



WEIGHT ★ NO ★ MORE DIET CENTER SM



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THANKSGIVING DAY MENU 2009 1-1/2 P, 6-1/2 V, 3-1/2 to 4-1/2 FR, 1/2-1 M, 2 1/2-3 1/2 G, 1 FT

BREAKFAST

- 1 slice lite whole wheat toast, spritzed with *I Can't Believe It's Not Butter!* spray 1/2 G
- 1 egg omelette (or 2-3 egg whites) with 1/2 cup mushrooms 1/2 P, 1 V
- coffee (black, or a "splash" of fat-free milk) or tea (with lemon)

MID-MORNING

- 1 orange 1 FR
- 4 oz. (45 calories) snack pack Dannon Light 'N Fit Yogurt 1/2 M

LUNCH

- 1 cup chopped greens + 1/2 cup chopped tomatoes and cucumbers 1-1/2 V
- Use only fat-free/calorie dressings; minimal calorie salad spritzers; or balsamic vinegar & lemon

DINNER

- 3 oz. **Apple-Shallot Roasted Turkey** (without skin) + 3 TBS **Cider Gravy** 1 P
- 1-1/4 cups **Bold Winter Greens Salad** 2 V, 1/2 FT
- 1/2 cup **Roasted Root Vegetables** 1 V
- 3/4 **Warm Apple-Cabbage Slaw** 1 V, 1/2 FR
- 4 TBS **Gingered Cranberry-Raspberry Relish** 1 FR
- 1/2 cup **Maple-Roasted Sweet Potatoes** 1 G
- 1/2 cup **Bread Stuffing** 1 G
- 4 oz. white or red wine 1 FR

DESSERT: (Choose One)

- 1/9th **Pumpkin Smash** 1 FR
- 1 **Squash Cheesecake Bar** 1/2 M, 1 G, 1/2 FT
- coffee (black, or a "splash" of fat-free milk) or tea (with lemon)

Notes

- Recipes provided are OK for all clients, regardless of Lifestyle. Go back to your regular Lifestyle program after Thanksgiving.
- Drink 3-4 glasses of water at each meal, at least 10-12 over the course of the day..
- If you don't *need* gravy, don't have it! Consider using fat-free Thousand Island dressing on your turkey instead.
- If you don't have the wine, do not replace it with another fruit.
- If you don't have one or the other of Maple-Roasted Sweet Potatoes or Bread Stuffing, do not double up on either.
- If you're having a later dinner (5 or 6 o'clock), it's OK to add one more vegetable serving as a mid-afternoon snack.
- For those on a 3-4 protein program, DO add another protein serving to your day, but DO NOT have 3 proteins at dinner.
- This menu is higher in calories than your regular program, so make sure to measure all your food to have as much control over your holiday eating as possible.
- Speak to your counselor about whether to do 1 or 2 days of Cleansing after the holiday.