

Trim and Healthy
Thanksgiving Menu

ROASTED TURKEY

GRAVY

DINNER ROLLS

CORNBREAD STUFFING

SWEET PUMPKIN CASSEROLE

CRANBERRY SAUCE

GREEN BEAN CASSEROLE
(omit French onions)

MASHED CAULIFLOWER

PUMPKIN PIE

PUMPKIN BREAD

ZUCCHINI CRISP

CHOCOLATE FUDGE CRUMB BARS

Trim and Healthy 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

xanthan 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

Trim and Healthy 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

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

Trim and Healthy Thanksgiving Shopping List

PUMPKIN PIE

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
½ 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
1/4 cup butter

from Low Carb Yum

Trim and Healthy 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

