

SOME FOOD FOR THOUGHT

Thanksgiving is an opportunity to spend time with family and friends, reflect on things you are grateful for, and enjoy delicious food. While food usually fills the spotlight during the holidays, it doesn't have to overshadow your goals for good health. Knowing which foods and behaviors to focus on, and which foods to enjoy in moderation, will help make your Thanksgiving Day a little healthier.

Here are some tips and tricks to help make your Thanksgiving a healthy success.



DID YOU KNOW?

The average amount of calories consumed on Thanksgiving Day is around 3,000-5,000 calories!

5 NON-FOOD TIPS FOR A HEALTHY THANKSGIVING DAY



Plan time to be active!



Take a time-out to reflect on things you're grateful for.



Stay hydrated!



Value your sleep schedule leading up to the big day.



Focus on family and conversations.

LET'S CHECK IN!

Rate your typical post-thanksgiving meal energy level:



What would you like your energy level to be like this year?



ENJOY YOUR THANKSGIVING: TIPS AND TRICKS FOR SUCCESS

PLAN AHEAD

- Think about your long-term goals and why you are pursuing a healthy lifestyle.
- What really makes Thanksgiving special? Think about your traditions and relationships.
- Go with a plan. Scope out the menu and activities throughout the day to spot opportunities and potential challenges.
- Focus on what you can control to stay positive throughout the day.

LET'S RETHINK YOUR THANKSGIVING PLATE:

STEP 1 | Fill half your plate with vegetables, such as green beans, salad and brussels sprouts.

STEP 2 | Fill one-quarter up with lean protein like turkey breast.

STEP 3 | Leave the remaining one-quarter for your other favorite sides.

Before grabbing a second helping, take time to check in on your hunger cues. Are you physically hungry? If you go for seconds focus on moderation and go for veggies first, followed by proteins, and then side dishes.



WHAT ABOUT BEVERAGES AND DESSERTS?



Prioritize your calories! Beverages can account for up to 25% of your calories on Thanksgiving.



Profile-ize your desserts! Talk with your Profile coach about healthy alternatives and focus on moderation.

TIME TO REFLECT

Think about your Thanksgiving last year. Is there anything you would like to change this year?

My Profile Thanksgiving goals are: _____

I feel comfortable discussing my Profile Thanksgiving goals with family/friends: **YES** **NO**

List two specific strategies you want to implement to hit your Thanksgiving goal:

1. _____

2. _____

PROFILE THANKSGIVING MENU

POMEGRANATE SALAD



Servings: 4



Profile Exchange per serving: 1½ cups vegetables, 2 fats

INGREDIENTS

- 4 tsp. olive oil
- 2 tbsp. apple cider vinegar
- ½ tsp. raw honey
- 1 dash salt
- 1 medium head cabbage, finely shredded (about 5 cups)
- 2 medium carrots, finely shredded
- ¼ cup pomegranate seeds
- ¼ cup chopped raw walnuts
- 2 green onions, sliced thin
- 12 fresh cilantro sprigs, finely chopped

DIRECTIONS

1. Combine oil, vinegar, honey, and salt in a small bowl; whisk to blend. Set aside.
2. Combine cabbage, carrots, pomegranate, walnuts, green onions, and cilantro in a large bowl; mix well.
3. Drizzle cabbage mixture with dressing; toss gently to blend.

BALSAMIC BRUSSELS SPROUTS



Servings: 4



Profile Exchange per serving: 2 cups vegetables, 1 fat, 1 flex food

INGREDIENTS

- ½ cup Profile Balsamic Vinaigrette
- 1½ lbs. brussels sprouts, ends trimmed, cut in half lengthwise
- 2 cloves garlic, coarsely chopped
- ¼ tsp. salt
- ½ tsp. pepper
- 4 tsp. olive oil

DIRECTIONS

1. Preheat oven to 425°F.
2. Line a baking sheet with aluminum foil.
3. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
4. In a large bowl, toss brussels sprouts with 4 tsp. olive oil, salt, and pepper to coat thoroughly.
5. Transfer the brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
6. Place brussels sprouts back in bowl. Add Profile Balsamic Vinaigrette and toss to coat evenly.

CAULIFLOWER STUFFING



Servings: 8



Profile Exchange per serving: 1 cup vegetables, ½ fat

INGREDIENTS

- 1 medium head of cauliflower
- 4 tsp. olive oil
- 1 small yellow onion, diced
- 1 garlic clove, minced
- 3 stalks celery, sliced thinly
- 1 cup mushrooms, sliced
- ½ tbsp. poultry seasoning or Mrs. Dash seasoning of choice
- 1 tsp. red wine vinegar
- ¼ tsp. black pepper

DIRECTIONS

1. Pulse cauliflower in a food processor until "rice" consistency is reached.
2. Add olive oil to a large skillet over medium-high heat.
3. Add onions, garlic and celery and sauté for 5 minutes.
4. Add cauliflower and cook for about 10 minutes, or until fully cooked.
5. Add mushrooms and continue cooking until they've begun to sweat, about 5 minutes.
6. Top with spices and vinegar and cook for 1 minute.
7. Serve alongside turkey.

SWEET POTATO CASSEROLE



Servings: 12



Profile Exchange per serving: 1 starch, ½ cup vegetable, 1 flex food

INGREDIENTS

- 4-6 large sweet potatoes, peeled and cut into ¾-inch cubes
- 1 cup low-fat vanilla yogurt
- 1 tsp. cinnamon
- Pinch nutmeg
- Pinch salt
- 1 tbsp. brown sugar (optional)
- 4 large egg whites, lightly beaten
- ¾ cup chopped pecans
- 1 tbsp. brown sugar (optional)

DIRECTIONS

1. Preheat oven to 350 degrees. Spray a 2.5-quart casserole dish with nonstick spray.
2. Put the sweet potatoes in a medium sauce pan with enough water to cover them. Bring to a boil over high heat. Reduce to a simmer and cook until fork-tender, about 5-7 minutes. Drain.
3. In large bowl, use a blender to mash the sweet potatoes.
4. Add the yogurt, cinnamon, nutmeg and salt. Mash the potato mixture some more. Add brown sugar if desired.
5. Add the eggs and blend them in as well. Transfer the mixture to the casserole dish.
6. Bake for 30 minutes. Top evenly with the pecans and continue to bake until lightly browned, about 10-15 more minutes.

OVEN-ROASTED TURKEY



Servings: 12



Profile Exchange per serving: 5 oz. very lean protein

INGREDIENTS

- 1 10-12 lb. fresh turkey (neck & giblets removed)
- 1 medium white onion, sliced into quarters
- 2 celery stalks, sliced into 2" pieces
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- Salt to taste
- Black pepper to taste
- 1 tbsp. poultry seasoning or Mrs. Dash Seasoning for Chicken

DIRECTIONS

1. If using a frozen turkey, thaw turkey 24 hours in refrigerator first. Remove neck and giblets from the neck and body cavities, discard the neck and remove the tail portion of turkey.
2. Preheat oven to 325 degrees.
3. Rinse the turkey inside and out with cold water and place the bird breast side up on a rack in a shallow roasting pan.
4. If using a roasting bag, place a bit of flour in bag, give it a quick shake, add the turkey to the bag and place in a shallow roasting pan.
5. Combine seasonings and rub all over turkey inside and outside cavity while in roasting bag or in roasting pan.

PROFILE PUMPKIN PIE PUDDING



Servings: 1



Profile Exchange per serving: 1 meal replacement, 1 flex food

INGREDIENTS

- 1 packet Profile Vanilla Shake mix
- 1 tsp. white chocolate sugar-free pudding mix
- ½ tsp. pumpkin pie spice
- 1 tbsp. pumpkin puree
- 6oz. cold water
- Fat-free whipped topping

DIRECTIONS

1. Combine all ingredients, except whipped topping, in a small bowl and stir until smooth.
2. Let chill for 5 minutes.
3. Top with whipped topping and a dash of cinnamon.