FALL & WINTER 2015/2016

Feast

RECIPE TYPES FOR TRIM HEALTHY MAMAS

Recipe	Type
Main Dishes	
Perfect Roast Turkey	S or FP (without skin)
Perfect Roast Turkey Breast	S
Roast Beast	S
Breads	
Southern Cornbread	S
Classic Cornbread Dressing	S
In a Jiffy Muffins	FP
Salads	
Kale Mango Salad	CO
Jeweled Slaw	E
Celestial Orange Sparkling Gelatin	FP
Vegetables	
French Fried Onions	CO or S in garnish amounts
Green Bean Casserole	S
Caramel Crunch Topping	S
Caramel Crunch Sweet Potato Casserole	CO
Cheddar Roasted Mashed Cauliflower	S
Macaroni & Cheese 2 Ways	S (GF version is off plan)
Condiments	
No Fail Gravy	S or FP for fat free broth
Whole Berry Orange Cranberry Sauce	FP
Jellied Cranberry Sauce In a Can	FP
Homemade Butter	S
Browned Butter Caramel Sauce	S
Desserts	
Caramel Apple Crisp	CO
Press in Pie Crust	S
Pumpkin Pie	S
Chocolate Chunk Pecan Pie	S
Classic Whipped Cream	S
Beverages	
Southern Sweet Tea	FP
Spiced Cranberry Cider	FP