



Bariatric
Center *for*
Success



Holiday Meal Prep, Planning & Recipes

Meet Denise

Hi, I am Denise Roden and I'm a successful Roux-en Y Gastric Bypass patient since 2004. I received my Health Coaching Certification from Georgetown Universities School of Continuing Studies and I'm also credentialed as a Support Group Leader.

I love cooking, creating new recipes and I'm committed to providing quality education and coaching services to the bariatric community.





What are the Benefits of planning & prepping?

- Ensures you are getting the proper nutrition (keeps carbs in check)
- Keeps you on track (weight maintenance)
- Reduces shopping time (no guesswork)
- Saves money (who doesn't like to save money?)



Plan once, eat all week!

Sausage and Cheese Egg Muffins

INGREDIENTS:

- 10 eggs
- 1 cup shredded cheddar
- 2 tablespoons half and half
- 1 pound of sausage, scrambled
- 1/8 teaspoon salt
- 1/8 teaspoon

DIRECTIONS:

1. Preheat oven to 350°F.
2. Lightly grease a 12-cup muffin tin and set aside.
3. Scramble the sausage over medium heat until done and drain.
4. Divide the sausage and cheese over the 12 tins.
5. In a large bowl, whisk together eggs, half and half, salt and pepper.
6. Pour the egg mixture over the sausage and cheese.
7. Bake for 22 – 25 minutes. Serve warm or cool and freeze or wrap up for breakfast.

Yield: 12 servings, 200 Calories, 15.3g Fat, .6g Carbohydrates, 0g Fiber, 14.3g Protein

Courtesy of: Denise Roden





Shopping Tips

Do not shop on an empty stomach.

- Eat a protein snack before you head out or stash something in your glove box like beef jerky.
- Make sure to make a list and stick to it!
- Use the small grocery cart instead of the larger one.



Shopping Tips

Shop around the perimeter of the grocery store.

- Notice, that as you enter the store – the first aisle is produce (fruits & vegetables).
- At the back of the store are meats (beef, pork, poultry & fish).
- Going down the last aisle is dairy (cheese, eggs, yogurt & milk).



Shopping Tips

Be sure and have a variety of pantry staples.

- Keep a variety of spices, onion powder, garlic powder, paprika, salt & pepper.
- Canned tomatoes, olive oil, hot sauce, vinegar & low carb baking flours.
- Various cheeses, sour cream, butter and heavy cream. Low or no sugar sauces.



Shopping Tips

Final tips.

- Buy quality meats.
- Buy in season (Farmer's Markets).
- Try out new recipes.

Online Food Shopping(my favs)

- Bob's Red Mill: www.bobsredmill.com
- Thrive Market: www.thrivemarket.com
- G Hughes Sugar Free Sauces:
www.ghughessugarfree.com
- Real Good Foods: www.realgoodfoods.com
- Sola Bread: www.solasweet.com
- Schmidt Baking Company:
www.schmidtbaking.com
- Thin Slim Foods: www.thinslimfoods.com
- Butcher Box: www.butcherbox.com



Guidelines for Meal Planning

Set aside

Set aside time to plan a week's menu (I plan on Sunday afternoon).

Try out

Try out new recipes and add in some quick and easy meals.

Plan

Plan for breakfast, lunch, dinner and snacks.

Create

Create your shopping list.

Remember

Remember to have plenty of proteins, vegetables and low-carb snacks.

Prep

Prep snacks for the week. Make sure to have containers on hand.

Add-in's for Holiday Meals

Planning for the holidays can be stressful. Especially the meal portion of the holiday, so here's a few tips to help your planning go smoother!

1

Plan your menu – not only for that special day but for the days surrounding. Especially if you have guests.

2

Prepare meals that you can plan ahead and freeze. Like a breakfast quiche.

3

Prepare a crudité or charcuterie platter ahead for a quick lunch or snacks.

4

Ask for helpers – your own personal sous chefs.

5

Pick a dessert that you can prepare ahead of time.

6

Set the table the night before.

7

Relax and enjoy!



Low Carb Thanksgiving Dinner Meal Plan

- Shrimp, Bacon and Cucumber Stack
- Deviled Eggs
- Herbed Butter Roasted Turkey
- Roasted Brussels Sprouts with Bacon
- Garlic Cauliflower Mash
- Crustless Low Carb Pumpkin Pie
- Slow Cooker Cinnamon Spiced Apples



Appetizers

Deviled Eggs

- 6 eggs
- ¼ cup mayonnaise (I prefer Duke's)
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- Smoked Paprika for garnish



1. Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.
2. Crack eggshells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.
3. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.

Yield: 4 servings, 156 Calories, 11.7g Fat, 4.4g Carbohydrates, 0.2g Fiber, 8.6g Protein

Courtesy of: <https://www.foodnetwork.com/recipes/classic-deviled-eggs-recipe-1911032>

Shrimp, Bacon and Cucumber Stack

For the Shrimp:

- 10 ounces large shrimp peeled and deveined, yields 20 shrimp
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- 2 tablespoons butter



Other Ingredients:

- 7 slices bacon, cooked until crispy and cut into thirds
 - 1 – 10 inch cucumber, cut into ½ inch slices
1. Season both sides of the shrimp with salt, pepper, and paprika. Heat the butter in a large skillet over medium high heat. Sear the shrimp on both sides until no longer opaque. Remove the skillet from the heat and set aside.
 2. Lay out the cucumber slices on a platter and season with salt. Top with one slice of bacon and one shrimp. Secure with a toothpick and repeat.

Yield: 20 servings, 65 Calories, 4.3g Fat, 1g Carbohydrates, 0.1g Fiber, 7.6g Protein

Courtesy of: Denise Roden

Main Course

Herbed Butter Roasted Turkey

- 12 pound turkey, defrosted
- 9 ounces butter, softened
- 2 tablespoons dried thyme
- 2 tablespoons rubbed sage
- 2 tablespoons dried minced onion
- 1 tablespoon sea salt, more to taste
- 1 tablespoon garlic powder
- 1 ½ teaspoon ground black pepper
- 3 cups of chicken stock
- Fresh herbs, for garnish



1. Preheat the oven to 350.
2. Place the turkey on an even surface and gently work your fingers underneath the skin, between the skin and the flesh of the turkey to create a pocket. Take your time and work gently. The more you can loosen the skin without tearing it, the juicier your turkey will turn out.
3. Place the butter, herbs and seasoning into a mixing bowl and mix to combine. Set 1/3 of the mixture aside. This will be for the top of the turkey.
4. Using your fingers, scoop out the butter and pack it under the skin, pushing it as far back as you can, and covering the entire top of the turkey, beneath the skin.
5. Once you have packed 2/3 of the butter under the skin, massage the turkey, on top of the skin to evenly distribute the butter.
6. Rub the remaining herbed butter all over the top of the turkey.
7. Place a roasting rack inside the roasting pan. Pour the chicken stock into the bottom of the pan.
8. Cook for 13 to 15 minutes per pound, or until it has reached an internal temperature of 165°F.
9. Baste the turkey every 15 minutes to keep it super moist and tender
10. Rest the turkey for 15 to 30 minutes before cutting into it to retain the juices.
11. Use the juices to make a pan gravy.

Yield: 14 servings, 734.3 Calories, 46.7g Fat, 1.7g Carbohydrates, 0.4g Fiber, 8.79g Protein

Courtesy of: Kyndra Holley - <https://peaceloveandlowcarb.com/herbed-butter-roasted-turkey/>

Side Dishes

Roasted Brussels Sprouts with Bacon

- 1 ½ pounds Brussels Sprouts
- 2 tablespoons olive oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon fresh ground pepper
- 6 slices bacon, cooked and chopped



1. Preheat oven to 400 degrees.
2. Clean and trim the Brussels sprouts and cut in half. Also, keep any leaves that fall off and back them too.
3. Place the Brussels sprouts in a bowl and toss with olive oil, salt and pepper.
4. Chop the bacon slices into small bits and toss with Brussels sprouts mixture in bowl.
5. Line a sheet pan with foil and spread the mixture evenly over the pan in a single layer.
6. Roast in the oven for 30 minutes turning halfway through.

Yield: 6 servings, 265 Calories, 18.2g Fat, 11g Carbohydrates, 4.4g Fiber, 16.2g Protein

Courtesy of:
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Garlic Cauliflower Mash

- 4 cups fresh cauliflower
- 1 teaspoon salt
- 1 tablespoon fresh parsley
- 2 tablespoons of butter
- 1 tablespoon garlic, minced
- ½ cup half and half
- ½ teaspoon ground black pepper
- 1 tablespoon chives
- ½ cup Cannelli beans



1. Remove cauliflower from head and cut off the stems. Cut the cauliflower into small pieces and boil for about 20 minutes until soft with a stick from a fork.
2. While cauliflower is cooking, mix together all other ingredients (except the chives) in a large mixing bowl.
3. Remove cauliflower from heat, drain and allow to cool.
4. Pour cauliflower in mixing bowl and using a hand mixer – mix all ingredients until creamy – if needed, add more half and half.
5. Place into a serving dish and sprinkle with chives.

Yield: 6 (1/2 cup) servings, 131 Calories, 6.4g Fat, 14.2g Carbohydrates, 5.6g Fiber, 5.7g Protein

Courtesy of:
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Desserts

Crustless Low Carb Pumpkin Pie

- 1 cups fresh pumpkin or 1 (15 ounce) can pumpkin puree
- 3 eggs
- ¾ cup Swerve or other sugar substitute
- ½ teaspoon salt
- ¼ teaspoon cloves or 1 ¾ teaspoons pumpkin pie spice
- ¾ cup heavy cream

1. Preheat oven to 350 degrees.
2. Mix all ingredients together in a large mixing bowl.
3. Spray a pie pan with olive oil.
4. Pour into pie pan and bake at 350° for 30 to 40 minutes.
5. Serve with a dollop of whip cream made with Swerve and heavy cream.

Yield: 8 servings, 163 Calories, 5.9g Fat, 21g Carbohydrates, 0.9g Fiber, 2.7g Protein

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Slow Cooker Cinnamon Spiced Apples

- 1/3 cup Swerve or other sugar substitute
- 2 tablespoons brown sugar
- 1 tablespoon arrowroot starch
- 3 teaspoons ground cinnamon
- 1/8 teaspoon ground nutmeg
- 5 medium (2-3/4" diameter) Granny Smith apples, peeled & cored and cut into eighths
- ¼ cup butter

1. In a small bowl, mix the first 5 ingredients.
2. Grease the inside of a 5-quart slow cooker.
3. Place in the apples and add sugar mixture. Toss to coat apples.
4. Top with butter and cool on low 3-4 hours or until apples are tender. Stir halfway through cooking.

Yield: 8 (3/4 cup) servings, 135 Calories, 6g Fat, 22.3g Carbohydrates, 3.9g Fiber, .5g Protein

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