



KETO Thanksgiving *Meal Plan*

GROCERY LIST:

Meat:

- 1 lb. ground sausage
- 5 pieces of bacon, uncooked

Produce:

- 1 white onion
- 3 celery stalks
- 4 cloves fresh garlic
- 3 tablespoons fresh sage leaves
- 3 tablespoons fresh parsley
- 1 lb. green beans
- 1 lb. Brussels sprouts

Pantry:

- 3 cups chicken broth
- baking powder
- 5 and 1/4 cups almond flour
- olive oil
- Dijon mustard
- 1/2 teaspoon Swerve, granulated
- 3/4 cup Swerve, confectioners
- vanilla extract
- 15 oz. can pure pumpkin puree

Refrigerator:

- 1 and 1/2 cups butter
- 8 oz. block cream cheese
- 2 and 1/2 cups shredded cheddar cheese
- 3/4 cup Pecorino Romano Cheese or Parmesan, shredded
- 9 large eggs
- 3/4 cup whipping cream

Frozen:

- 2- 16 oz. bags, frozen cauliflower

Spices:

- dried sage
- salt & pepper
- pumpkin pie spice

Keto Thanksgiving Sausage Stuffing

Servings: 8

Ingredients for the Biscuits:

- 2 and 1/4 cups almond flour
- 1 and 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 5 tablespoons butter
- 3 large eggs
- 1 and 1/2 cups shredded cheddar cheese

Ingredients for the Stuffing:

- 1 pound ground sausage
- 1/2 teaspoon dried sage
- 1/2 cup chopped onion
- 3 celery stocks, diced
- 4 cloves garlic, minced
- 1 cup chicken broth
- 1 large egg
- 3 tablespoons fresh sage leaves, chopped
- 3 tablespoons fresh parsley chopped
- 3 tablespoons butter, melted

Instructions

1. Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper for the biscuits. In a medium-sized bowl, mix almond flour, baking powder, salt, and pepper. Cut in butter with a pastry cutter or masher until the mixture is like sand. Stir in eggs and fold in cheese. Combine until it forms a sticky dough. Use an ice cream scoop to drop 9 biscuits onto a cookie sheet to bake. Bake for 15-20 minutes until cooked and slightly browned. Set aside to cool.
2. On a baking sheet, crumble up all 9 biscuits into large cubes. Bake at 375 degrees for about 5-8 minutes until brown and dried.
3. Heat a skillet on the stove over medium heat. Crumble and cook sausage. Season with dried sage and salt & pepper to taste. Reserve a little of the grease to sauté onions and celery.
4. Place baked croutons and cooked sausage in a large casserole dish.
5. In the same skillet that the sausage was cooked in, sauté onions, garlic, and celery until translucent and soft, about 5-10 minutes. Place that mixture into the casserole dish as well.
6. In the casserole dish, stir in the egg and fresh herbs. Finally, pour in broth and stir.
7. Cover dish with foil and cook at 350 degrees for 15 minutes. Remove foil, and pour melted butter on top of the stuffing. Cook for another 15 minutes uncovered. Enjoy warm.

Recipe Notes: One serving is roughly 3/4 of a cup.

Bacon-Wrapped Green Bean Bundles

Servings: 10

Ingredients:

- 1 pound green beans, washed & trimmed
- 3 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Swerve sweetener, granulated
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 5 pieces bacon, uncooked

Instructions:

1. Preheat oven to 450°F, and prepare baking sheet with foil or parchment paper.
2. Bring 4 quarts water to a boil in a large pot. Add green beans, and cook until crisp-tender, about 6-8 minutes. Drain beans, and rinse with cold water and add ice to stop the cooking process. Drain beans, and dry with paper towels.
3. In a small dish, whisk together olive oil, mustard, and sweetener. Toss with green beans and season with salt & pepper.
4. Bundle 6-7 green beans, and wrap with 1/2 a piece of bacon. Place seam side down on a baking sheet. Continue with remaining green beans.
5. Place baking sheet in oven and bake until bacon is crisp, about 10-13 minutes depending on thickness of bacon. Serve warm. One bundle per serving.

Best Roasted Brussels Sprouts

Servings: 6

Ingredients:

- 1 pound Brussels Sprouts
- 2 tablespoons olive oil
- 1/2 teaspoons salt
- 1/2 teaspoon pepper

Instructions:

1. Preheat oven to 375 degrees.
2. Wash and cut Brussels Sprouts in half.
3. Coat evenly with olive oil (or coconut oil), salt, and pepper.
4. Bake for about 30-35 minutes until nice and tender (I sometimes turn them halfway in so they'll cook evenly).

Easy Keto Cauliflower Mashed Potatoes

Servings: 10

Ingredients:

- 2 -16 oz. bags, frozen cauliflower
- 2 cups chicken broth
- 4 oz. cream cheese, cubed
- 3 tablespoons butter
- 3/4 cup Pecorino Romano or Parmesan cheeses, shredded
- 3 tablespoons butter
- salt & pepper to taste

Instructions:

1. In a saucepan, bring chicken broth to a boil on the stove.
2. Add cauliflower and boil, covered, for about 10 minutes.
3. Drain cauliflower well. Transfer to food processor.
4. Add both cheeses, butter, salt, and pepper.
5. Process until creamy. One serving will be about 1/2 cup.

Homemade Keto Biscuits

Servings: 6

Ingredients:

- 1 and 1/2 cups almond flour
- 1 and 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons butter cold and cut into cubes
- 2 large eggs
- 1 cup cheddar cheese

Instructions:

1. Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper.
2. In a medium-sized bowl, mix almond flour, baking powder, salt, and pepper. Cut in butter with a pastry cutter or masher until the mixture is like sand.
3. Stir in eggs and fold in cheese. Combine until it forms a sticky dough.
4. Use an ice cream scoop to drop 6 biscuits onto cookie sheet to bake. Bake for 15-20 minutes until cooked and slightly browned. Set aside to cool.

Keto Pumpkin Pie

Servings: 8

Ingredients for the Crust:

- 1 and 1/2 cups almond flour
- 1/4 cup butter, melted
- 1/4 cup Swerve confectioners

For the Pie:

- 15 oz. can pumpkin puree
- 1/2 cup Swerve confectioners
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 3 egg yolks
- 3/4 cup heavy whipping cream

Instructions:

1. Preheat oven to 325. Combine almond flour with sweetener, and mix in melted butter until you get a coarse, crumb-like texture.
2. Press mixture into the bottom of a pie pan and up the sides. Bake at 325 for 15 minutes. Remove from oven, and let cool.
3. In a mixing bowl using hand beaters, briefly mix together pumpkin puree, sweetener, and vanilla.
4. Add egg yolks and beat about another 20 seconds until well combined.
5. Mix in heavy whipping cream for a couple seconds. Pour mixture on top of crust.
6. Bake at 325 for 35-40 minutes until cooked through and set.
7. Top with homemade whipped cream if desired. Store leftovers in fridge.