



Ideal Protein Phase 1 Friendly Thanksgiving Menu

Salad & Dressing

Apple Cider Vinegar

Olive Oil

Fresh Herbs to Taste

Salt & Pepper

Mustard of Choice

Whisk together and top a spinach salad filled with your favorite free veggies!

Lemon Herb Turkey

4 Minced Garlic Cloves

1 tsp Rosemary

1 tsp Thyme

2 Lemons Zested

3 tsp Olive Oil

3 Stalks Celery

1 Whole Turkey

Preheat Oven to 425°

Mix Oil, Herbs, and Lemon Zest

Place turkey in roasting pan and pat dry.

Slice 1 lemon and put in cavity with sprigs of herbs and celery, tie legs together.

Spread herb mixture under skin and roast according to weight.

Mashed Rutabaga

2 lbs Peeled Rutabaga, in Chunks

Cold, Salted Water

3-4 tbsp of Olive Oil

Seasoning

Place peeled and chunked rutabaga in a pan covered in cold salted water.

Simmer until very tender, 30-40 minutes

Drain and return to pan to dry out water, mash, and add oil and seasonings to taste.

The mash will be fibrous.

Stuffing

1 lb Ground Turkey

1/2 cup Diced Celery, Bell Pepper, Mushrooms

1 tbsp Olive Oil

Poultry Seasoning

Salt, Pepper, Seasonings of Choice

Cook ground turkey, add oil, seasonings and veggies, saute until veggies are soft.

Gravy

1 IP Chicken Soup Mix

4 oz Hot Water

Spices to Taste

1 oz Cooked Turkey *(optional)*

Mix all ingredients together and serve!

Dessert

IP chocolate pudding mixed with mint extract

IP double chocolate brownie, warmed and topped with Walden Farms marshmallow cream topping.