

Thu

Lunch



Cranberry Pumpkin Seed Stuffing



Maple Cranberry Sauce

Snack 2



Roasted Turkey Breast & Carrots



Steamed Green Beans

Dinner



0.5 Mashed Sweet Potatoes

Snack 3



Pomegranate Thyme Mocktail



Pumpkin Pie Tarts with Coconut Whipped Cream

Thu

Fat 40%

Carbs 39%

Protein 21%

Calories	1367
Fat	63g
Polyunsaturated	12g
Monounsaturated	26g
Carbs	136g
Fiber	19g
Sugar	76g
Protein	74g
Cholesterol	247mg
Sodium	1660mg
Potassium	2395mg
Vitamin A	33685IU
Vitamin C	69mg
Calcium	418mg
Iron	12mg
Vitamin D	51IU
Thiamine	0.6mg
Riboflavin	1.9mg
Vitamin B12	3.4µg
Phosphorous	853mg
Magnesium	286mg

Fruits

- 1 1/2 Navel Orange
- 3/4 cup Pomegranate Seeds

Breakfast

- 1 1/16 cups Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/2 cup Cashews
- 1/2 tsp Cinnamon
- 1 1/2 tbsps Poultry Seasoning
- 3 tbsps Pumpkin Seeds
- 1 tbsp Sea Salt

Frozen

- 2 1/4 cups Frozen Cranberries
- 12 Ice Cubes

Vegetables

- 9 Carrot
- 2 1/4 stalks Celery
- 1 1/2 tps Fresh Sage
- 9 cups Green Beans
- 1 1/2 tbsps Rosemary
- 6 Sweet Potato
- 2 1/4 tbsps Thyme
- 43 grams Thyme Sprigs
- 2 Yellow Onion

Boxed & Canned

- 3/4 cup Canned Coconut Milk
- 3/4 cup Vegetable Broth

Baking

- 1 1/4 tbsps Arrowroot Powder
- 1/3 cup Dried Unsweetened Cranberries
- 1 tsp Pumpkin Pie Spice
- 1 1/8 cups Pureed Pumpkin
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 10 1/2 slices Gluten-Free Bread
- 1.5 kilograms Turkey Breast, Skin On

Condiments & Oils

- 2 1/4 tps Avocado Oil
- 2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil

Cold

- 1 1/2 tbsps Butter
- 2 3/4 Egg
- 1 1/2 cups Pomegranate Juice
- 2 2/3 tbsps Unsweetened Almond Milk

Other

- 6 cups Sparkling Water
- 1 3/4 cups Water



Cranberry Pumpkin Seed Stuffing

6 servings

35 minutes

Ingredients

- 2 1/4 tps Avocado Oil
- 1/3 Yellow Onion (diced)
- 2 1/4 stalks Celery (diced)
- 1/3 cup Dried Unsweetened Cranberries
- 10 1/2 slices Gluten-Free Bread (small, cubed or torn)
- 3/4 cup Vegetable Broth
- 2 1/4 Egg (whisked)
- 3 tbsps Pumpkin Seeds
- 1 1/2 tbsps Poultry Seasoning
- 3/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	232
Fat	10g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	30g
Fiber	3g
Sugar	10g
Protein	7g
Cholesterol	70mg
Sodium	639mg
Potassium	174mg
Vitamin A	264IU
Vitamin C	1mg
Calcium	59mg
Iron	2mg
Vitamin D	15IU
Thiamine	0.1mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat the oil in a pan over medium-high heat. Cook the onion, celery, and cranberries for about five minutes. Set aside.
- 3 In a large bowl, combine the bread, broth, and eggs until evenly absorbed. Stir in the pumpkin seeds, poultry seasoning, salt, and cooked veggies. Transfer to a baking dish and bake for 25 minutes, or until golden brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add garlic. Use butter instead of oil.

Riboflavin	0.2mg
Vitamin B12	0.2µg
Phosphorous	127mg
Magnesium	44mg



Maple Cranberry Sauce

6 servings
30 minutes

Ingredients

- 3/4 cup Water
- 3/4 cup Maple Syrup
- 2 1/4 cups Frozen Cranberries (or fresh)

Nutrition

Amount per serving	
Calories	121
Fat	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	31g
Fiber	1g
Sugar	26g
Protein	0g
Cholesterol	0mg
Sodium	6mg
Potassium	115mg
Vitamin A	24IU
Vitamin C	5mg
Calcium	47mg
Iron	0mg
Vitamin D	0IU
Thiamine	0mg
Riboflavin	0.5mg
Vitamin B12	0µg
Phosphorous	5mg
Magnesium	11mg

Directions

- 1 Combine water and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1/4 cup of cranberry sauce.

Leftovers: Refrigerate in an airtight container up to one week or freeze for up to three months.

Serve it With: Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.



Roasted Turkey Breast & Carrots

6 servings
1 hour 5 minutes

Ingredients

1.5 kilograms Turkey Breast, Skin on (bone-in)
1 1/2 Navel Orange (cut into quarters)
1 1/2 Yellow Onion (cut into quarters)
1 1/8 tsp Sea Salt (divided)
1/4 cup Extra Virgin Olive Oil (divided)
1 1/2 tsp Fresh Sage (finely chopped)
1 1/2 tbsps Rosemary (finely chopped)
2 1/4 tbsps Thyme (finely chopped, divided)
1 cup Water
9 Carrot (medium, peeled, roughly chopped)

Nutrition

Amount per serving	
Calories	544
Fat	29g
Polyunsaturated	6g
Monounsaturated	13g
Carbs	16g
Fiber	4g
Sugar	10g
Protein	56g
Cholesterol	157mg
Sodium	688mg
Potassium	1017mg
Vitamin A	15572IU
Vitamin C	28mg
Calcium	90mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 2 Season the turkey breast on all sides with two-thirds of the salt. Place the seasoned turkey breast on top of the orange and onion in the baking dish.
- 3 In a small mixing bowl combine half of the oil with the sage, rosemary and two-thirds of the thyme. Spoon the oil mixture evenly over top of the turkey breast. Add the water to the bottom of the baking dish then bake the turkey breast for 20 minutes.
- 4 Meanwhile, line a baking sheet with parchment paper. Place the carrots on the baking sheet and season with the remaining oil and salt.
- 5 After the turkey has cooked for 20 minutes, reduce the oven to 350°F (176°C). Place the carrots in the oven with the turkey. Continue cooking for 30 to 40 minutes or until the turkey is cooked through, the skin is brown and crispy and the carrots are cooked. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 6 Let the turkey rest for at least 10 minutes before slicing. Season the roasted carrots with the remaining thyme. Divide the turkey and carrots between plates and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 6 oz of cooked turkey and 1 cup of carrots.

Additional Toppings: Spoon pan juices over top of the sliced meat.

No Carrots: Use parsnips or squash instead.

No Water: Use chicken broth instead.

Vitamin D	30IU
Thiamine	0.2mg
Riboflavin	0.5mg
Vitamin B12	3.2µg
Phosphorous	481mg
Magnesium	78mg



Steamed Green Beans

6 servings
10 minutes

Ingredients

9 cups Green Beans (trimmed, fresh or frozen)

Nutrition

Amount per serving	
Calories	47
Fat	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	9mg
Potassium	317mg
Vitamin A	1035IU
Vitamin C	18mg
Calcium	56mg
Iron	2mg
Vitamin D	0IU
Thiamine	0.1mg
Riboflavin	0.2mg
Vitamin B12	0µg
Phosphorous	57mg
Magnesium	38mg

Directions

- 1 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 2 Remove greens beans with a slotted spoon and serve.

Notes

Use a Steamer Basket: Add green beans to the steamer basket and set over a pot of boiling water. Cover and cook for about 5 minutes or until tender.

More Flavor: Toss the beans in butter, coconut oil, or olive oil. Season with your favorite spices.



Mashed Sweet Potatoes

6 servings

30 minutes

Ingredients

- 6 Sweet Potato (medium, peeled, cubed)
- 3/4 tsp Sea Salt (divided)
- 1 1/2 tbsps Butter

Nutrition

Amount per serving	
Calories	137
Fat	3g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	26g
Fiber	4g
Sugar	5g
Protein	2g
Cholesterol	8mg
Sodium	367mg
Potassium	439mg
Vitamin A	18532IU
Vitamin C	3mg
Calcium	40mg
Iron	1mg
Vitamin D	0IU
Thiamine	0.1mg
Riboflavin	0.1mg
Vitamin B12	0µg
Phosphorous	62mg
Magnesium	33mg

Directions

- 1 In a large pot, add the cubed sweet potato, half of the sea salt and enough water to cover the sweet potatoes.
- 2 Bring the potatoes to a simmer over medium-high heat. Reduce the heat and cook the potatoes for eight to ten minutes or until they are fork tender.
- 3 Drain the potatoes and then place them back into the pot. Add the butter and the remaining salt. Mash the potatoes to your desired consistency.
- 4 Transfer the mashed potatoes to a serving bowl then divide onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add garlic, onions, fresh herbs.

Make it Vegan: Omit the butter or use coconut oil or vegan butter instead.



Pomegranate Thyme Mocktail

6 servings

5 minutes

Ingredients

1 1/2 cups Pomegranate Juice
2 tbsps Maple Syrup
12 Ice Cubes (large)
6 cups Sparkling Water
3/4 cup Pomegranate Seeds
43 grams Thyme Sprigs

Nutrition

Amount per serving	
Calories	73
Fat	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	18g
Fiber	2g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	12mg
Potassium	232mg
Vitamin A	337IU
Vitamin C	13mg
Calcium	68mg
Iron	1mg
Vitamin D	0IU
Thiamine	0mg
Riboflavin	0.1mg
Vitamin B12	0µg
Phosphorous	14mg
Magnesium	22mg

Directions

1

Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

More Flavor: Add lime or orange juice.

No Thyme: Use fresh rosemary.



Pumpkin Pie Tarts with Coconut Whipped Cream

6 servings
1 hour 30 minutes

Ingredients

1/2 cup Almonds
1/2 cup Cashews
1/2 Egg
2 tbsps Coconut Oil (melted and divided)
2 1/2 tbsps Maple Syrup (divided)
1/2 tsp Vanilla Extract
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1 1/8 cups Pureed Pumpkin
2 2/3 tbsps Unsweetened Almond Milk
1 1/4 tbsps Arrowroot Powder
1 tsp Pumpkin Pie Spice
3/4 cup Canned Coconut Milk (full fat, refrigerated overnight)

Nutrition

Amount per serving	
Calories	281
Fat	22g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	18g
Fiber	3g
Sugar	8g
Protein	6g
Cholesterol	16mg
Sodium	122mg
Potassium	320mg
Vitamin A	7187IU
Vitamin C	2mg

Directions

- 1 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 2 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 3 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 4 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 5 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 6 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 7 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 8 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 9 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)

Calcium	78mg
Iron	2mg
Vitamin D	6IU
Thiamine	0.1mg
Riboflavin	0.3mg
Vitamin B12	0µg
Phosphorous	138mg
Magnesium	76mg

10

When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder: Use tapioca flour instead.

Homemade Pumpkin Pie Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares: Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.