

THANKSGIVING

HOLIDAY MEAL PLAN

FEATURING:
ORANGE CRANBERRY JAM





THANKSGIVING MENU

BREAKFAST:

French Toast Casserole with Date Syrup

DINNER:

Butternut and Brussel Pan Roast

Chopped Veggies

Cranberry Orange Jam

Creamed Kale and Mushrooms

Ezekiel Celery Stuffing

Glazed Thanksgiving Carrots

Green Bean Casserole

Mushroom and Rosemary Gravy

Nutritarian Hummus

Nutritarian Hummus

Nutty Sweet Potato Casserole

Stuffed Butternut Squash

Thanksgiving Mashed Potatoes

DESSERT:

Apple Pecan Bites

Caramel Apple Dip

Oatmeal cookie Dough

Spiced Pumpkin Mousse

Shopping List Notes:

- Arrowroot powder: If you can't find this in your store, corn starch may be used in one of the recipes. Cranberry Jam will need this one though.
- Whole Grain or French Loaf: This is for your French Toast Casserole. Ezekiel bread may be used for this to make it more compliant
- Coconut Cream: Coconut milk can be substituted in most of the recipes, however, one can of coconut cream is necessary for whipped cream for the Pumpkin Mousse. The pumpkin mousse is wonderful without it so if you'd rather not have the whipped topping, you won't need the coconut cream either.

THANKSGIVING MEAL PLAN - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Apples	1
<input type="checkbox"/>	Baby carrots	32 oz
<input type="checkbox"/>	Banana	0.5
<input type="checkbox"/>	Brussel sprouts	16 oz
<input type="checkbox"/>	Butternut squash	2
<input type="checkbox"/>	Carrots	2
<input type="checkbox"/>	Celery	7 stalks
<input type="checkbox"/>	Cranberries	1.25 cup
<input type="checkbox"/>	Cucumber	1
<input type="checkbox"/>	Dates	50
<input type="checkbox"/>	Fresh Dill	3 teaspoons
<input type="checkbox"/>	Fresh thyme	3 teaspoons
<input type="checkbox"/>	Garlic	2 Heads
<input type="checkbox"/>	Ginger	0.25 teaspoons
<input type="checkbox"/>	Green apple	1
<input type="checkbox"/>	Green beans	24 oz
<input type="checkbox"/>	Kale	8 cup
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Minced chives	2 tablespoons
<input type="checkbox"/>	Mushrooms	2.50 cup
<input type="checkbox"/>	Mushrooms	12 oz
<input type="checkbox"/>	Orange	2
<input type="checkbox"/>	Red onion	0.25
<input type="checkbox"/>	Rosemary Sprig	3 inch
<input type="checkbox"/>	Sage leaves	1 teaspoon
<input type="checkbox"/>	Sweet potatoes	3
<input type="checkbox"/>	Tarragon leaves	0.50 teaspoons
<input type="checkbox"/>	Thyme leaves	0.50 teaspoons
<input type="checkbox"/>	Yellow onion	3
<input type="checkbox"/>	Yukon gold potatoes	6

RICE/PASTA

<input type="checkbox"/>	Mixed rice	1 cup
<input type="checkbox"/>	Quinoa	0.50 cup

NUTS/SEEDS

<input type="checkbox"/>	Cashews	1 cup
<input type="checkbox"/>	Chopped raw pecans	4 tablespoons
<input type="checkbox"/>	Pecan	1 cup
<input type="checkbox"/>	Raw walnuts	3 teaspoons
<input type="checkbox"/>	Roasted pecan halves	1 cup
<input type="checkbox"/>	Rolled oats	1 cup
<input type="checkbox"/>	Sunflower seeds	4 tablespoons

BREAD

<input type="checkbox"/>	Ezekiel bread	6 slices
<input type="checkbox"/>	Whole grain or french loaf	1/2 Loaf

BAKING

<input type="checkbox"/>	Almond meal	0.50 cup
<input type="checkbox"/>	Arrowroot powder	4 teaspoons
<input type="checkbox"/>	Coconut oil	3 teaspoons
<input type="checkbox"/>	Ground flaxseed	0.69 cup
<input type="checkbox"/>	Monk fruit powder	2 teaspoons
<input type="checkbox"/>	Unsweetened coconut flakes	0.50 cup

CANNED GOODS

<input type="checkbox"/>	Almond butter	0.50 cup
<input type="checkbox"/>	Coconut cream	2 can
<input type="checkbox"/>	Cooked garbanzo beans	2 cans (15 oz)
<input type="checkbox"/>	Peanut butter	2 tablespoons
<input type="checkbox"/>	Pumpkin puree	1 cup
<input type="checkbox"/>	Vegetable Broth	10.25 cup

FREEZER

<input type="checkbox"/>	Frozen berries	1.50 cup
<input type="checkbox"/>	Frozen Fajita Veggies	4.50 cup
<input type="checkbox"/>	Frozen Mushrooms	1.50 cup

BAKING

<input type="checkbox"/>	Nutritional yeast	.75 teaspoons
--------------------------	-------------------	---------------

DAIRY/JUICE

<input type="checkbox"/>	Coconut milk	0.75 cup
<input type="checkbox"/>	Lite coconut milk	1.42 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Allspice	0.25 teaspoons
<input type="checkbox"/>	Balsamic vinegar	3 teaspoons
<input type="checkbox"/>	Bay leaf	1
<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Celery seed	2 teaspoons
<input type="checkbox"/>	Cinnamon	3.13 teaspoons
<input type="checkbox"/>	Garlic Powder	1 teaspoon
<input type="checkbox"/>	Ground allspice	1 teaspoon
<input type="checkbox"/>	Ground black pepper	1 teaspoon
<input type="checkbox"/>	Ground cinnamon	0.50 teaspoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Liquid aminos	2 tablespoons
<input type="checkbox"/>	Liquid stevia	0.23 teaspoons
<input type="checkbox"/>	Sea salt	1 pinch
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Vanilla	1.50 teaspoons

Breakfast

Vegan French Toast Casserole with Date Syrup

Servings: 6 servings

Ingredients:

French Toast:

1/2 Sprouted Grain or French loaf
4 Dates
1/2 cup water
1/2 cup coconut cream (coconut milk may be used)
2 tablespoons ground flaxseed
1/4 teaspoon vanilla
1/2 teaspoon cinnamon
1/4 teaspoon ground allspice

Date Syrup

3 Dates
1/2 cup water
1/4 teaspoon vanilla
2 tablespoons coconut cream (coconut milk may be used)

Instructions

French Toast:

Into a microwave safe dish, heat 4 dates and 1/2 cup water on high for one minute. Into a blender cup, place date/water mix, coconut cream, ground flaxseed, spices, and vanilla Blend on high until mixture is smooth. The mixture should be thick but pourable (like a heavy syrup). If it's too thick (like a milk shake) add a small amount of water or coconut milk so it pours.

Cut 1/2 loaf into squares and arrange in a baking dish pour date mixture over bread and stir to ensure that bread mixture is well-coated.

Bake at 400 degrees for 10-12 minutes, until the top is toasty.

(Continue on next page)

Date Syrup

Into a microwave safe dish, heat 3 dates and 1/2 cup water on high for one minute. Pour date mixture into a blender cup with remaining syrup ingredients and blend until smooth.

Pour date syrup over french toast and enjoy.

RECIPE NOTES This recipe is on the fringe in terms of a Nutritarian Lifestyle. But depending on the bread that you choose, this could be totally compliant. I'll be honest in saying that a french loaf is delicious for this vegan french toast, but to make it totally Eat to Live compliant, choose a sprouted grain bread instead! It will still be fantastic.

Dinner

Butternut Squash Pan Roast

Ingredients

Roasted Veggies:

- 1 apples red
- 1 lbs. Brussel sprouts
- 1/4 cup pecans or walnuts
- 1 Cloves garlic
- 1 butternut squash medium
- 1/4 red onion
- 4 tablespoons balsamic vinegar
- 1/2 teaspoon ground allspice
- 2 tablespoons water
- sea salt (optional dash of sea salt once the dish is prepared)

Quick Date Syrup

- 5 Dates pitted
- 1/2 cup water

Instructions

Heat oven to 400F.

In a large bowl whisk together the vinegar, 2 tablespoons water, and allspice.

As you prep each of the following items place into the large bowl (with vinegar mixture):

Peel the squash and cube into 1 inch pieces.

Trim and cut the sprouts in half.

Crush and peel the garlic clove.

Finely slice the onion into half moons.

Core the apple and cut into slices.

Add the nuts to the bowl and toss everything together coating it in the spiced vinegar.

Place onto a greased or lined baking tray and roast for 25-30 minutes.

The squash should be fork tender.

Quick Date Syrup

While veggies are roasting, cover pitted dates with 1/2 cup water in a microwave safe dish

Microwave on high for 1 minute

Place heated dates and water mixture in a high-speed blender until a smooth syrup is formed

Remove vegetables from oven when tender and pour date syrup over veggies, stirring to coat evenly.

Return vegetables to oven and cook for 5 minutes longer
Enjoy

Chopped Veggies

1 cucumber
2-4 stalks celery
4 Carrots

Chop veggies to serve with hummus

Cranberry-Orange Jam

SERVINGS: 4-6

Ingredients

1 cup fresh cranberries
1 orange
2 Dates pitted
1 teaspoon monk fruit powder (4 packets)

© eattolivedaily.com

1/2 cup water
2 teaspoons arrowroot powder

Instructions

Water sauté cranberries over medium heat until the berries start to pop open

In a microwave-safe dish, heat dates and 1/4 cup water on high for one minute. Drain water from heated dates.

Into a blender cup add some orange zest, all the orange juice (squeezed from the orange), heated dates, monk fruit, water, and arrowroot and blend until very smooth.

Once the berries have popped a bit stir in the orange and water sauce from the blender.

Cook over low heat while stirring continually for 3 minutes or until it becomes thickened. For a smoother cranberry sauce, return to blender and pulse a few times.

Cool and serve with your holiday feast or with toast.

RECIPE NOTES

When selecting your orange, choose a fragrant one! Sniff through the citrus section until you find the perfect one!

Recipe submitted by executive chef, Kari Rich

Creamed Kale and Mushrooms (Recipe yields 4 servings: 2 cups of Kale and 1/4 cup mushrooms per serving)

(Inspired by Cara and Jenna Furhman @DoctorsDaughters)

Ingredients

8 cups kale chopped into large pieces
2 cups Mushrooms

Cashew Sauce:

1 cup Cashews

2 tablespoons Fresh lemon juice lemon
1 teaspoon Garlic Powder
1 cup water

Cashew Sauce

1. Into a blender cup, place cashews, 1 cup water, lemon juice, and garlic and blend on high until smooth

Steam Kale

1. Chop 2 cups kale and ¼ cups mushrooms to desired size (there's no rule here - just do it as you like...)
 2. Steam Kale and Mushrooms for 2-5 minutes until tender. Don't overdo it!
 3. Pour cashew cream sauce over steamed Kale, mix together and serve.
 4. Added salt is not recommended on a nutritarian diet, but as Dr. Furhman explains, a sprinkle may be used on top if you wish!
-

Ezekiel Stuffing

SERVINGS: 6-8

INGREDIENTS

6 slices Ezekiel bread - the ends work great! (Sourdough may also be used, but a sprouted bread is more compliant)
2/3 cup coconut milk (lite or full-fat, your preference)
1 cup Vegetable Broth
1 tablespoon liquid aminos
1 yellow onion
2 teaspoons celery seed
3 stalks celery
1 teaspoon sage leaves
1/2 teaspoon thyme leaves
1/2 teaspoon tarragon leaves
1/2 teaspoon ground black pepper
1/4 cup sunflower seeds
2 tablespoons ground flaxseed

Instructions

Cut bread into cubes and leave it on the counter overnight to ensure that it is dried out.

The next day, start by whisking together the milk, broth, ground flaxseed, herbs, pepper, and liquid aminos. Whisk for several minutes, then add broken up bread.

Finely dice the onion and celery and water sauté in 1-2 tablespoons vegetable broth for 5-10 minutes, or until onions are translucent and liquid is absorbed.

Add all other ingredients to the bowl and toss a bit.

Pour the mixed liquid into the bowl while stirring and tossing the ingredients so that the moisture is even. The bread should absorb the liquid without leaving a puddle at the bottom of the dish. It shouldn't be too wet or too dry.

When the mixture has reached the correct consistency, spoon the mixture into a casserole dish and cover and chill or cook at this point.

Bake the stuffing for 40 minutes at 350 degrees, covering if becomes too browned on top.

Once your dish is ready to serve, salt may be sprinkled over the top. Salt is not recommended, but if you desire salt, this is the best way to incorporate it - on top of your dish. If you wish to use salt directly in the recipe, 1/2 teaspoon may be used.

Glazed Thanksgiving Carrots

SERVINGS: 6-8

Ingredients

4 Dates

2 lbs baby carrots washed (I don't peel, but you can!)

1 tablespoon fresh thyme

1 cup Vegetable Broth

Instructions

Heat your oven to 400 degrees. In a large stock pot, boil carrots in vegetable broth for 10 minutes.

As carrots are cooking, cover dates with 1/2 cup water and microwave on high for one minute. After heating, transfer dates AND WATER into a blender and blend on high until a smooth syrup forms. Add a dash of salt if you wish.

Drain veggie broth from carrots and transfer them into a roasting pan.

Cover carrots with date syrup and thyme and (optional) a dash of salt

Roast at 400 degrees for 15-20 minutes (until carrots are slightly browned on top and syrup is bubbly)

Green Bean Casserole

SERVINGS: 8

Includes 2 cups Mushroom &
Rosemary Smooth Gravy (see recipe)

Ingredients

½ cup mushrooms
1 Cloves garlic
1 tablespoons balsamic vinegar
1 teaspoon tamari soy sauce
1/4 cup Vegetable Broth stock or water
1 yellow onion
1/2 teaspoon freshly ground black pepper
1 1/2 pounds green beans
2 cups Mushroom and Rosemary Gravy (See Recipe)

Instructions

Mince the garlic.

Slice the mushrooms

Water sauté the mushrooms and the garlic until fragrant.

If using fresh beans, blanch in hot water first. (If using frozen, fully defrost and drain)

Mix the cooked mushrooms and garlic with the green beans and coat and toss in the gravy.

Place the coated green bean mixture into an 8x8 baking dish.

Slice the onions into thin half moons.

Into a frying pan add the onion, balsamic vinegar, and stock or water and cook until the onions are soft and have absorbed all the liquid.

Arrange the onions on the top of the casserole and season with black pepper.

Chill at this point OR bake at 350F for 25-30 minutes.

Should be bubbly, thick, and heated through when done.

If the onions begin to burn, cover the dish with foil and finish cooking.

Mushroom & Rosemary Smooth Gravy

Servings: 8-10

Ingredients

- 1 cup yellow onions minced
- 1 bay leaf
- 3-inch sprig rosemary
- 1 Cloves garlic crushed
- 8 ounces mushrooms
- 2 teaspoons arrowroot powder
- 2 teaspoon liquid aminos
- 1 Dates pitted
- 5 cups vegetable stock (low-sodium)
- 1 teaspoon black pepper

Instructions

Roughly chop the mushrooms.

Mince the date.

Mix together the arrowroot/cornstarch, liquid aminos and set aside.

In a heavy bottomed pot place the stock, date, mushrooms, onion, garlic, and shallot and bring to a boil.

Lower the heat and simmer.

Add the rosemary and bay leaf, and boil until liquid is reduced to half

Add the amino and cornstarch mixture and whisk into the pot.

Simmer for 3 minutes and remove from the heat.

Remove the rosemary and bay from the pot.

Pour the ingredients into a blender and add a pinch of pepper.

Blend until very smooth.

Salt is not recommended ordinarily, but if you wish to incorporate salt, sprinkle on top of your dish once it's on your plate.

Nutritarian Hummus

Servings: 8-10

Ingredients

2 cans (15 oz) Cooked garbanzo beans
2-4 Cloves garlic peeled
2 Lemons juiced (.25 cup)
3 tbsp Tahini
0.5 tsp Smoked Paprika
1 tsp Ground cumin

Instructions

Open both cans of garbanzo beans. Drain one can and leave the liquid in the second can. Pour both cans (one drained, one full) into the blender.

Add remaining ingredients and blend in a high speed blender. Add water to thin to desired consistency.

Store in a sealed container in the refrigerator.

Nutty Sweet Potato Casserole

SERVINGS: 6

Ingredients

Sweet Potato Base:

3 sweet potatoes (canned may be used instead) If using canned - use one 29 oz. can, drained

1/2 cup coconut milk or cream (best option for staying compliant would be lite coconut milk. Coconut cream may be used instead)

1/2 teaspoon cinnamon

5 Dates pitted and heated in water

1 pinch sea salt (may be omitted)

Nutty Crumble:

1 cup pecans
1/2 cups almond meal
1 teaspoon cinnamon
4 Dates pitted and heated in water

© eattolivedaily.com

1/4 cup unsweetened coconut shreds
1/4 cup ground flaxseed

Instructions (Sweet Potato Base):

Heat oven to 400 Degrees

Cover 5 pitted dates with water and microwave on high for 2 minutes. Drain water and set dates aside.

Cook Potatoes. (if cooking your own potatoes) Peel the sweet potatoes and cover with water in a large pot. Bring the pot to a boil, then reduce heat and simmer for 10 minutes. Remove from the heat and let the potatoes sit in the water for 5 minutes before straining out.

If using canned potatoes, drain and place into a bowl. Whip potatoes finely with heated dates.

Add the coconut milk/cream, cinnamon and nutmeg (and dash of salt, if you prefer) to the sweet potatoes and whip until fluffy.

Spread the sweet potato mash into an 8x8 or similar baking dish and cover with aluminum.. Bake for 20 minutes.

Instructions (Crumbly topping):

Into a food processor, add remaining heated dates along with the almond meal, coconut shreds, and cinnamon and pulse ingredients are well incorporated.

Add the pecans to the bowl and pulse until the nuts are the size of peas.

Fold in the flax and mix well.

Once potato base is cooked for 20 minutes, crumble the nut mixture over the entire top of the sweet potatoes evenly.

Continue baking UNCOVERED for 12-15 minutes or until crumbly top is lightly browned. Watch carefully for overcooking.

Stuffed Butternut Squash

SERVINGS:
6-8

Ingredients

© eattolivedaily.com

Rice/Quinoa Mixture:

1/2 cup Quinoa rinsed and drained
1 cup mixed rice (I use black, wild, and brown)
2.5 cups Vegetable Broth
3 Dates pitted and chopped small
1/4 cup cranberries
1/4 cup sliced almonds
1/4 cup chopped raw pecans
1/4 cup unsweetened coconut flakes
optional sea salt (salt is not recommended for our challenge. However, if you wish to include salt for Thanksgiving, a small amount may be sprinkled over the dish once it's prepared and ready to serve.)

Butternut Squash:

1 butternut squash

Instructions**Quinoa Rice Stuffing:**

Preheat oven 425 degrees.

Mix together uncooked rice, quinoa, and chopped dates in a rice cooker and cook using vegetable broth instead of water.

Once fully cooked, mix in cranberries, sliced almonds, pecans, coconut flakes, and optional sea salt to taste.

Butternut Squash:

As the rice cooks. Start on the butternut squash. Start by cutting it lengthwise down the middle and scoop out seeds.

Optional - dash of sea salt

Place the squash cut side down on a baking sheet (lined with parchment paper, optional).

Roast until "fork" tender, roughly 35-40 minutes. After the first 20 minutes flip the squash over so that it's facing cut side up for the remainder of its baking time.

When tender remove from the oven and set aside.

Scoop out a portion of the roasted squash but leave at least .5-inch of squash plus shell.

Chopped and add scooped butternut squash to rice/quinoa mixture.

Fill the squash with the quinoa mixture and top with more pecans and cranberries and serve

Nutritarian Mashed Potatoes

Servings: 6-8

Ingredients:

4 large cloves garlic, peeled
6 large (or 12 small) Yukon gold potatoes, unpeeled, chopped
½ cup vegetable stock
2 tablespoons minced chives (about 1/4 a small bunch)
1 Tablespoon Fresh Dill, chopped
Optional: 2-4 tablespoons coconut milk

Instructions:

Preheat the oven to 350 degrees F. Place the garlic on a piece of foil, wrap and roast until tender, about 20 minutes.

Meanwhile, boil potatoes in water and reduce the heat to a simmer and cook until the potatoes are tender, about 20 minutes.

Strain and return the potatoes to the saucepan.

Add the roasted garlic (include any juice after roasting) and vegetable stock to the potatoes.

Mash with a potato masher until you reach a desired consistency (some people love these a little chunky, personally, that's how I love them) , adding additional vegetable stock or coconut milk if necessary.

Stir in the chives and fresh dill

Dessert

Apple Pecan Bites

Ingredients

5 Dates pitted
1/2 cup Almond butter
1 cup roasted pecan halves
1 green apple diced
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1 teaspoon orange zest (orange zest)
1 tablespoons Cooked garbanzo beans
(optional 1/2 cup shredded carrots)

Instructions

Place all the ingredients into a food processor or blender (on low).

Pulse until the mixture comes together somewhat smoothly.

Scoop about 2 tablespoons worth of mix and roll into balls OR press into a square baking dish (lined with parchment paper) to cut into squares after chilling.

Chill for at least 1 hour and enjoy.

Keep chilled for up to 1 week

Oatmeal Cookie Dough

Ingredients

1/2 ripe banana
1 cup rolled oats
3 tablespoon ground flaxseed
2 tablespoons peanut butter (or other nut butter)
1 tablespoon raw walnuts
4 Dates (pitted)
1/8 teaspoon cinnamon

Instructions

Add all ingredients into a food processor or blender. Pulse a few times until ingredients are well mixed. (If blender or food processor are not available, a mixer may be used.

Form into one-inch balls and refrigerate.

2 "bites" per serving.

Spiced Pumpkin Mousse

servings

Makes 2.5 cups

Ingredients

Pumpkin Mousse:

1 cup pumpkin puree
1/4 cup coconut cream
6 Dates pitted
1 tsp cinnamon
1/4 tsp ginger
1/4 tsp allspice
1/4 cup Cooked garbanzo beans (canned is fine)

Optional Whipped Topping

1 can coconut cream
2 teaspoons monk fruit powder (or your choice of sweetener)
1/2 teaspoon vanilla

Instructions:

Pumpkin Mousse:

Start by placing dates in a microwave safe bowl and covering with 1 cup water (just covering the dates). Microwave on high for 2 minutes and drain water from bowl, leaving soaked and softened dates.

Add heated dates and remaining pumpkin mousse ingredients into a blender or food processor and pulse until well whipped and smooth! Add additional coconut cream if necessary. Place into a piping bag or spoon into dishes and add a dash of cinnamon to the top.

Instructions: Coconut Whipped Cream Topping

(personally, I don't need it. But I know some will appreciate it)

For coconut whipped cream, START THE DAY BEFORE!!

© eattolivedaily.com

Chill coconut cream in the fridge overnight. Do not shake or tip the can (you want the cream separate from the liquid)

Place a large mixing bowl and whisk into your freezer for 15 minutes before starting your cream.

Remove can from fridge and open the can (remember, without tipping). Spoon out the top of the cream in the mixing bowl, leaving the liquid at the bottom in the can.

Whip hardened cream with vanilla and monk fruit powder (or your choice of sweetener). Taste to make sure it's just right.

Serve over pumpkin mousse right away or keep in the fridge.

** Sometimes the fat content in the coconut milk cans is incorrect. If yours didn't harden up like it should have, you might try using a little bit of arrowroot powder or tapioca flour to thicken it up.

*** This recipe is also tasty without the coconut cream. This is just an option if you're really missing whipped cream. But believe me, the pumpkin mousse is delish without it!