

# TSFL Thanksgiving Dinner Menu



	<u>Suggested Serving Time</u>
<b><u>Appetizers</u></b> (1 meal, 1 snack)	2:00 pm
▪ <u>Southwest Bean Dip with Portion Controlled Multi Grain Crackers</u>	
▪ Celery Sticks with <u>Sweet-Tangy Mustard</u>	
▪ Sparkling Flavored waters with 0 carbs / 0 calories. Serve over crushed ice and mint sprig for garnish.	
<b><u>Soup</u></b> (1 snack)	4:30 pm
▪ <u>Beef Consommé</u>	
<b><i>Plenty of water with lemon wedges for your beverage throughout the day</i></b>	
<b><u>Salad</u></b> (Part of Lean and Green Meal)	5:00 pm
▪ Baby Greens with Spinach Water Chestnuts Low Fat Raspberry Vinaigrette	
<b><u>Main Course</u></b> (Lean and Green Meal)	5:30 pm
▪ 4 – 6 oz. of White Turkey Meat	
▪ <u>TSFL Legal Turkey Stuffing</u>	
▪ Broccoli, steamed in chicken broth; drizzle Medifast Italian dressing.	
▪ Healthy Mashed Cauliflower	
<b><u>Dessert</u></b> (1 meal)	8:00 pm
▪ <u>Lemon Mousse Crunch</u> Or <u>Vanilla Pumpkin Spice Shake</u> Or <u>TSFL Pumpkin Pie</u>	

## RECIPES

### South of the Border Bean Dip

4 - 5 oz.boiling water	¼ tsp	Onion Powder
1 pkt Chili	¼ tsp	Garlic Powder
1 pkt Delicate Chicken Fast Soup	¼ tsp	Cumin
1 pkt Multi Grain Crackers	¼ tsp	Chili Powder
▪ <i>Place Chicken Fast Soup in microwave safe bowl and add boiling water. Add Medifast Chili and stir to blend. Cook in microwave for 1 minute. Remove from microwave, add seasons, and cook for additional minute. With hand blender, blend until smooth and thick. Dip crackers in bean dip.</i>		

### Sweet-Tangy Mustard

3 – 4 Tbsp Mustard, regular yellow	2 pkts Splenda
▪ <i>Mix together and let sit for a few minutes to blend the flavors. Dip celery sticks in Sweet Tangy mustard.</i>	

### **Beef Consommé**

1 pkt Savory Beef Fast Soup

1/2 tsp Onion Flakes

- *Prepare soup as you normally would and add the onion flakes.*
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### **Raspberry Vinaigrette Salad**

1-cup Baby Greens w/ spinach, torn into bite size pieces

1/8 cup Chopped Water Chestnuts

1 Tbsp Low Fat Raspberry Vinaigrette or use the portion controlled Caesar Dressing

- *Toss together and serve chilled.*
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### **TSFL Legal Turkey Dressing**

1 pkt Garden Vegetable Crackers

½ cup Boullion

4 – 5 oz. Boiling Water

2 Tbsp Chopped Onion, finely

2 – 4 Tbsp Chopped Celery, finely

Pinch Poultry Seasoning, ground

- *Crush the crackers in zip lock bag with a meat tenderizer. Pour into small mixing bowl. Mix a half cup of Boullion and boiling water together, add the onion and celery sauté until onion and celery are cooked. Spoon the onion and celery mix on top of the crushed crackers. Add a pinch (really season to your own taste) of poultry seasoning. Mix. Add liquid, a small amount at a time, to the mixture to attain the consistency you like. Enjoy with your turkey and fresh, green vegetables.*

### **Healthy Mashed Cauliflower**

1 medium cauliflower

Calorie free, no trans-fat butter spray (I Can't Believe it's Not Butter or Smart Balance)

Chicken broth/ Boullion

Salt and Pepper

*Cook cauliflower until fork tender.*

*Drain and mash cauliflower by hand or in food processor until desired consistency.*

*Mix in margarine to taste.*

*Add salt and pepper, to taste.*

### **Lemon Mousse Crunch** (makes 2 meals)

1 pkg. Sugar Free Lemon Jell-O

1-cup water, boiling

2 ice cubes

6 oz. Water, cold

1 pkg. Vanilla shake

1 Lemon Crunch Bar

- *Put Jell-O in a bowl, add boiling water, and stir until gelatin dissolves. Add two (2) ice cubes and stir until ice melts. Refrigerate until almost gelled. Remove from refrigerator and beat with electric mixer until frothy. Mix Vanilla shake in 6 oz. of water, slowly add to frothy gelatin mix and blend. Chop up Lemon Crunch Bar in small pieces and fold into gelatin mix. Spoon mixture into serving dishes.*

**Vanilla Pumpkin Pie Spice Shake** (1 meal)

1 pkg. Vanilla shake  
4-6 oz Water, cold  
To Taste Pumpkin Pie spice  
To Taste Torani's Irish Cream Sugar Free Syrup  
Crushed ice

- *Mix in blender until thick*

**TSFL Pumpkin Pie** (1 meal)

1 pkg. Apple Cinnamon Oatmeal  
1 pkg. Multi-Grain Crackers  
5 oz Water  
1/4t (to taste) Pumpkin Pie Spice  
3+ (to taste) Splenda packets

(Optional: Mini bite-Redi-Whip on top)

- *Mix Oatmeal, water, spice and sugar together in microwave safe bowl. Cook on High 2 min. Stir thickened mixture. Chill in freezer 10 min. and spoon onto crackers.*