



BEYOND SLIM®

HAPPY HOLIDAYS



25 DAYS OF  
THINK T.H.I.N.™ RECIPES

*TOTAL HIGH INTENSITY NUTRITION*







## Seasons Greetings and Happy Holidays to our Beyond Slim® community and your friends, family, and loved ones.

Here at Beyond Slim we understand that the holidays can be a particularly difficult time to maintain and/or lose weight as well as take good care of your health. Like the rest of the year, your team at Beyond Slim is here to fully support your goals with weight loss and to get fitter healthier and happier.

To make your holiday season more enjoyable, your Beyond Slim team has created delicious, nutritious and festive recipes for your holiday meals in order to help you Eat Thin and stay on track with your goals during the holidays. These recipes were created by our own in-house chef, Lee Snideman, who is as passionate about health, nutrition and healthy delicious meals as the rest of us here at Beyond Slim.

Speaking of goals, now is the time to set your weight loss and health goals for the holiday season. Do you want to continue to be fully immersed in your efforts to lose weight and become fitter, healthier and happier? Or will you allow yourself to relax just a bit during the holidays and focus more on maintaining your current weight and, of course, not gaining weight and losing ground? I believe either of these two options is reasonable and each member of our Beyond Slim community can make the choice that's best for you! Either way, we will all be past the Holidays come January 2, 2023, and back to a fully committed program. So keep that in mind as it is just around the corner.

I hope you find these delicious and nutritious recipes as delightful as I do. They will certainly bring a lot of enjoyment to your holiday season and help you stay on track with the program that best suits you. Many of the recipes can be simplified a bit, after the holidays, so that you can continue to enjoy them throughout the year. Remember to keep up with your nine reboot rituals. In fact, I cannot think of a better time to remember to be grateful for all that you have and all that is yet to come. Be good to yourself.

And I wish you all the best during this holiday season.

To your health,

*Dr. Mark Drucker*







# CONTENTS

---

6  
BREAKFAST

14  
SIDES & SALADS

26  
HORS D'E OEUVRES

34  
MAINS

42  
DESSERTS

50  
COCKTAILS

62  
SUBSTITUTIONS

---





# BREAKFAST



# VEGGIE BREAKFAST QUICHE

YIELD: 12

AMOUNT PER SERVING: CALORIES 87 | FAT 6g | CARBOHYDRATES 2.5g | PROTEIN 6g



## INGREDIENTS

1 small basket of mushrooms, diced finely

½-1 small onion, diced finely

1 small pepper (red, yellow, orange or green or a combination thereof)

½ cup cherry or mini heirloom tomatoes cut into small pieces

4-5 artichoke hearts, cut into small pieces

¼ cup broccoli florets, cut into small pieces

Feta, crumbled

Shredded parmesan as garnish

1 tbsp olive oil

Garlic powder, salt and pepper to taste

10 eggs, well beaten

\* Vegetables can be customized to your preference including and or substituting other vegetables.

## INSTRUCTIONS

1. Preheat oven to 350°F
2. Line muffin tin with cupcake liners.
3. Heat oil in a pan, sweat the onions, then add mushrooms and cook until water of mushrooms cooked off.
4. Add vegetables and cook until tender. Season to taste.
5. Portion cooked vegetables into each cupcake evenly.
6. Blend or beat the eggs on high until frothy, about 20 seconds.
7. Pour egg over veggies to fill cupcake liners.
8. Crumble some feta into each egg mix and if so desired sprinkle some parmesan over the tops of the quiche.
9. Bake for 20-25 minutes, testing the center of the quiche to make sure it is fully cooked. Toothpick or fork probed through the center of the quiche should be clean once cooked.
10. Plate, garnish with basil chiffonade or on a bed of greens. Serve and enjoy.



# BUTTERNUT PANCAKES

YIELD: 10

AMOUNT PER SERVING: CALORIES 70 | FAT 1g | CARBOHYDRATES 11.8g | PROTEIN 2g

---

## INGREDIENTS

1 cup butternut, sweet potato or any winter squash varietal, roasted and mashed

1/3 cup greek yogurt

2 large eggs

1/2 tbsp cinnamon

1/2 tsp salt

1 tsp baking powder

1 cup gluten-free all-purpose flour

Avocado oil for frying

For Roasting:

Cinnamon, oil and vanilla extract to season and baste.

Finish with dollop of coconut whipped cream or maple and vanilla Greek yogurt\*

Maple & Vanilla Greek Yogurt

Mix 1/2 cup Greek Yogurt with 1/2-1 tsp Vanilla Essence and drizzle with 1/2-1 tbsp Maple.

---

## INSTRUCTIONS

1. In a large bowl, whisk squash, yogurt, eggs, seasoning and baking powder until smooth.
2. Add flour and stir until just combined. Batter will be thick.
3. Heat the frying pan over medium to low heat. Coat with oil and spoon in pancake batter. Press the pancake mound down a little to soften and cook until golden brown underneath, flip and cook the second side. Monitor heat and adjust accordingly to allow for thorough cooking without burning.
4. If you're concerned that the pancakes are not fully cooked, finish them in the oven for 10 minutes at 250°F.

To Roast Squash:

1. Heat oven to 375°F.
2. Scoop out seeds, cover meat of squash with oil, season with vanilla essence and cinnamon.
3. Bake for 40-50 minutes or until tender.
4. If peeled and chunked, it will likely cook in 25 minutes.





# COLD OVERNIGHT OATS

YIELD: 2

AMOUNT PER SERVING: CALORIES 155 | FAT 4g | CARBOHYDRATES 23g | PROTEIN 3g

## INGREDIENTS

- ¼ cup oats
- ¼ cup almond milk
- ¼ cup pumpkin puree\*
- ¼ tsp vanilla essence
- ¼ tsp pumpkin pie spice
- ¼ tsp cinnamon
- ½ tsp maple syrup
- 1½ tbsp or less cranberries
- 1½ tbsp walnuts

\*2lb Pumpkin, sugar or pie



## INSTRUCTIONS

1. Mix pumpkin puree with vanilla extract and seasoning.
2. In a small mason jar, pour in pumpkin puree mix, cranberries, oats and then maple syrup.
3. Seal and place in the refrigerator for at least 4 hours or overnight.
4. Serve with crushed walnuts and a side of lean protein.

\*Homemade Pumpkin Puree

Yield: 2 cups

1. Heat oven to 400°F
2. Clean the skin of the pumpkin, cut the pumpkin in half and remove and save seeds.
3. Place two pumpkin halves cut side down in a baking dish or baking sheet lined with parchment paper. Roast for 45-60 minutes or until very soft inside.
4. Remove from the oven and allow to cool. Once cooled, remove flesh from skin. Flesh should be soft and easily scraped off, otherwise the pumpkin has not cooked enough.
5. Blend pumpkin flesh until smooth and creamy.
6. Let cool completely before using. Can be stored in an airtight container in the refrigerator for 4-7 days or in the freezer for up to 3 months.

# HOT CROCKPOT OVERNIGHT OATS

YIELD: 4

AMOUNT PER SERVING: CALORIES 171 | FAT 3g | CARBOHYDRATES 37g | PROTEIN 2g



## INGREDIENTS

Oil spray for coating slow cooker

1 cup steel oats

2½ cups water

1½ cups unsweetened almond milk

1 cup pumpkin puree\*

2 tbsp maple syrup

1 tsp vanilla essence

¾ cup dried cranberries

1 tsp pumpkin pie spice

½ tsp cinnamon

¼ tsp salt

Chopped walnuts and additional almond milk for serving

## INSTRUCTIONS

1. Coat your slow cooker with cooking spray or coconut oil.
2. Add all ingredients and set the cooker on low for 6-8 hours.
3. Stir once done to allow for all ingredients to mix.
4. Serve with chopped walnuts and additional almond milk as desired and a lean protein of your choice.
5. Oatmeal can be refrigerated and warmed on stove top with almond milk a day later as needed.



# TOMATO BASIL FETA BREAKFAST BAKE

YIELD: 4 SERVINGS

AMOUNT PER SERVING: CALORIES 244 | FAT 13g | CARBOHYDRATES 6g | PROTEIN 24g

---

## INGREDIENTS

6 whole eggs

2 cups egg whites

1½ cups cherry tomatoes / mini heirloom tomatoes halved

¼ cup feta cheese crumbled

1 garlic clove

Salt / pepper to taste

Garnish:

Basil chiffonade (5-6 large leaves or as desired)

Diced olives or olive tapenade

Guacamole:

1 large avocado

Juice of half a lime

One slice of large red onion diced finely

---

## INSTRUCTIONS

1. Set the oven to 350°.
2. Assemble the guacamole by dicing a slice of red onion finely, mash the avocado, season with the juice of one lime and salt and pepper to taste. Keep the pit of the avocado in the guac mix to preserve freshness and cover for later use.
3. Combine eggs and garlic clove and blend on high for about 30 seconds until eggs become frothy.
4. Sprinkle in seasoning to taste and blend for an additional 15 seconds.
5. Immediately pour egg mix into a parchment lined sheet pan (half baking tray size).
6. Place tomato halves and sprinkle the feta evenly in the egg mix.
7. Sprinkle the basil chiffonade on top of the egg mix.
8. Bake for 15 minutes or until the egg mix has set throughout.
9. Slice and garnish with additional basil, guacamole and olive tapenade.
10. Serve and Enjoy.

This can be made ahead of time, refrigerated and served warm when ready.







# SIDES & SALADS





# BROCCOLI ALMOND CRANBERRY FETA SALAD

YIELD: 6 SERVINGS

AMOUNT PER SERVING: CALORIES 144 | FAT 10g | CARBOHYDRATES 10g | PROTEIN 2g



## INGREDIENTS

- 3 tbsp olive oil
- 2 medium heads broccoli, cut into mini florets
- ¼ tsp salt
- ¼ medium red onion, finely diced
- 1 large red, yellow or orange pepper, diced
- ¼ cup dried cranberries, chopped if large
- ¼ cup sliced almonds
- ¼ cup crumbled feta
- ½ tbsp lemon juice
- 1 tsp balsamic vinegar
- Pepper to taste

## INSTRUCTIONS

1. Heat 2 tbsp oil in a large skillet over medium-high heat.
2. Add Broccoli to pan, season with salt and cook for about 3 minutes, stirring periodically
3. Add red onion to the pan and cook for an additional 2 minutes. Broccoli should cook slightly, browning ok but not to the point of getting mushy.
4. Remove Broccoli and onion from heat and transfer to large bowl.
5. Add red pepper, dried cranberries and almonds to the bowl.
6. In a small bowl, mix lemon juice, balsamic vinegar, olive oil and honey and salt and pepper to taste. Drizzle over salad.
7. Add crumbled feta. Toss and serve.

This salad can also be made with raw or steamed broccoli. If making raw, make sure to cut florets into smaller pieces for edibility. If steaming, steam to al dente and consider prepping an ice bath to stop any carry over cooking and over cooking the broccoli.



# HOT STRAWBERRY SPINACH SALAD

YIELD: 4 SERVINGS

AMOUNT PER SERVING: CALORIES 225 | FAT 18g | CARBOHYDRATES 11g | PROTEIN 5g

---

## INGREDIENTS

1 cup strawberries, thinly sliced

6 oz baby spinach

1 large shallot, minced

2½ tbsp olive oil

2 tbsp balsamic vinegar

1 tbsp honey

Salt to taste

Turkey bacon/ if vegetarian, use smokey almonds chopped as garnish

---

## INSTRUCTIONS

1. On a parchment lined baking sheet, arrange slices of turkey bacon evenly and bake for 10 minutes one side, 5-10 minutes on the other (based on crispness preference) at 400°F.
2. Heat ½ tablespoon oil in a saucepan and cook one slice of turkey bacon in a pan to season oil. Remove bacon.
3. Sweat the minced shallot and salt in the turkey bacon oil (low-medium heat).
4. Add remaining oil, vinegar, honey and stir. Cook for an additional 5 minutes.
5. Remove dressing from heat and add spinach, strawberries and crumbled turkey bacon to the pan. Toss the leaves well to coat. They will wilt slightly. Season lightly with salt.
6. Transfer to a platter and serve immediately.







# ROASTED GARLIC HERB CAULIFLOWER MASH

YIELD: 4 SERVINGS

AMOUNT PER SERVING: CALORIES 66 | FAT 4g | CARBOHYDRATES 7g | PROTEIN 3g

---

## INGREDIENTS

1 whole head cauliflower, separated into florets

1 whole bulb garlic

1 tsp olive oil

1-2 tsp thyme\*

1-2 tsp rosemary\*

¼ - ½ tsp kosher salt

¼ tsp pepper

\* If you have a herb preference, they can be substituted accordingly, just keeping the ratio of herbs to about 2 teaspoons.



---

## INSTRUCTIONS

1. Preheat oven to 400°F
2. Slice about ¼' from the head of the garlic and drizzle olive oil over exposed cloves. Wrap garlic in foil and roast for about 40-50 minutes, until soft. Remove from the oven and cool until you can handle it.
3. At the same time, steam cauliflower florets (1 inch of water in pot with steamer basket of cauliflower above, lid closed) until very tender.
4. Transfer cauliflower to a blender or food processor, squeeze individual garlic cloves from the head of garlic into a blender, add herbs and pulse until mix is lump free and smooth like mashed potatoes.
5. Season to taste with salt and pepper. Garnish with chopped herbs and a drizzle of olive oil.

# GREEN BEAN ORANGE ALMOND GREMOLATA

YIELD: 8 SERVINGS

AMOUNT PER SERVING: CALORIES 60 | FAT 2.3g | CARBOHYDRATES 8.6g | PROTEIN 0.25g



## INGREDIENTS

2 lb green beans  
2 tbsp olive oil  
1 clove garlic, finely chopped  
1 tsp chopped fresh rosemary  
½ cup roasted almonds, roughly chopped  
2 tsp orange zest  
¼ cup flat leaf parsley, chopped  
Salt

## INSTRUCTIONS

1. Bring a pot of water to boil and fill a large bowl with ice water. Add 1 tbsp of salt to boiling water then cook green beans in batches until just tender (about 3-4 minutes). Immediately transfer to iced water to cool, drain and set aside.
2. In a small skillet, heat oil, garlic and rosemary on medium heat until garlic becomes golden (about 2 minutes).
3. Remove oil from heat and toss together with almonds, orange zest and parsley.
4. Sauce can be served over warm or cold beans



# WILD RICE AND CIDER CRANBERRY PILAF

YIELD: 6–8 SERVINGS

AMOUNT PER SERVING: CALORIES 235 | FAT 4g | CARBOHYDRATES 42g | PROTEIN 4g

---

## INGREDIENTS

3 tbsp olive oil  
2 small cinnamon sticks  
2 large cloves of garlic, one smashed and one crushed  
2 cups wild rice blend  
1-1½ cup fresh apple cider  
2½ cups water  
Salt and pepper to taste  
¾ cup dried cranberries  
2 small onions, chopped  
2 tbsp white or red wine vinegar  
½ bunch chopped cilantro (about ¼-½ cup depending on your taste preference)  
4 scallions, chopped

---

## INSTRUCTIONS

1. In a medium saucepan, heat 1 tbsp oil over medium heat. Add cinnamon sticks and smashed garlic and cook until fragrant (about 1-2 minutes).
2. Add rice to saucepan and toss to coat rice.
3. Add 1 cup of apple cider and water, season with salt and pepper. Bring to a boil and reduce to a simmer, cover and cook until rice is tender. Check the rice for about 20 minutes for tenderness. Add Cranberries to the rice mix about 10 minutes before done. Add additional cider if rice is not cooked through and more liquid is needed.
4. While rice is cooking, heat additional oil in a skillet over medium heat. Sweat onions and season with salt and pepper. Stir occasionally to assist in cooking through. Once onions are starting to become golden, add garlic and continue sautéing for an additional 2 minutes.
5. Add vinegar and cilantro to onion mix and remove from heat.
6. Add scallions and onion mixture to rice, toss and season with salt and pepper if need be.
7. Serve hot or cold and enjoy.





# CINNAMON ROAST SWEET POTATO, BEET AND AVOCADO SALAD

YIELD: 8 SERVINGS

AMOUNT PER SERVING: CALORIES 205 | FAT 18g | CARBOHYDRATES 11.6g | PROTEIN 1.1g

## INGREDIENTS

4 cups arugula

2 cups cubed pumpkin or sweet potato (diced into cubes 1" or smaller)

Cinnamon to taste

½ tbsp maple syrup

1 tbsp avocado or coconut oil

2 slices red onion finely chopped

1 avocado sliced or cubed

¾ cup diced beets

Toasted Pumpkin Seeds—about ¾ cup or whatever yields from small pumpkin pie sized pumpkin (recipe below)



## INSTRUCTIONS

Pumpkin Seeds:

1. set the oven to 215°F.
2. line a sheet pan with parchment paper.
3. clean pumpkin debris off pumpkin seeds, pat dry and spread evenly on sheet pan.
4. sprinkle cinnamon generously over the pumpkin seeds.
5. toss the pumpkin seeds with avocado or coconut oil as needed, just enough to coat the seeds but not drench them completely.
6. Toast in the oven for about 20 minutes or until crisp, tossing midway to allow for even toasting.
7. Once cooled, set aside in an airtight container until ready to serve.

Roasted Sweet Potato:

1. Set oven to 375°F.
2. peel skin and cube sweet potato or pumpkin.
3. in a small bowl, season with cinnamon, maple if desired, and avocado oil.
4. Line the baking tray with parchment paper and spread sweet potato or pumpkin cubes evenly on the tray.
5. roast for about 30 minutes, or until tender but not completely soft. The pumpkin or potato should be able to hold its form.
6. Allow to cool before using in the salad.

Salad:

1. toss together arugula, red onion, beets, avocado cubes, sweet potato or pumpkin and dressing.
2. Plate and garnish with roasted pumpkin seeds.

Serving suggestion:

Serve with favorite lean protein such as barbequed Chicken breasts as featured in Lime Avocado BBQ Chicken Recipe.



# CRANBERRY THYME VINAIGRETTE

## INGREDIENTS

- 1 shallot, peeled, cored, quartered
- ½ cup fresh cranberries
- ¼ cup extra virgin olive oil
- ¼ cup walnut or avocado oil
- 2 tsp Red wine vinegar
- 1 tsp chopped fresh thyme
- 1 tsp agave or honey
- ½ tsp salt
- ¼ tsp freshly ground pepper

## INSTRUCTIONS

1. Puree ingredients in a blender until smooth.
2. Store in an airtight container in the fridge for up to a week.



# BRUSSELS SPROUTS, APPLE AND POMEGRANATE SALAD

YIELD: 4-6 SERVINGS

AMOUNT PER SERVING: CALORIES 213 | FAT 17g | CARBOHYDRATES 13.8g | PROTEIN 3.3g



## INGREDIENTS

- ½ large red onion
- 2 tbsp red wine vinegar
- 2 tsp ground sumac
- ¼ tsp kosher salt, plus extra for seasoning salad at the end
- 2 cups shredded brussels sprouts
- ½ cup fresh pomegranate seeds (about ½ a large pomegranate should yield this amount)
- ½ large granny smith or honeycrisp apple, unpeeled, cored and diced
- Juice of half a lemon or more to taste
- 1½-2 tbsp honey to taste
- ¼ cup olive oil
- ¾ cup toasted, cooled Walnuts, lightly crushed or coarsely chopped
- Hot smoked paprika or other chile flakes to taste if desired.

## INSTRUCTIONS

1. Combine red onion, vinegar, sumac and ¼ teaspoon kosher salt in a small dish and let rest for at least 15 minutes.
2. Combine all ingredients including red onions and their juice in a medium bowl, season as needed with salt and or chili pepper flake as desired.
3. If not serving immediately, reserve the onion and liquid until ready to serve.







# HORS D'OEUVRES





# CUCUMBER FETA WHIPPED CANAPES WITH BASIL AND SUNDRIED TOMATOES

YIELD: 20-30

SERVING SIZE 20: CALORIES 34 | FAT 2g | CARBOHYDRATES 1g | PROTEIN 1.5g



## INGREDIENTS

- 6 oz feta, crumbled
- 2 oz cream cheese, room temperature
- 2 tbsp lemon juice
- 1 small garlic clove, crushed
- ½ tsp salt
- ¼ tsp black pepper
- ½ cup olive oil
- 2 large cucumbers, sliced
- ½ cup fresh basil
- Sun-dried tomato

## INSTRUCTIONS

1. Place feta and cream cheese in a food processor and pulse until the cheese is mixed. Add 2 tbsp lemon juice, ½ tsp salt and ¼ tsp pepper, slowly add olive oil and process till blended.
2. Place a dollop of feta whip on cucumber slices and top with sundried tomato and basil.
3. Serve chilled.



# ROASTED BUTTERNUT SQUASH AND CRANBERRY RICOTTA

YIELD: ABOUT 10 DEPENDING ON SIZE OF BUTTERNUT SQUASH

AMOUNT PER SERVING: CALORIES 69 | FAT 5.2g | CARBOHYDRATES 3.4g | PROTEIN 3g



## INGREDIENTS

1 large butternut squash, peeled, sliced into 1" rings

8 oz fresh ricotta cheese

2 tbsp extra-virgin olive oil

1 tbsp chopped fresh sage, rosemary or thyme

Salt and pepper

Garnish:

2 tbsp pine nuts;

Cranberry sauce\*

## INSTRUCTIONS

1. Set the oven to 400°F.
2. Place pine nuts in a cast iron skillet over medium-high heat. Toast until fragrant and lightly browned. Transfer to a small bowl and set aside.
3. Line the baking sheet with parchment paper and season both sides of pumpkin rings with olive oil, herbs, salt and pepper to taste.
4. Roast butternut for 10 minutes, rotate pan and roast on the same side for additional 10 minutes, flip and roast for an additional 5 minutes or until tender but not mushy.
5. Remove butternut rings from heat, plate rings, top each ring with a dollop of ricotta and cranberry sauce/ glaze and sprinkle pine nuts.
6. Serve hot and enjoy.



---

## CRANBERRY SAUCE

### INGREDIENTS

¾ cup Swerve

1 cup water

12 oz fresh/ frozen cranberries

several julienned strips of orange peel/ zest

few squeezes of orange juice

---

### INSTRUCTIONS

1. Bring water and Swerve to a boil, add cranberries and zest and return to a boil.
2. Reduce heat and boil gently for 10-14 minutes, stirring occasionally.
3. Add a few squeezes of orange juice.
4. Strain or remove peel and serve as is.



# CRANBERRY SWEET POTATO TURKEY POPPERS

YIELD: 20 POPPERS

SERVING SIZE 2 BALLS: CALORIES 220 | FAT 8.2g | CARBOHYDRATES 26.4g | PROTEIN 12.2g

---

## INGREDIENTS

1 lb ground turkey  
2 cup sweet potato shredded  
1 cup fresh cranberries  
2 tbsp coconut flour  
2 tbsp coconut oil  
2 tsp dried rosemary  
2 tsp fresh or dried sage  
½ cup parsley or cilantro, finely chopped  
Salt and pepper to taste

Cranberry Glaze



## INSTRUCTIONS

1. Preheat Oven to 400°F and line the baking sheet with parchment paper.
2. In a blender, pulse fresh cranberries so they are chopped but not pulped or juiced.
3. Remove cranberries and pat dry with a paper towel to remove excess juice.
4. Combine all of the ingredients in a large bowl and mix well.
5. Roll mix into slightly flattened poppers (about 1" diameter).
6. Place on a baking sheet and bake for 25-28 minutes, flipping halfway through. Internal temperature should read 165°F.
7. Remove from the oven, plate and serve with cranberry glaze.



## CRANBERRY GLAZE

### INGREDIENTS

- 1 cup Swerve
- 2 cup water
- 12 oz fresh/ frozen cranberries
- several julienned strips of orange peel
- few squeezes of orange juice

### INSTRUCTIONS

Cranberry Sauce:

1. Bring 1 cup water and  $\frac{1}{4}$  cup Swerve to a boil, add cranberries and zest and return to a boil.
2. Reduce heat and boil gently for 10-14 minutes, stirring occasionally.
3. Add a few squeezes of orange juice.

Glaze:

1. Strain cranberry sauce and return to the saucepan. Add one cup of water and remaining Swerve, bring to a boil and reduce to low heat in order to create your glaze. Allow sauce to reduce until it meets your desired consistency.



# SCALLION TURKEY MEATBALLS WITH COCONUT AMINO GINGER GLAZE

YIELD: ABOUT 24 TABLESPOON SIZED BALLS

SERVING SIZE 4: CALORIES 258 | FAT 17.5g | CARBOHYDRATES 1g | PROTEIN 23g

## INGREDIENTS

### Sauce:

- ½ cup Swerve
- ½ cup water
- 1 cup coconut aminos
- ¼ cup ginger peeled, chopped
- 1 tsp ground coriander
- 4 whole black peppercorns
- ¼ tsp Salt to taste

### Meatballs:

- 1 pound ground turkey
- 4 large or 6 small scallions finely chopped, saving a few greens as garnish
- ¾ cup cilantro finely chopped
- 1 large egg
- 2 tbsp toasted sesame oil
- 2 tbsp coconut aminos
- Freshly ground pepper
- 1 large clove of crushed garlic
- Avocado oil to fry or baste for baking in the oven

## INSTRUCTIONS

### Sauce:

Sauce takes a while to reduce so prepare ahead of the meatballs.

1. Bring the Swerve and water to a boil in a small saucepan over medium-high heat and stir until the Swerve dissolved.
2. reduce heat to medium low and add coconut amino, ginger, coriander and peppercorns. Allow to simmer, stirring occasionally, until reduced by half or reached the desired thickness of a syrupy mixture.
3. Once reduced, pour through a sieve to strain.

### Meatballs:

1. Mix turkey, crushed garlic, scallions, cilantro, egg, sesame oil, coconut amino and crushed black pepper in a bowl.
2. Mixture is very wet, so as best as possible “roll” meat mix into similar sized balls. These are hors d’oeuvres portions so no bigger than tablespoon sized.
3. If baking, drop the meatballs evenly on a parchment lined sheet pan, spray with avocado oil spray and bake at 375°F for about 15 minutes, flipping them over half way.
4. If frying, heat avocado oil in a pan and sear each side of the meatball until it has form, drain on a piece of paper towel and finish cooking in the oven as needed (about 3 minutes). Note: regardless of preferred cooking method, if unsure as to whether it is fully cooked or not, test one of the meatballs and determine from there. Meat should be cooked, but not dried out.
5. Plate the meatballs with toothpicks or mini forks, sprinkle extra scallion greens as garnish and drizzle sauce atop.
6. Serve and enjoy.







# MAINS



# LEMON ROSEMARY ROAST CHICKEN WITH BROCCOLINI

YIELD: 6–8 SERVINGS

AMOUNT PER SERVING: CALORIES 233 | FAT 17g | CARBOHYDRATES 4g | PROTEIN 17g



## INGREDIENTS

- 1 medium–large whole chicken, bone in, skin on
- 2 tbsp flat leaf parsley, chopped
- 2 tbsp fresh rosemary
- 1 large garlic clove, crushed
- 2 tsp dijon mustard
- 3 tbsp extra virgin olive oil
- Salt and pepper to taste
- 1 lemon sliced thinly
- 2 bunches broccolini (about 1 lb)
- 1 red onion cut into wedges

## INSTRUCTIONS

1. Preheat the oven to 435°F.
2. Combine parsley, rosemary, garlic, Dijon and 1 tablespoon oil in a bowl. Season with salt and pepper.
3. Place lemon slices and  $\frac{3}{4}$  of the rosemary mix under the skin.
4. Rub remaining rosemary mix over the skin of the chicken.
5. Roast for 30-45 minutes, rotating chicken every 15 minutes and basting with any liquid in the base of the sheet pan. If chicken skin browning too rapidly, place tinfoil sheet over the top of the roast.
6. Toss broccolini, lemon slices and onion wedges in remaining oil and spread around the chicken. Season with salt and pepper and continue cooking for additional 12-14 minutes or until chicken reaches an internal temperature of 165°F.



# SLOW COOKER ROAST BEEF

YIELD: 4 SERVINGS

AMOUNT PER SERVING: CALORIES 326.5 | FAT 3g | CARBOHYDRATES 18g | PROTEIN 49g

## INGREDIENTS

2 pound london broil  
3 tbsp olive oil or avocado oil  
1 small onion, sliced  
1 small bag of baby carrots or 5 regular carrots chopped\*  
1 cup beef broth  
½ cup balsamic vinegar  
½ cup smoky coconut amino  
5 tbsp honey  
2 cloves garlic, crushed  
1 medium sprig of rosemary plus extra for garnish  
1 tsp oregano  
1 tsp thyme  
Salt and pepper to taste  
3-4 bay leaves

\* If so inclined, you could boil an additional half small pack of colored carrots and add at the end as garnish to make the dish pop a little more.



## INSTRUCTIONS

1. Combine salt, pepper, oregano, thyme.
2. Season both sides of meat well. If there is remaining seasoning, it will be used in the onion mix below.
3. Heat pan with oil and brown both sides of beef. This is a quick sear not a cook, so high heat about 2 minutes per side.
4. Place bay leaves in a crock pot, and place beef atop the leaves.
5. In the same pan, sauté onions, then add garlic and remaining seasoning. Reduce heat.
6. Combine beef broth, balsamic vinegar, coconut aminos, honey and add to onion mix. Stir and combine briefly then remove from heat.
7. Place carrots and rosemary sprig over meat then pour sauce over the meat.
8. Set the crockpot on low for 6-8 hours or until fork tender.
9. If wanting to slice, meat should be cooled, sliced and returned to sauce to be heated when ready to serve. Alternatively you can pull apart with two forks.
10. Gravy can be made by removing meat and blended or serve as is.
11. Garnish with boiled carrots if preferred and a sprig of rosemary.

# SWEET AND SMOKEY CEDAR-PLANK SALMON

YIELD: 5 SERVINGS

AMOUNT PER SERVING: CALORIES 316 | FAT 14g | CARBOHYDRATES 2g | PROTEIN 46g

---



## INGREDIENTS

- 2½ lb salmon filet
  - 1 tsp grated lemon zest
  - 2 tbsp smoked paprika
  - 2 tbsp Swerve
  - Salt and pepper to taste
  - 1 large cedar plank
- 

## INSTRUCTIONS

1. Soak cedar plank in water for 1-2 hours.
2. Heat grill to medium heat.
3. Combine Swerve, lemon zest, ½ tsp salt, ½ tsp pepper in a bowl.
4. Season salmon with salt and then rub spice mixture over flesh.
5. Place salmon on a soaked plank. If salmon has skin, place skin side down.
6. Grill covered 25-28 minutes for medium doneness. If wild caught salmon, cook to an internal temperature of at least 120°F. If farmed, cook to 125°F.



# GRILLED SALMON ON COCONUT CREAM MUSHROOM SAUCE QUINOA PASTA

YIELD: 6 SERVINGS

AMOUNT PER SERVING: CALORIES 400 | FAT 15g | CARBOHYDRATES 40g | PROTEIN 26g

---

## INGREDIENTS

### Salmon:

- 1¼ pound Salmon, preferably wild caught
- 1 tbsp avocado oil
- Lemon zest from one lemon
- 1 lemon halved
- Salt and pepper to taste
- Garlic seasoning

1 pack quinoa pasta

### Garnish:

- Microgreens
- ¼ cup toasted Almond slices
- ¼ cup chopped dried Cranberries

### Pasta Sauce:

- 1 medium onion, diced finely
  - 1 clove garlic, crushed
  - 10 large mushrooms/ one small-medium punnet of mushrooms, chopped finely
  - Avocado or olive oil
  - ½ -1 tsp dried oregano
  - ½- 1 tsp dried thyme
  - 1 large sprig of fresh rosemary
  - ½ tsp coriander
  - ¼ tsp cumin
  - 1 cup coconut milk
- 

## INSTRUCTIONS

1. Heat oven to 375°F.
2. Place salmon on a foil lined baking sheet, squeeze lemon over salmon filets, season with salt and pepper and baste with avocado or olive oil.
3. In a saucepan, sweat onion in avocado oil over medium high heat before adding chopped garlic and allow to cook for about 2 additional minutes.
4. Add chopped mushrooms to the onion garlic mix, season with coriander, cumin, oregano, thyme, rosemary, salt and pepper. Allow to cook, stirring occasionally to cook through.
5. Place salmon in the oven and bake for 20 minutes or until cooked through (120/125° F internal temperature).
6. While the mushrooms are cooking, prepare the quinoa pasta per packet suggestion.
7. Reduce the temperature of mushroom mix and cover to allow it to cook further. Water of the mushrooms should be cooking off without drying. If mushrooms are cooking too quickly for the pasta, remove from heat and return once pasta is al dente.
8. Once pasta is almost ready, add coconut milk to the mushrooms, stir and taste to adjust seasoning or add more cream if needed.
9. Strain pasta and immediately add sauce to pasta in a large bowl.
10. Using salad tongs, portion about ¾ cup pasta and sauce onto a plate, place salmon on top of pasta.
11. Garnish with microgreens, chopped cranberries, lemon zest and almond slivers.





# BBQ CHICKEN BREAST

YIELD: 2-3 DEPENDING ON SIZE OF CHICKEN BREAST

AMOUNT PER SERVING: CALORIES 214 | FAT 12.5g | CARBOHYDRATES 0g | PROTEIN 26.5g



## INGREDIENTS

2 large chicken breasts, boneless, skinless  
2 tbsp avocado mayonnaise  
1 clove garlic  
Juice from 1 lime  
Salt / pepper to season  
Swerve to season  
Garlic seasoning

## INSTRUCTIONS

1. Slice chicken breast thinly by placing palm on chicken breast and slicing across into even thicknesses. If breasts are particularly thick, try to yield three filets per breast.
2. Prepare marinade by mixing avocado mayo with the juice of one lime and crushed garlic.
3. Massage marinade into chicken and place in an airtight Ziploc container for at least an hour or up to 24 hours.
4. When ready to grill, remove chicken from the fridge and set the grill on high.
5. Sprinkle chicken with seasoning mix (salt, pepper, garlic seasoning and Swerve).
6. Grill chicken breast quickly over high heat until it reaches an internal temperature of 165°.
7. Slice and serve with your favorite side salad or vegetable dish. We recommend serving over the arugula, beet, avocado salad with cranberry vinaigrette.







# DESSERTS

# BUTTERNUT LATKES

YIELD: 10–20 DEPENDING ON SIZE

AMOUNT PER SERVING: CALORIES 154 | FAT 7g | CARBOHYDRATES 24g | PROTEIN 2g



## INGREDIENTS

6 cup butternut squash, spiralized or grated

2 tbsp olive oil

¼ cup tapioca or arrowroot flour

If making savory latkes, season with:

1½ tsp garlic powder

Garnish:

½ tsp onion powder

Greek yogurt

¾ tsp salt

Chives

If making sweet latkes, season with:

3 tsp cinnamon

Garnish:

1 tbsp Swerve  
or preferred sugar

Greek yogurt

Berries

Pinch of salt

Maple syrup

Garnish with dollop of greek yogurt (and drizzle of maple over yogurt if serving as a desert)

Chop in chives or sprinkle with cinnamon, berries and maple accordingly

## INSTRUCTIONS

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Spiralize the neck of one large butternut and place in a large bowl with oil, flour and seasoning. Using your hands, combine ingredients.
3. Form mixture into small latkes, about 2-3 inches wide and place on a parchment lined baking sheet. Press each latke down to flatten slightly. As the latkes bake they will stick together.
4. Spray latkes with oil spray before placing them in the oven.
5. Bake on the lowest rack of the oven for about 25 minutes, flipping over at the 18 minute mark.
6. Garnish with your choice of garnish.



# MILLIONAIRE SHORTBREAD BAR

YIELD: 20 SERVINGS

SERVING SIZE 1 BAR: CALORIES 195 | FAT 10.6g | CARBOHYDRATES 24g | PROTEIN 2g



## INGREDIENTS

### Shortbread:

- 1¼ cup coconut flour
- ¾ cup maple syrup
- ½ cup coconut oil, melted
- ½ tsp vanilla extract
- ¼ tsp salt

### Caramel:

- 1 cup pitted dates
- 2 tbsp almond butter
- ¼ cup coconut milk
- ¼ cup maple syrup
- 1 pinch salt
- 1 tsp vanilla extract

### Chocolate:

- 1 cup dark chocolate chips
- 3 tbsp coconut oil
- 1 pinch salt

## INSTRUCTIONS

### Shortbread Layer:

1. Mix together coconut flour, maple, melted coconut oil, vanilla extract and salt.
2. Spread mixture onto parchment lined cookie tray and place in refrigerator for about 15 minutes while preparing next later.

### Caramel Layer:

1. Blend pitted dates, almond butter, salt, maple syrup, coconut milk and vanilla on high.
2. Spread mixture atop chilled shortbread layer and refrigerate for additional 15 minutes.

### Chocolate Layer:

1. Create a double boiler (Fill a small pot ¼ full with water, bring to a boil then reduce to a simmer. Place a heat resistant bowl on top of the pot).
2. Melt together chocolate chips, coconut oil, and sea salt.
3. Remove from heat and allow to cool for about 5 minutes before spreading atop the caramel layer.
4. Return the tray to the refrigerator and cool for an additional 20-30 minutes.
5. Remove the bars by sliding parchment paper and mix off the tray. Cut into serving sizes bars, serve and enjoy.

# PUMPKIN CHEESECAKE WHITE CHOCOLATE HOLIDAY BOMB

YIELD: 12 SERVINGS

AMOUNT PER SERVING: CALORIES 176 | FAT 15g | CARBOHYDRATES 9g | PROTEIN 3g

---

## INGREDIENTS

8 oz cream cheese, softened

1½ tbsp pumpkin puree

½ cup premade or homemade mixed nut butter at room temperature \*

2 tbsp maple syrup if using unsweetened chocolate

3 oz sugar-free chocolate/chocolate chips

Chopped dried cranberries

Several sprigs of fresh mint as garnish

\* Homemade Holiday Nut Butter:

2 tbsp almonds

2 tbsp pecans

2 tbsp walnuts

2 tbsp pumpkin puree

Blend ingredients to smooth consistency. Store in an airtight container in the fridge until ready to use.



---

## INSTRUCTIONS

1. Combine softened cream cheese, pumpkin puree, nut butter and maple, stir until thoroughly mixed and very smooth.
2. Scoop golf-sized or smaller balls of the mix and form into balls.
3. Shave or crush the white chocolate chips and combine with chopped dried cranberries.
4. Roll the cheesecake balls into the chocolate and cranberry mix.
5. Arrange on a parchment lined sheet and freeze for 2 hours or until solid.
6. When ready to serve, remove from the freezer, plate and garnish with mint sprigs.



# PUMPKIN PIE BARS

YIELD: 10

AMOUNT PER SERVING: CALORIES 252 | FAT 13g | CARBOHYDRATES 32g | PROTEIN 5g

---

## INGREDIENTS

### Crust

- ¼ cup ghee or grass fed butter, melted and cooled
- 1 egg
- ½ cup coconut sugar
- 1 cup almond flour
- 1 tbsp tapioca flour
- 1 tsp vanilla extract
- ¼ tsp cinnamon
- ⅛ tsp salt

### Filling

- 15 oz pumpkin puree
- 2 large eggs
- ½ cup maple syrup
- ¼ cup coconut sugar
- 2 tsp vanilla extract
- 1½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ground ginger
- ¼ tsp allspice

Garnish with coconut cream, mint sprig and or fresh berries.

---

## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Line 8x3 pan with parchment paper
3. Mix all crust ingredients to form smooth dough.
4. Spread dough onto pan and bake for 10 minutes.
5. Remove crust and allow to cool while preparing filling.
6. In a large bowl, whisk filling ingredients until smooth. Pour onto par-baked crust and bake for 40-45 minutes or until no longer jiggly.
7. Cool completely and cover with plastic wrap allowing wrap to touch the top of the pie bars and seal completely.
8. Place in the refrigerator for 7-8 hours or overnight.
9. Can be stored for up to 1 week in the refrigerator.





# CHOCOLATE PEPPERMINT TRUFFLE

YIELD: 16 SERVINGS

SERVING SIZE 2 TRUFFLES: CALORIES 92 | FAT 5g | CARBOHYDRATES 12g | PROTEIN 1g



## INGREDIENTS

1½ cup dark or semi-sweet chocolate chips  
6 tbsp full fat coconut milk, canned not boxed  
1½ tsp peppermint extract  
¼ cup cacao powder  
Freeze dried raspberries, crushed  
Fresh mint sprigs

## INSTRUCTIONS

1. Create a double boiler (Fill a small pot ¼ full with water, bring to a boil then reduce to a simmer. Place a heat resistant bowl on top of the pot).
2. Heat coconut milk in a bowl for 2-3 minutes until warm.
3. Add chocolate chips and stir until mixture is smooth and silky.
4. Remove from the double boiler and stir in peppermint extract.
5. Place the mix in the fridge and allow it to cool for about 2 hours.
6. Scoop out the ganache with a small scoop and gently roll into a ball.
7. Immediately roll balls in cacao powder and freeze dried raspberries atop. Set on a plate.
8. Return to the fridge for about 15 minutes to firm. Serve and enjoy.

Can be stored in the refrigerator for up to two weeks.







# COCKTAILS

# SKINNY SPIKED EGGNOG

YIELD: 7 SERVINGS

AMOUNT PER SERVING: CALORIES 70 | FAT 3g | CARBOHYDRATES 4g | PROTEIN 2.4g



## INGREDIENTS

3 cups almond milk or 1% fat milk

1 vanilla bean

2 large eggs

1/3 cup Swerve or preferred sugar substitute

1 tsp arrowroot starch

Optional: spiced rum / bourbon for an extra kick

Garnish:

Freshly grated nutmeg

## INSTRUCTIONS

1. Heat 2½ cups of almond milk in a medium saucepan.
2. Split vanilla bean lengthwise and scrape out seeds. Add seeds and pod to saucepan and simmer over medium heat.
3. In a large bowl, whisk eggs, sugar substitute and arrowroot until it turns yellow.
4. Temper the eggs by gradually pouring hot milk into egg mixture, whisking continuously to avoid scrambling your eggs.
5. Return mix to pan.
6. Place over medium heat, stirring constantly until eggnog begins to thicken (about 6-7 minutes).
7. Remove from heat and immediately stir in remaining ½ cup milk to cease cooking.
8. Remove vanilla pod, allow to cool briefly before serving. Arrowroot does not hold as long as cornstarch therefore you'd need to serve immediately.
9. Add Bourbon or spiced rum if desired and garnish with nutmeg.



# THE GINGER SNAP

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 153 | FAT 0g | CARBOHYDRATES 8g | PROTEIN 0g

---

## INGREDIENTS

2 oz Vodka (plain or flavored)

1 pc ginger

4 sage leaves

.75 oz fresh lemon juice

2 oz soda water



## INSTRUCTIONS

1. Muddle ginger and sage in a mixing tin.
2. Add lemon juice and vodka.
3. Add ice and shake.
4. Strain, pour into glass and top with soda water.
5. Garnish with sage leaf.

# JALAPEÑO INFUSED MARGARITA

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 114 | FAT 0g | CARBOHYDRATES 8g | PROTEIN 0g

---



## INGREDIENTS

jalapeño, sliced in rings for garnish and one sliced in half for infusion

½ cup Swerve

½ cup water

2 oz lime juice from freshly squeezed limes

1.5 oz Tequila/ Mezcal

## INSTRUCTIONS

1. Make your simple syrup by steeping jalapeño in a Swerve and water mix. Dissolve Swerve in equal parts boiling water over medium heat, stirring occasionally.
2. Once dissolved, remove from heat and pour into a glass jar with a lid. Can keep refrigerated for up to one month
3. Add lime juice, tequila, simple syrup to taste and ice to shaker. Shake vigorously and pour over ice in a salt rimmed glass.
4. Garnish with jalapeño rings and or lime wedge.



# WHITE WINE SPRITZER

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 144 | FAT 0g | CARBOHYDRATES 6g | PROTEIN 0g

---



## INGREDIENTS

¾ cup white wine, very chilled

¼ cup sparkling water, very chilled

Garnish:

Lemon, orange or grapefruit rind  
or pomegranate seeds.

---

## INSTRUCTIONS

1. Combine 3 oz white wine with 3 oz sparkling water.
2. Add garnish to the glass or rim of glass and enjoy.

# KOMBUCHA MIMOSA

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 143 | FAT 0g | CARBOHYDRATES 16g | PROTEIN 1g

---



## INGREDIENTS

3 oz Champagne or Prosecco

Juice from ½ freshly squeezed orange

3 oz citrus, ginger or preferred kombucha

1-2 tbsp pomegranate seeds

Garnish with rim of Swerve or coconut sugar and orange peel

## INSTRUCTIONS

1. Place coconut sugar in a small bowl. Wet rim of glass with some orange juice and dip into sugar to coat the rim.
2. Add orange juice and pomegranate seeds to the glass. Then add kombucha.
3. Pour in champagne or prosecco.
4. Garnish with orange peel and an orange slice.



# GIN OR VODKA AND ELDERBERRY KOMBUCHA

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 117 | FAT 0g | CARBOHYDRATES 5g | PROTEIN 0g

---

## INGREDIENTS

1.5 oz gin/vodka

2-4 oz elderberry kombucha, well chilled

Garnish with small rose flower/petals and rosemary sprig.

---

## INSTRUCTIONS

1. Combine gin or vodka with kombucha.
2. Add garnish and enjoy.





---



# HOT DRINKS

# EGGNOG LATTE

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 135

---



## INGREDIENTS

2 shots espresso / ½ cup strong concentrated coffee

¼ cup skinny eggnog  
(recipe featured in cocktail section)

¼ cup almond milk / nonfat milk

Swerve to taste, if needed

Nutmeg

---

## INSTRUCTIONS

1. Brew coffee or espresso.
2. Heat eggnog and combine with milk. Froth together with a frothing wand to combine liquids.
3. Pour coffee into a mug and sweeten as desired. Pour hot eggnog over the top.
4. Sprinkle it with nutmeg and enjoy.



# PUMPKIN SPICE LATTE

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 136

---

## INGREDIENTS

- 1 cup almond milk
- 2 tbsp pumpkin puree
- ¼ tsp pumpkin pie spice
- 1 tsp maple syrup
- ¼ cup espresso (1 large shot)



## INSTRUCTIONS

1. In a saucepan, warm almond milk. Whisk in pumpkin puree, spice and maple syrup until combined. Cook until desired drinking temperature is reached.
2. Make espresso while milk mixture warming.
3. If preferred, you can froth milk mixture further using a cup or electric frother or whisk vigorously in a pan.
4. Pour milk mixture into a cup and top with espresso shot. Stir gently, serve and enjoy.

# LOW CAL PEPPERMINT MOCHA

YIELD: 1 DRINK

AMOUNT PER SERVING: CALORIES 36 | FAT 2g | CARBOHYDRATES 4g | PROTEIN 2g

---



## INGREDIENTS

150 ml almond milk

2 shots espresso

1 tbsp cocoa Powder, unsweetened

3 tbsp Swerve/ preferred sweetener

¼ tsp peppermint extract

¼ tsp vanilla extract

## INSTRUCTIONS

1. In a small saucepan, mix together sweetener and cocoa powder. Add milk and whisk until well combined.
2. Set over medium-high heat on the stove until it reaches a gentle simmer, about 3-5 minutes.
3. Remove from heat and stir in peppermint extract and espresso until combined.
4. Pour into your favorite mug and enjoy.





# SUBSTITUTIONS

# SUBSTITUTION GUIDE FOR SKINNIER HOLIDAY DRINKS

INGREDIENT	LOWER CALORIE SUBSTITUTE
Milk (per 8 oz cup)	
Cows Milk, Full Cream: 149 cal	Cows Milk, Non Fat: 83 cal
Cows Milk, Low Fat: 100 cal	Almond Milk: 30 cal
Oat Milk: 130 cal	Unsweetened Silk Coconut Milk: 45 cal
Rice Milk:	Original Silk Coconut Milk: 80 cal

## Sweeteners

Starbucks- every pump has 20 calories

First prize, skip the pumps and substitute with:

- Stevia
- Swerve
- ¼ pump vs 4 pumps
- matcha green tea powder added to your order- only an additional 25 cal for a pop of sweet.
- Cut the size of your order. Smaller the portion, less sweetener and milk calories.

## Coffee Choices

Latte

Cappuccino, flat white or dry  
Coffee with almond milk and stevia or Swerve or tsp honey

Iced Teas/ Lemonades

Unsweetened Green Tea/ unsweetened tea.