, 6 medium egg yolks, 3 1/2 tablespoons low-glycemic sweetener, salt, 1 lemon) • 6 large egg whites • low-carb brown sugar • THM Sweet Blend • vanilla extract • unsweetened cocoa powder

SOUTHERN PECAN TASSIES:

3 oz cream cheese • 1/2 cup butter • THM Baking Blend • 1 egg • 1 egg yolk • 1/2 cup xylitol, powdered • pure stevia extract • salt • blackstrap molasses • vanilla extract • 1/3 cup broken pecans • 24 pecan halves

PEPPERMINT BROWNIE CHEESECAKE:

1/4 cup salted butter • water • creamy peanut butter • three packages plus 1 oz cream cheese • Briana's Baking Mix (whey protein powder, coconut flour, oat fiber, golden flax meal, whey protein powder) • cocoa powder • THM Super Sweet Blend • baking powder • 5 eggs • oat fiber • vanilla extract • peppermint extract • pure stevia extract • 1 egg • 1 egg yolk • 1/2 cup xylitol, powdered • pure stevia extract • 1/2 cup sugar-free peppermints • red food coloring (optional)