

Trim & Delicious Thanksgiving Menu

Roasted Turkey

Mashed Cauliflower

Gravy

Sweet Pumpkin Casserole

Bread Rolls

Green Bean Casserole

Stuffing

"Apple" Crisp

Cranberry Sauce

Pumpkin Bread

Pumpkin Pie

Chocolate Fudge
Crumb Bars

All recipe names on this page are clickable recipe links

Trim and Healthy

Thanksgiving Shopping List

Organized by Recipe

Turkey (S)

Notes: skip the candied ginger and use an on-plan oil

1 (14 to 16 pound) frozen young turkey
1 cup kosher salt
1/2 cup Just Like Brown Sugar (sub for brown sugar)
1 gallon vegetable stock
1 tablespoon black peppercorns
allspice berries
1 gallon heavily iced water
1 red apple
1/2 onion
1 cinnamon stick
water
4 sprigs rosemary
6 leaves sage
On-plan Oil
from Alton Brown

Gravy (S)

1 cup heavy cream
1 cup turkey broth or chicken broth
cooked giblets
cooked aromatics from turkey
butter
xanthan gum

from Caveman Keto

Sprouted Rolls (E)

2 cups water
2 Tbsp butter, softened
1 Tbsp honey
2 tsp salt
4½ cups organic sprouted whole wheat flour
1 Tbsp yeast
from Raising Arrows

Stuffing (S)

1 large head of cauliflower cut into small florets
1 large onion, sliced
1/4 cup thinly chopped celery
2 cloves minced garlic
1/4 cup Olive oil or butter
1/2 tsp Poultry seasoning
1/2 tsp Dried thyme
1/2 tsp Ground sage
1 tsp Sea salt (or less if your poultry seasoning contains salt)
1/4 tsp Black pepper
2 tbs Fresh chopped parsley
1/4 cup chopped pecans
from Wholesome Yum

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Sweet Pumpkin Casserole (S)

1 large (29 oz) can of pumpkin puree
1/4 cup of heavy cream
1 egg
on-plan sweetener
cinnamon
nutmeg
vanilla
2 cups of chopped walnuts or pecans
1/4 cup of THM Gentle Sweet
A sprinkle of cinnamon & nutmeg
1/8 tsp maple flavoring
1/2 cup of butter (unsalted)
salt

from Mrs. Criddle's Kitchen

Cranberry Sauce (FP)

12 oz bag of cranberries
1 cup Trim Healthy Mama Gentle Sweet
1 tsp vanilla
1 tsp cinnamon
from Joy-Filled Eats

Green Bean Casserole (S)

2-3 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

Mashed Cauliflower (S)

1 medium head cauliflower
1/3 cup chicken broth, warmed
2 tablespoons sour cream
salt
pepper
fresh chives

from Paula Deen

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Pumpkin Pie (S)

1 cup Briana's Baking Mix or Baking Blend

¼ cup cold butter

1 egg

salt

1½ tsp. Truvia or THM Gentle Sweet

2 T Greek yogurt

water

1 15. oz. can plain pumpkin puree

¾ cup heavy whipping cream

¼ cup unsweetened almond milk

2 eggs

cinnamon

salt

ginger

cloves

Grandma's molasses

vanilla extract

¼ tsp. + 2 doonks THM Pure Stevia Extract

Powder (a doonk is 1/32 tsp.)

from Briana Thomas

"Apple" Crisp (S)

6 cups peeled and sliced zucchini

3 Tablespoons lemon juice

2/3 cup sweetener

ground cinnamon

ground nutmeg

1/2 cup chopped pecans

1/2 cup almond flour

1/4 cup Baking Blend (sub for oat flour)

1/4 cup erythritol or on-plan sweetener

cinnamon

1/4 cup butter

from Low Carb Yum

Trim and Healthy
Thanksgiving Shopping List
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Pumpkin Bread (S)

3 eggs
1 cup canned pumpkin
1/2 cup liquid coconut oil (I melted mine in the oven)
water
Trim Healthy Mama Baking Blend
baking soda
teaspoon baking powder
teaspoons salt
ground cloves
nutmeg
ginger
allspice
cinnamon
1/2 cup chopped nuts (optional, I usually don't put nuts in)
1/4 - 1/2 cup Lily's stevia sweetened chocolate chips (optional, not pictured)

Chocolate Fudge Crumb Bars (S)

2 cups almond flour
3/4 cup unsweetened shredded coconut
1/2 cup Swerve Sweetener
salt
1/2 cup butter, melted
1 tsp vanilla extract
1 3/4 cup whipping cream
2/3 cup powdered Swerve Sweetener
6 ounces unsweetened chocolate, finely chopped
vanilla extract
xanthan gum

from All Day I Dream About Food