

How to not get Fat this Thanksgiving Guide

From Teresa Marie @ Eat. Drink & be Skinny and
Creator of the Clean & Colorful Solution

Top 9 Clean & Colorful Menu Swaps

1. **Roasted Turkey** – Add fresh fruit juice and/or broth and use half the oil or butter in your baste. Recipe to follow.
2. **Mashed Potatoes** – Use Greek yogurt instead of butter and cream.
3. **Green Bean Casserole** – Steam green beans, drizzle with olive oil, lemon and toasted almonds.
4. **Gravy** – use broth instead of cream for volume.
5. **Sweet Potato Casserole/Candied Yams** – Roast sweet potatoes with apples, turnips, parsnips and onions in a little bit of olive or coconut oil. Top with fresh thyme, salt and pepper.
6. **Stuffing** – Swap the crusty white bread with quinoa, diced cauliflower and shredded carrots. Recipe to follow.
7. **Creamed Corn** – replace it with a fresh salad with greens, candied walnuts, fresh roasted corn and a little bit of gorgonzola cheese.
8. **Crescent Rolls** – consider that you might not need them or swap them with a crunchy cranberry muffin recipe that probably won't need butter! Recipe to follow.
9. **Pie** – if you've saved room, you can swap your traditionally pie for this super yummy apple cobbler with peanut butter crumble. You can top it with a little vanilla ice cream.

Calorie Burning Workout Tricks

You sure can eat calories faster than you can burn them, but starting the day with a workout is the best way to put things in perspective and keep things in balance. When you run or walk your local 5K and you realize you burned maybe 300 calories and that's not more than two roles or a piece a pie – it can make it easier to skip that second bite. Here are my favorite things to do Thanksgiving morning:

- Local 5K/10K race.
- Morning spin or yoga class.
- My favorite [park](#) workout.
- This bad A** [chair](#) workout.
- If you're traveling, there's this [hotel room](#) workout.

Clean & Colorful Recipes

Apple Basted Roast Turkey*

- 3/4 cup fresh apple juice
- 5 tablespoons organic honey
- 1 (12-15 pound) fresh turkey
- 1 tablespoon poultry seasoning
- 1 tablespoon dried rubbed sage
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 4 garlic cloves, sliced and divided
- 2 onions, quartered and divided
- 2 Golden Delicious apples, cored, quartered, and divided
- 2-4 Tbsp olive oil

*Modified from *Cooking Light's Ultimate Roasted Turkey*

1. Preheat oven to 325°.
2. **Wash and prep the bird:** remove the turkey from packaging and take out the neck and giblet goodie bags (you can hang onto these if you want to use them to flavor the stock for gravy. I did not). Wash and dry the bird and place it in your roasting pan. Tuck up the little wings and feet as best as possible. Insert your meat thermometer.
3. **Season the bird:** Mix all of your dry seasoning in a small dish and coat the bird with olive oil. Rub the seasoning into the skin and cover the entire bird with seasoning. Chop your onion and apples and place inside and along the sides of the roasting pan.
4. **Prepare the baste:** Juice 2-4 apples and add the juice to a small pan and heat. Reserve the apple pulp for the stuffing. Add the honey to the apple juice and heat until well combined.
5. **Roast the bird:** Bake at 325° for 45 minutes. Baste turkey with apple juice then cover with foil and Bake at 325° an additional 2-3 hours, meat thermometer registers 180°, basting with juice at least 4 times at regular intervals. Let stand for 10 minutes. Carve and enjoy!

Gluten Free Stuffing: Classic Quinoa and Veggie

- 1 cup red quinoa cooked
- 1 cup white quinoa cooked
- 2 large sweet potatoes, diced
- 2 tbsp olive oil
- 1 large shallot, diced
- 1 onion, diced
- 1 package mushrooms
- 1 cup apple pulp (from juicer)
- 1 cup grated carrots
- 3 garlic cloves, minced
- 1/2 cup chopped walnuts, toasted
- 1 tbsp cumin
- 1 tsp red pepper flakes
- 2 tbsp apple cider vinegar
- Sea salt & pepper to taste

1. Preheat the oven to 400 degrees to roast diced sweet potatoes with shallot, onion, garlic, salt and pepper for 15 – 20 minutes, flipping the potatoes over half way through.

2. In a large sauce pan, sauté onions, mushrooms, apples, carrots, garlic and basic salt and pepper seasoning.
3. Add the roasted and sautéed vegetables and quinoa together in a large bowl. Toss in the toasted walnuts and fluff to combine. Now add your seasonings: apple cider vinegar, cumin, red pepper flakes, salt and pepper. This is a great recipe to make the night before and refrigerate then toss in the crock pot in the morning to have one less thing to do the day of your fiesta.

Avocado Vegan Gravy Recipe

- 1 Avocado
- 1/2 cup Unsweetened Almond Milk
- 1 glove of garlic
- Salt and Lemon Pepper to taste

1. Add all ingredients to a blender and process until smooth. You may need to add a bit more or less milk to get the right consistency depending on the size of your avocado.
2. Transfer to a small sauce pan and whisk over medium heat to warm. Nobody likes cold gravy on their turkey and potatoes ?

Makes about 1 cup of vegan gravy.

Crunchy Cranberry Muffins

Ingredients:

- 2 cups cooked quinoa
- 1 cup coconut flour
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1 tsp salt
- 2 T chia seeds
- 2 T ground flax seeds
- 1/4 cup nonfat Greek yogurt
- 6 T sugar free* coconut syrup
- 1 cup skim milk
- 1 egg
- 1 tsp vanilla extract
- 1/2 cup dried cranberries

*This is optional. If avoiding artificial sweetener, use regular coconut syrup or any liquid sweetener and a bit of coconut extract for the same flavor. It will add about 7 calories per mini-muffin.

1. Preheat oven to 350 F and prepare your mini muffin pans with spray oil.
2. Cook quinoa according to package directions.
3. In medium bowl, combine quinoa, flours, baking powder, salt and flax and chia seeds.
4. In a small bowl, whisk together yogurt, syrup, milk, egg, and vanilla.
5. Slowly add to quinoa mixture and stir until just combined.
6. Fold in dried cranberries. The batter is pretty thick and tacky, and does not raise much so stuff your tins pretty full.
7. Divide mixture evenly among muffin tins and bake for about 20 minutes, until a toothpick inserted in the center comes out clean.
8. Allow to cool for about 5 minutes and serve!

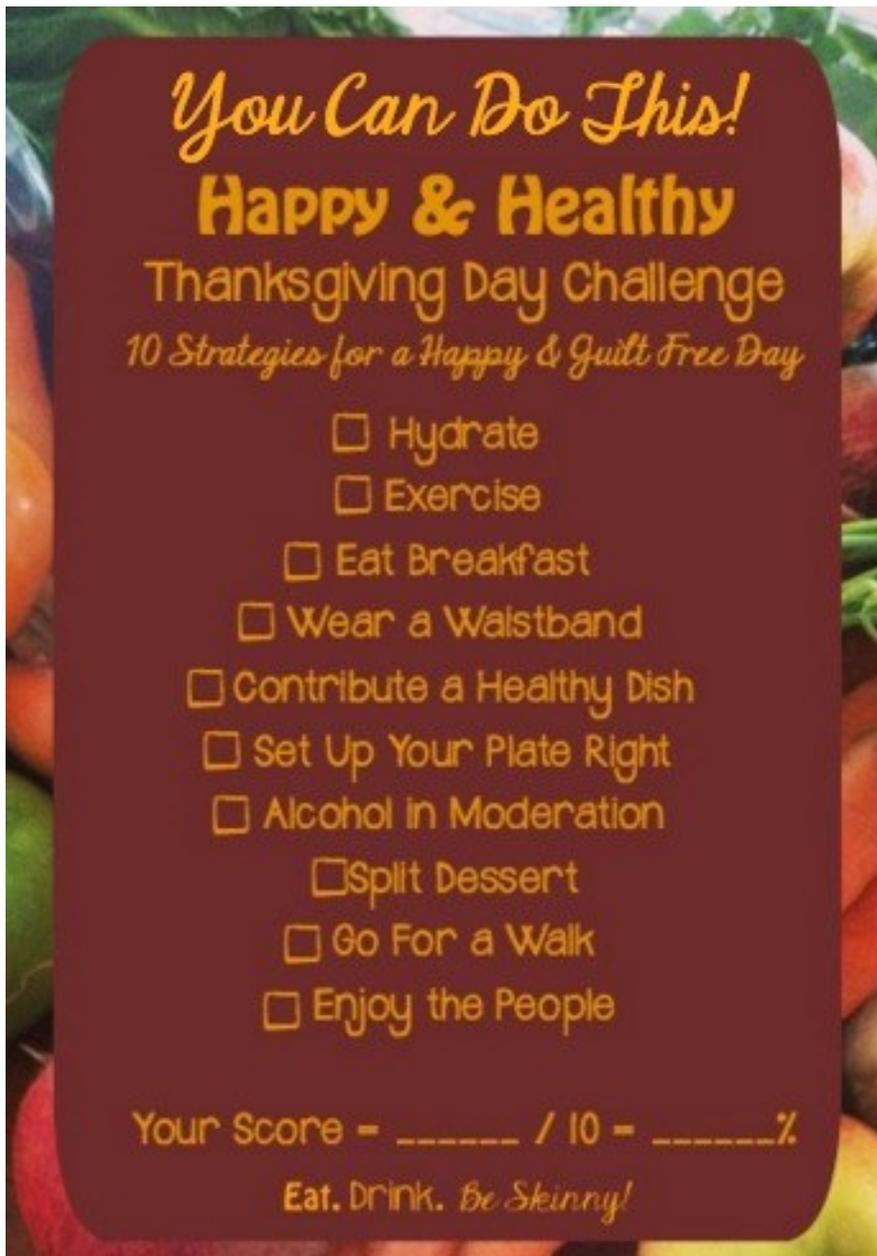
What to do with your Turkey Carcass?

Do not throw it away! Be sure to watch [this video](#) for how to make an additional 6 meals with the carcass in just a few simple steps:



The 10-Point Thanksgiving Day Challenge

Here are the 10 simple things you can do next Thursday (and every Thanksgiving there after) to fully enjoy yourself and not go overboard and do any serious damage to your body. You earn one point for everything you do – how many points can you get?



More Clean & Colorful Healthy Holiday Tips

Don't just survive this holiday season, THRIVE! With the Clean & Colorful 28-Day Challenge! It's a 28 day program with simple meal plans, easy recipes, anywhere workouts and the coaching, support and accountability to make smarter choices this holiday season so you roll into 2017 already feeling amazing and in control!

It's a \$393 value that is usually \$99. Thanksgiving special it's just \$50 with the discount code CCC49!

www.CleanandColorful.com/28-Day-Challenge

Course starts 11/28 – space is limited, snag your spot now!