Happy Thanksgiving

Pacific Northwest Medical Group



GLP-1 THANKSGIVING MEAL PLAN

MENU:

- TURKEY
- MASHED POTATOES
- GREEN BEAN CASSEROLE
- CANDIED YAMS
- STUFFING/DRESSING
- TURKEY GRAVEY
- DINNER ROLLS
- PECAN PIE

Pacific Northwest Medical Group & Weight Loss

GLP-1 Thanksgiving Herb-Roasted Turkey

Calories: 125/3oz

- **Protein: 26g Fiber: 2-3g**
- **Total carbohydrate: 0g**
- **Total fat: 2g Saturated fat: 0.5g**



Serving Size: 8/2cups

- **Prep time: 30 minutes**
- **Cook time: 5-6 Hours**
- **Resting time: 20 minutes**

INGREDIENTS:

- **Whole Turkey:** 25 pounds
- **Olive Oil:** 2 Tablespoons
- **Low-So Chicken Broth:** 2cups
- **Dry Rub Sage:** 2 teaspoons
- **Dried Thyme:** 2 teaspoons



- **Dried Rosemary Crushed:** 1 teaspoon
- **Garlic Powder:** 1 teaspoon
- **Onion Powder:** 1 teaspoon
- **Black Pepper:** ¼ teaspoon
- **Salt:** 1 teaspoon

How to make it

1. **Preheat to 325°F. Place a roasting rack in a sturdy roasting pan. USDA recommends an oven temperature no lower than 325°F.**
2. **Remove the outer packaging, neck, and giblets, checking both cavities. Pat dry with paper towels. Keep raw turkey and its juices away from ready-to-eat foods, and clean hands, utensils, and preparation surfaces afterward.**
3. **Combine the olive oil, sage, thyme, rosemary, optional garlic and onion powders, optional pepper, and any salt you choose to use.**
4. **Gently loosen the breast skin without tearing it. Spread some of the herb mixture directly over the breast meat beneath the skin, then rub the remainder lightly over the outside.**
5. **Place in the roasting pan.**
6. **Set the turkey breast-side up on the rack. Pour the broth into the bottom of the pan. Leave the cavity unstuffed; bake your stuffing separately.**
7. **Roast and monitor.**
8. **Roast uncovered, loosely tenting the breast with foil if it browns too quickly. Begin checking the temperature around 4½ hours so you can monitor progress rather than relying on the estimated finish time.**
9. **Verify doneness in several places.**
10. **The turkey must reach at least 165°F in the thickest part of the breast, innermost thigh, and innermost wing. Avoid touching bone with the thermometer. Check both sides of a bird this large; a browned exterior or pop-up timer alone is not enough to establish doneness.**
11. **Let rest for 20–30 minutes before carving. Remove the skin from portions intended for the skinless-meat nutrition estimate. Weigh cooked servings when consistency matters.**

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GLP-1 Thanksgiving Mashed Potatoes

Calories: 95

- **Protein: 4–5 g Fiber: 1–2g**
- **Total carbohydrate: 17g**
- **Total fat: 1.5g Saturated fat: 1g**



Serving Size: 8

- **Prep time: 15 minutes**
- **Cook time: 20 minutes**
- **Total time: About 35 minutes**

INGREDIENTS:

- **Yukon Gold or russet potatoes, peeled and cut into 1-inch pieces:** 1½ pounds
- **Plain nonfat Greek yogurt:** ¾ cup / approximately
- **Skim milk:** ½ cup
- **Unsalted butter:** 1 tablespoon
- **Garlic powder:** ¼ teaspoon
- **Salt:** ¼ teaspoon
- **Black pepper:** A pinch
- **Chopped fresh chives:** 1 tablespoon

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How to make it

1. **Prepare the potatoes.**
2. **Rinse potatoes before peeling. Cut into evenly sized, 1-inch pieces.**
3. **Place the potatoes in a saucepan and cover with cold water by about 1 inch. Bring to a boil, then reduce to a gentle simmer. Cook for 15–20 minutes, until a fork slides easily through the pieces.**
4. **Drain well.**
5. **Return them to the warm pot. Let them stand for 1–2 minutes so excess moisture evaporates.**
6. **Suggested to Gently warm Milk and Butter together in a small saucepan or microwave-safe container until the butter melts. Do not boil.**
7. **Mash the potatoes, then gradually stir in the warm milk mixture.**
8. **Fold in the yogurt.**
9. **Remove the pot from the heat. Fold in the Greek yogurt, salt, and optional garlic powder and pepper until creamy. For a thinner mash, add warm water 1 tablespoon at a time.**
10. **Sprinkle with optional chives.**



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GLP-1 Thanksgiving Green Bean Casserole





Calories: 110

- **Protein: 5g Fiber: 3g**
- **Total carbohydrate: 15g**
- **Total fat: 3g Saturated fat1g**

Serving Size: 8

- **Prep time: 20 minutes**
- **Cook time: 20-25 minutes**
- **Total time: 45 minutes**

INGREDIENTS:

- **Fresh green beans:** 1½ pounds(cute & trimmed)
- **Mushrooms:** 8 ounces (Finely Chopped)
- **Yellow Onion:** ½ cup (Finely Diced)
- **Olive Oil:** 1 Tablespoon (Divided)
- **All-Purp Flour:** 2 Tablespoons
- **Skim Milk:** 1 ½ Cups



- **Low-Sod Veggie Broth:** ½ Cup
- **Plain-Panco Bread Crumbs:** ½ Cup
- **Grated Parm Cheese:** 2 Tablespoons
- **Garlic Powder:** ¼ Teaspoon
- **Salt:** ¼ Teaspoon
- **Pepper:** A Pinch

How to make it

1. **Heat the oven.**
2. **Preheat to 375°F. Set out a 2-quart baking dish.**
3. **Bring a large pot of water to a boil. Add the beans and cook for 6–8 minutes, until tender but not falling apart. Drain thoroughly. For a softer texture, cook another 1–2 minutes.**
4. **Heat 2 teaspoons of the olive oil in a large nonstick skillet over medium heat. Add the mushrooms and onion. Cook for 7–9 minutes, stirring occasionally, until softened and most of the mushroom liquid has evaporated.**
5. **Make the sauce.**
6. **Sprinkle the flour over the vegetables and stir for 1 minute. Slowly stir in the milk and broth, a little at a time, to prevent lumps. Add the optional garlic powder, thyme, salt, and pepper. Simmer gently for 3–5 minutes, stirring, until lightly thickened.**
7. **Assemble the casserole.**
8. **Fold the drained green beans into the mushroom sauce. Transfer to the baking dish.**
9. **Mix the panko and Parmesan with the remaining 1 teaspoon of olive oil. Sprinkle evenly over the casserole.**
10. **Bake uncovered for 20–25 minutes, until the sauce bubbles around the edges and the topping is golden. Let stand for 5 minutes, then divide into eight equal servings.**

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GLP-1 Thanksgiving Candied Yams

Calories: 125

- **Protein: 2g Fiber: 3.5g**
- **Total carbohydrate: 29g**
- **Total fat: 1.5g Saturated fat: 1g**



Serving Size: 8

- **Prep time: 15 minutes**
- **Cook time: 45–55 minutes**
- **Total time: About 1 hour**

INGREDIENTS:

- **Fresh sweet potatoes, peeled and cut into ½-inch rounds or half-moons:** 2 pounds
- **Brown sugar, packed:** 2 tablespoons
- **Unsalted butter, melted:** 1 tablespoon
- **Water:** ¼ cup



- **Vanilla extract:** 1 teaspoon
- **Ground cinnamon:** 1 teaspoon
- **Ground nutmeg:** ⅛ teaspoon, optional
- **Salt:** ⅛ teaspoon, optional

How to make it

1. **Preheat oven to 375°F. Use a 2-quart baking dish**
2. **Prepare the sweet potatoes.**
3. **Wash, peel, and cut into even ½-inch rounds. Cut larger rounds in half so they cook evenly. Place in the baking dish.**
4. **Mix the glaze.**
5. **In a small bowl, stir together the melted butter, brown sugar, water, vanilla, cinnamon, optional nutmeg, and optional salt.**
6. **Coat the potatoes with the glaze over the sweet potatoes and toss gently. Spread into an even layer.**
7. **Cover tightly with a lid or foil. Bake for 30–35 minutes, until the potatoes are beginning to soften.**
8. **Uncover and finish.**
9. **Gently turn the potatoes and spoon the liquid over them. Bake uncovered for another 15–20 minutes, until fork-tender and lightly glazed. If the dish starts to dry out before the potatoes are tender, add 1–2 tablespoons of water.**
10. **Let stand for 5 minutes. Spoon the glaze over the potatoes.**

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GLP-1 Thanksgiving Stuffing/Dressing

Calories: 120

- **Protein: 5g Fiber: 2-3g**
- **Total carbohydrate: 17g**
- **Total fat: 4g Saturated fat: 1.5g**



Serving Size: 8

- **Prep time: 20 minutes**
- **Cook time: 30–40 minutes**
- **Total time: 1Hr & 15 minutes**

INGREDIENTS:

- **Whole-wheat bread, cut into ½-inch cubes:** 8oz
- **Celery, finely diced:** 1cup
- **Yellow onion, finely diced:** 1cup
- **Unsalted butter:** 1tablespoon
- **Low-Sow Chicken/Veggie broth:** 1 ½ cups



- **Large egg, beaten: 1 egg**
- **Fresh parsley, chopped:** 2 tablespoons
- **Dried rubbed sage:** 1 teaspoon
- **Dried thyme:** ½ teaspoon
- **Black pepper:** ⅛ teaspoon
- **Salt:** upto ¼ teaspoon

How to make it

1. **Dry the bread.**
2. **Heat the oven to 300°F. Spread the bread cubes on a baking sheet and bake for 15–20 minutes, stirring once, until dry but not deeply browned. Transfer to a large mixing bowl.**
3. **Increase the oven temperature.**
4. **Set the oven to 350°F. Line a 2-quart baking dish with parchment, or use a nonstick baking dish.**
5. **Melt the butter in a skillet over medium-low heat. Add the celery, onion, and ¼ cup of the measured broth. Cook for 8–10 minutes, stirring occasionally, until tender. Add another spoonful of the measured broth if needed to prevent sticking.**
6. **Stir the sage, thyme, parsley, and optional pepper into the vegetables. Remove from the heat and let cool until lukewarm.**
7. **Add the vegetable mixture to the bread. Whisk the egg with 1 cup of the remaining broth, then gently fold into the bread mixture. Add the final ¼ cup of broth gradually if needed. The bread should feel evenly moist, not soupy.**
8. **Transfer to the baking dish without packing it tightly. Cover with foil and bake for 25 minutes. Uncover and bake for another 5–15 minutes, until lightly golden and the center reaches 165°F on a food thermometer.**
9. **Let stand for 5 minutes. Divide into eight equal servings. For a softer top, leave covered throughout baking, checking that the center still reaches 165°F**

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GLP-1 Thanksgiving Turkey Gravy



Calories: 15

- **Protein: 0-1g Fiber: 2-3g**
- **Total carbohydrate: 2-3g**
- **Total fat: 0g Saturated fat: 0g**

Serving Size: 8/2cups

- **Prep time: 5 minutes**
- **Cook time: 10 minutes**
- **Total time: 15 minutes**

INGREDIENTS:



- **Low-Sow Chicken/ Turkey Broth:** 2cups
- **Cornstarch:** 2 tablespoons
- **Cold water** ¼ cup
- **Onion Powder:** ½ teaspoon
- **Garlic Powder:** ¼ teaspoon
- **Dried Rub Sage:** ¼ teaspoon
- **Dried Thyme:** ¼ teaspoon
- **Black Pepper:** A pinch
- **Salt:** Optional

How to make it

1. **Heat the broth.**
2. **Pour the broth into a small saucepan. Add the onion powder, optional garlic powder, sage, thyme, and optional pepper. Bring to a gentle simmer over medium heat.**
3. **Make the slurry.**
4. **In a small bowl, whisk the cornstarch with the cold water until completely smooth. Mix just before adding, because cornstarch settles as it stands.**
5. **Thicken the gravy.**
6. **Slowly pour the slurry into the simmering broth while whisking constantly. Bring to a gentle boil and cook for 1–2 minutes, stirring, until smooth and lightly thickened.**
7. **Adjust the consistency.**
8. **If too thick, add water a tablespoon at a time. If too thin, simmer briefly, stirring frequently. The gravy will thicken slightly as it cools.**
9. **Check the yield and seasoning.**
10. **For consistent portions, measure the finished gravy and add enough hot water to bring it to 2 cups if needed. Taste before adding salt.**
11. **Serve warm.**
12. **Spoon over turkey, mashed potatoes, or stuffing. Whisk again just before serving.**

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GLP-1 Thanksgiving Dinner Rolls

Calories: 105

- **Protein: 3g Fiber: 1g**
- **Total carbohydrate: 19g**
- **Total fat: 2g Saturated fat: 1g**



Serving Size: 16 Rolls/ 1 serving size

- **Prep time: 25 minutes**
- **Rising Time: 1 ½ Hour / 9x13in pan**
- **Cook time: 18-23 minutes**

INGREDIENTS:

- **All-Purp Flour:** 3 cups
- **Skim Milk:** 1 cup
- **Unsalted Butter:** 2 tablespoons Melted
- **Granulated Sugar:** 1 tablespoon



- **Instant Yeast:** 2 ¼ teaspoon
- **Salt:** ¾ teaspoon
- **Warm Water:** ¼ cup
- **Non-Stick Cooking Spray:** Coat Bowl/Pan

How to make them

1. **Gently warm the milk and water until lukewarm, approximately 100–110°F—not hot. Stir in the melted butter. Let the mixture cool if needed before adding it to the flour. This temperature range is consistent with yeast-roll guidance from King Arthur Baking**
2. **In a large bowl, combine the flour, instant yeast, sugar, and salt.**
3. **Make the dough.**
4. **Pour the warm milk mixture into the dry ingredients. Stir until a soft, slightly sticky dough forms.**
5. **Knead by hand for 8–10 minutes, or with a dough hook for 5–7 minutes. Use the reserved tablespoon of flour only as needed. The dough should feel soft and slightly tacky, not stiff or dry.**
6. **Place in a lightly sprayed bowl, cover, and let rise in a warm, draft-free location until nearly doubled, approximately 60–90 minutes. Use the dough's appearance rather than the clock; room temperature affects rising time.**
7. **Gently press down the risen dough. Divide into 16 equal pieces, ideally using a kitchen scale. Shape each piece into a smooth ball and arrange in a lightly sprayed 9-by-13-inch pan.**
8. **Cover and let rise for approximately 30–45 minutes, until noticeably puffy. Meanwhile, preheat the oven to 350°F**
9. **Bake for approximately 18–23 minutes, until lightly golden. A thermometer inserted into the center of a middle roll should read about 190°F**
10. **Let stand for 5–10 minutes. Leave the tops unbuttered to keep the nutrition estimate consistent.**



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GLP-1 Thanksgiving PECAN PIE



Calories: 130

- **Protein: 3g Fiber: 1g**
- **Total carbohydrate: 15g**
- **Total fat: 7g Saturated fat: 1g**



Serving Size: 10 slices/ 9in pie pan

- **Prep time: 15 minutes**
- **Cook time: 35-45 minutes**
- **Cooling time: 1 Hour**

INGREDIENTS:

- **Pecans, chopped:** ¾ cup
- **Large eggs:** 3
- **Skim Milk:** ¾ cup
- **Pure Maple Syrup:** ¼ cup
- **Brown Sugar Packed:** ¼ cup



- **Corn Starch:** 1 tablespoon
- **Vanilla Extract:** 1 teaspoon
- **Ground Cinnamon:** ½ teaspoon
- **Salt:** ⅛ teaspoon
- **Non-Stick Spray:** Coat Pan

How to make it

1. **Heat the oven.**
2. **Preheat to 350°F. Lightly coat a standard 9-inch pie plate with nonstick cooking spray.**
3. **Spread the chopped pecans on a baking sheet. Toast for 5–7 minutes, until fragrant, watching carefully to prevent burning. Set aside to cool slightly.**
4. **In a small bowl, whisk the cornstarch into the cold milk until completely smooth.**
5. **In a larger bowl, gently whisk the eggs, maple syrup, brown sugar, vanilla, cinnamon, and optional salt until combined. Whisk in the milk mixture. Avoid beating in lots of air.**
6. **Stir in the pecans and pour into the prepared pie plate. The pecans will naturally rise toward the surface.**
7. **Bake until safely set.**
8. **Bake for approximately 35–45 minutes. The edges should be set, and the center should have a slight wobble rather than look liquid. Confirm that the center reaches at least 160°F, the recommended safe temperature for egg dishes. If the nuts brown too quickly, loosely tent with foil.foodsafety**
9. **Cool on a rack for about 1 hour, then refrigerate. Chill for at least 2 hours before slicing for a firmer texture. Keep total room-temperature time under 2 hours.**
10. **Cut into 10 equal slices. Because this pie has no crust, use a thin spatula to lift each slice; the first piece may be softer or less tidy than subsequent pieces.**