



HIP2KETO



Thanksgiving Meal Plan

Recipes

1. Roasted Turkey with Herb Butter
 2. Keto Biscuits
 3. Thanksgiving Sausage Stuffing
 4. Keto Green Bean Casserole
 5. Roasted Brussels Sprouts
 6. Low-Carb Mashed Potatoes
 7. Easy Keto Gravy
 8. Keto Pumpkin Pie
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Shopping List

Meat

- Whole Turkey - 12-20 lbs
- Bacon - 2-3 Slices
- Ground Sausage - 1 lb

Produce

- Onion - 2
- Celery - 6 Stalks
- Cauliflower - 2 Heads
- Yukon Gold Potatoes - 2
- Garlic - 16 Cloves
- Brussels Sprouts - 1 lb
- Green Beans - 6 Cups
- Mushrooms - 8 oz
- Lemon - 1

Pantry

- Olive Oil - 2 Tbsp.
- Almond Flour - 5 ¼ Cups
- Baking Powder - 3 tsp.
- Swerve - ¾ Cup
- Pumpkin Puree - 15 oz Can
- Vanilla Extract - 1 tsp.
- Chicken Broth - 3 ¼ Cups
- Xanthan Gum
- Worcestershire Sauce - 1 tsp.
- Pork Rinds - ½ Cup

Refrigerated

- Butter - 4 Cups
- Parmesan Cheese - 1 ½ Cup, Grated
- Cheddar Cheese - 2 ½ Cup, Shredded
- Eggs - 9
- Heavy Whipping Cream - ¾ Cup
- Cream Cheese - 8 oz, Full-Fat
- Sour Cream - 2 Tbsp.

Herbs & Spices

- Salt
 - Pepper
 - Sage
 - Thyme
 - Rosemary
 - Garlic Powder
 - Onion Powder
 - Pumpkin Pie Spice
 - Parsley - 1 Bunch
 - A few sprigs each of fresh rosemary, sage, and thyme
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ROAST TURKEY WITH HERB BUTTER

Servings: 8

For the herb butter:

- 3/4 cup butter, softened
- 6 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon fresh chopped sage
- 1 tablespoon fresh chopped thyme
- 1 tablespoon fresh chopped rosemary

For the turkey:

- 12-20 pound whole turkey, defrosted
- 1 onion, quartered
- 3 stalks celery
- A few sprigs each of fresh rosemary, sage, and thyme

Directions

1. Move the oven rack down to a lower position to have room for the turkey. Heat oven to 325 degrees.
2. Mix together the softened butter, garlic, salt, pepper, and herbs. Set aside.
3. Prepare the turkey for the oven. Make sure the giblets and the neck are removed. Loosen the skin by sliding your fingers between the meat and skin from the neck down to the breast carefully without tearing it. Rub herb butter generously under and over the skin of the whole bird.

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- 4.** Stuff the inside of the turkey with onion, celery, and a few springs of rosemary, thyme, sage. Place the turkey on a large roasting pan breast side down. Cover the pan loosely with foil and place in the oven.

 - 5.** Remove the foil after 2 hours of cooking, and carefully flip the turkey over to the breast side up. Put back in the oven without the foil and roast until the turkey is fully cooked to 180 degrees. Use a meat thermometer to verify the 180 temperature in the thigh meat, which is the thickest part of the bird. Baste with the drippings and let stand for 20 minutes.

 - 6.** Separate the solid bits from the turkey drippings using a kitchen strainer. Make keto gravy with it if desired, or pour the buttery drippings over your sliced turkey. Store leftover turkey covered in the fridge for up to 3-4 days. Enjoy!
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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

Directions

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.
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THANKSGIVING SAUSAGE STUFFING

Servings: 8

For the biscuits:

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

For the stuffing:

- 1 pound ground breakfast sausage
- 1/2 teaspoon dried sage
- 1/2 cup chopped onion
- 3 celery stalks, 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 salted butter, melted
- Salt & pepper to taste

Directions for the Biscuits

1. Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper for the biscuits.
 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. Stir in eggs and fold in cheese. Combine until it forms a sticky dough.
 3. Use an ice cream scoop to drop 9 biscuits onto prepared cookie sheet. Bake for 15-20 minutes until cooked and slightly browned. Set aside to cool.
 4. Increase the oven temp to 375 degrees. On a baking sheet, crumble up all 9 biscuits into large cubes. Bake for about 5-8 minutes until browned and dried.
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Directions for the Sausage Stuffing

- 1 pound ground breakfast 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 salted butter, melted
- Salt & pepper to taste

1. Heat a skillet on the stove over medium heat. Crumble and cook sausage. Season with dried sage and salt & pepper to taste. After the sausage is cooked through, add onions and celery to the skillet and sauté until translucent and soft, about 5-10 minutes. Season with more salt and pepper.

2. Place baked "croutons" and cooked sausage mixture into a large 9x13 casserole dish. In the casserole dish, stir in the egg and fresh herbs. Finally, pour in the broth and stir everything together.

3. Cover dish with foil and bake at 350 degrees (reducing from 375 previously) for 15 minutes. Remove foil, and pour melted butter on top of the stuffing. Cook for another 15 minutes uncovered. Enjoy warm.

KETO GREEN BEAN CASSEROLE

Servings: 12

Ingredients:

- 6 cups (1 1/2 pounds) fresh green beans, untrimmed
- 2 slices thick-cut bacon, chopped
- 8 oz. mushrooms, sliced
- 1 small onion, diced
- 6 garlic cloves, minced
- 1/4 cup chicken broth
- 8 oz. full-fat cream cheese (1 block), cubed
- 2 tablespoons full-fat sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- zest from 1 large lemon
- juice from 1 large lemon
- 1/2 cup ground pork rinds
- 1/2 cup grated parmesan cheese

Directions

- 1.** Preheat oven to 350 degrees. Trim the green beans by removing the ends and cutting them in half.
- 2.** Blanch the green beans by bringing a large stockpot filled with 8 to 10 cups of water to boil. Once the water boils, add the green beans and return to a boil for 2 to 3 minutes. While the green bean are boiling, prepare an ice bath by filling a large bowl with about 2 cups of ice and cold water. Strain the green beans from the boiling water and place them in the water bath for at least 5 minutes. Now strain the green beans and place them in a 9x13 baking dish.
- 3.** Cook the bacon in a large skillet over medium to medium-high heat for about 5 minutes until crispy. Remove the bacon from the skillet and add it to the 9x13 pan with the green beans. Leave the bacon grease in the skillet.

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- 4.** Add the mushrooms, onions, and garlic to the skillet with the bacon grease and sauté over medium heat until soft, about 8 minutes, stirring occasionally.
 - 5.** Pour the chicken broth into the skillet to deglaze the pan and scrape up any browned pieces.
 - 6.** Add in the cubed cream cheese and sour cream. Cook until the cream cheese melts, stirring occasionally.
 - 7.** Mix in salt, pepper, Worcestershire sauce, lemon zest, and lemon juice. Simmer for 5 minutes.
 - 8.** Pour the cream sauce over the green beans and bacon in the 9x13 pan. Carefully stir to combine.
 - 9.** In a small bowl, mix together the ground pork rinds and grated parmesan cheese. Evenly sprinkle the topping over the green beans.
 - 10.** Bake at 350 degrees for 30 minutes until lightly browned on top. Enjoy!
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KETO ROASTED BRUSSELS SPROUTS

Servings: 6

Ingredients:

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

Directions

1. Preheat oven to 375 degrees.
 2. Wash and cut Brussels sprouts in half.
 3. Coat generously 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 so they'll cook evenly). Enjoy!
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LOW CARB MASHED POTATOES

Servings: 12

Ingredients:

- 2 medium cauliflower heads, chopped
- 2 medium Yukon gold potatoes, chopped
- 1/2 cup butter, salted
- 1 cup shredded parmesan cheese
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon garlic powder

Directions

1. Bring 6 cups of water to boil in a large saucepan or stockpot over high heat.
2. Once the water is boiling, add in the Yukon gold potatoes and let them boil for about 5 minutes, until just starting to get soft when pierced with a fork.
3. Add the cauliflower to the stockpot and cover. Boil for another 20-25 minutes until the cauliflower and potatoes are mashable with a fork.
4. Drain off any excess water by dumping the potatoes and cauliflower into a colander placed in the sink. Pour the potatoes and cauliflower back into the stockpot over low heat.

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- 5.** Add butter, shredded parmesan, salt, pepper, and garlic powder to the potato cauliflower mixture and mash with a potato masher. If you want a creamier texture, you can mix with a hand or stand mixer.

 - 6.** Cook the low-carb mashed potatoes over low heat until the parmesan cheese is completely melted, about 5 minutes to let the flavors come together. Stir every 1-2 minutes. Serve with butter, more cheese, sour cream and/or keto gravy! Enjoy!
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EASY KETO GRAVY

Servings: 6

Ingredients:

- 1/4 cup butter, unsalted
- 2 cups chicken broth
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt (more or less to taste)
- 1/4 teaspoon pepper
- 1/2 teaspoon xanthan gum

Directions

- 1.** Melt butter in a small saucepan over low to medium heat.
 - 2.** Once butter is melted, add in broth, onion powder, garlic powder, thyme, salt, and pepper. Increase heat to medium-high and bring to just a boil. Reduce heat and simmer for approximately 10-15 minutes, stirring occasionally, until the mixture is reduced by about a half.
 - 3.** Sprinkle in the xanthan gum a 1/4 teaspoon at a time and whisk well after each addition. Continue to simmer the gravy for an additional 5 minutes to thicken and then remove from heat.
 - 4.** Serve the gravy hot off the stove. Enjoy!
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KETO PUMPKIN PIE

Servings: 8

For the crust:

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

For the filling:

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

Directions

- 1.** Preheat oven to 325 degrees. 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. Add foil around the edges of the crust to prevent browning. 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, pumpkin pie spice, sweetener, and vanilla extract.
 - 4.** Add egg yolks and beat another 20 seconds until well combined.
 - 5.** Mix in heavy whipping cream for a couple of seconds. Pour mixture on top of the crust.
 - 6.** Bake at 325 for 35-40 minutes until cooked through and set.
 - 7.** Top with homemade whipped cream or serve with keto ice cream, if desired. Store leftovers in the fridge. Enjoy!
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