Thanksgiving Menu

ROASTED TURKEY

GREEN BEAN CASSEROLE

[omit French onions]

GRAVY

MASHED CAULIFLOWER

DINNER ROLLS

PUMPKIN PIE

CORNBREAD STUFFING

PUMPKIN BREAD

SWEET PUMPKIN CASSEROLE

ZUCCHINI CRISP

CRANBERRY SAUCE

CHOCOLATE FUDGE CRUMB BARS

Thanksgiving Shopping List

ROASTED TURKEY

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

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

from Caveman Keto

DINNER ROLLS

2 Tbsp. Psyllium Husk Powder

4 large eggs

8 Tbsp. Coconut Flour

1 medium zucchini, finely grated coconut oil (sub for avocado oil)

apple cider vinegar

water

dried basil

baking powder

sea salt

from Healing Gourmet

CORNBREAD STUFFING

1/2 cup coconut flour

Celtic sea salt

baking soda

6 eggs

1/2 cup coconut oil, melted

1 pound ground sausage or bacon

2 cups celery, chopped

1/2 cup onion, chopped

2 cups sliced mushrooms

1 1/4 cups chicken broth poultry seasoning

sage

from Maria Mind Body Health

Thanksgiving Shopping List

SWEET PUMPKIN CASSEROLE

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

1/2 of a 12 oz bag of Ocean Spray Cranberries

2 cups of water

3/4 cups of THM Gentle Sweet

1 tsp of Orange Flavoring

1 1/2 tbsp. Just Gelatin

1 cup of cold water

1/2 of nutmeg

Sprinkle of salt

1 tsp of vanilla

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from Mrs. Criddle's Kitchen

GREEN BEAN CASSEROLE [omit French onions]

2 lbs French Green Beans, ends cut

1 lb sliced baby bella mushrooms

1 Shallot, diced

Ground Nutmeg

1 tablespoon Butter

1 tablespoon Olive Oil

1/2 cup Heavy Cream

1/2 cup Cream Cheese

1/2 cup Parmesan Cheese

Freshly Ground Pepper

from Sugar Free Chic

MASHED CAULIFLOWER

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

from Paula Deen



Thanksgiving Shopping List

PUMPKIN PIE

1 cup Briana's Baking Mix or Baking Blend ¼ cup cold butter

1 egg

salt

11/2 tsp. Truvia or THM Gentle Sweet

2 T Greek yogurt

water

1 15. oz. can plain pumpkin puree

34 cup heavy whipping cream

1/4 cup unsweetened almond milk

2 eggs

cinnamon

salt

ginger

cloves

Grandma's molasses

vanilla extract

1/4 tsp. + 2 doonks THM Pure Stevia Extract

Powder (a doonk is 1/32 tsp.)

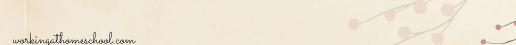
from Briana Thomas

ZUCCHINI CRISP

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 Bend (sub for oat flour)
1/4 cup erythritol or on-plan sweetener
cinnamon

from Low Carb Yum

1/4 cup butter



Thanksgiving Shopping List

PUMPKIN BREAD

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)

from Working at Homeschool

CHOCOLATE FUDGE CRUMB BARS

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

