



Hosting a Bariatric Friendly Holiday Meal

The Benefits of Planning & Prepping

Taking the time to plan and prep isn't just about saving time, it's about setting yourself up for success.

1. Ensures proper nutrition

When you plan ahead, you're more likely to include balanced meals rich in lean proteins, healthy fats, and fiber-filled veggies — all while keeping carbs in check.

2. Keeps you on track

Meal prepping supports weight maintenance by helping you make intentional choices instead of impulse ones.

3. Reduces shopping time

When you head to the store with a list, there's no second-guessing — you'll be in and out in record time.

4. Saves money

Who doesn't love saving a little extra during the holidays? Planning prevents overbuying and helps you use what you already have.

Plan once, eat all week!

Sausage, Egg and Cheese Muffins

- 12 eggs
- 1 cup shredded cheddar
- 2 tablespoons half and half
- 1 pound of sausage, scrambled
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- Olive oil spray for the muffin pan

1. Preheat oven to 350°F.
2. Lightly spray a 12-cup muffin tin and set aside.
3. Scramble the sausage over medium heat until done. Drain and set aside.
4. In a large bowl, whisk together eggs, half and half, salt, pepper and onion powder.
5. Add the sausage and cheese to the egg mixture and combine.
6. Pour the mixture into the muffin tin and bake for 25 minutes. Serve warm or you can cool and freeze them.

Yield: 12 servings
210 Calories, 16.7g Fat, 1.2g Carbohydrates, 0g Fiber, .6g sugar
and 13.4g Protein





Shopping Tips

Don't shop on an empty stomach.

Eat a protein snack before heading out (a cheese stick, boiled egg, or a little beef jerky in your glove box can save you from temptation).

Make a list — and stick to it.

Impulse buys are the enemy of healthy eating and a peaceful wallet.

Use a small cart.

It's a psychological trick — smaller cart, fewer unnecessary items.



Shopping Tips

Shop the perimeter of the store.

That's where you'll find the freshest foods:

- The **first aisle** usually holds fruits and vegetables.
- The **back section** has your meats, poultry, and fish.
- The **last aisle** often includes dairy products like cheese, yogurt, and eggs.



Shopping Tips

Stock Your Pantry Staples

Keep your kitchen well-equipped with bariatric-friendly essentials:

- **Spices:** onion powder, garlic powder, paprika, salt, pepper.
- **Basics:** canned tomatoes, olive oil, hot sauce, vinegar, and low-carb baking flours.
- **Refrigerated items:** assorted cheeses, sour cream, butter, heavy cream, and low-sugar sauces.



Shopping Tips

Other Great Tips

- Buy **quality meats** — lean proteins make every dish better.
- Shop **in season** or visit your local **farmer's market** for fresher (and cheaper) options.
- **Experiment** with new recipes to keep things exciting.

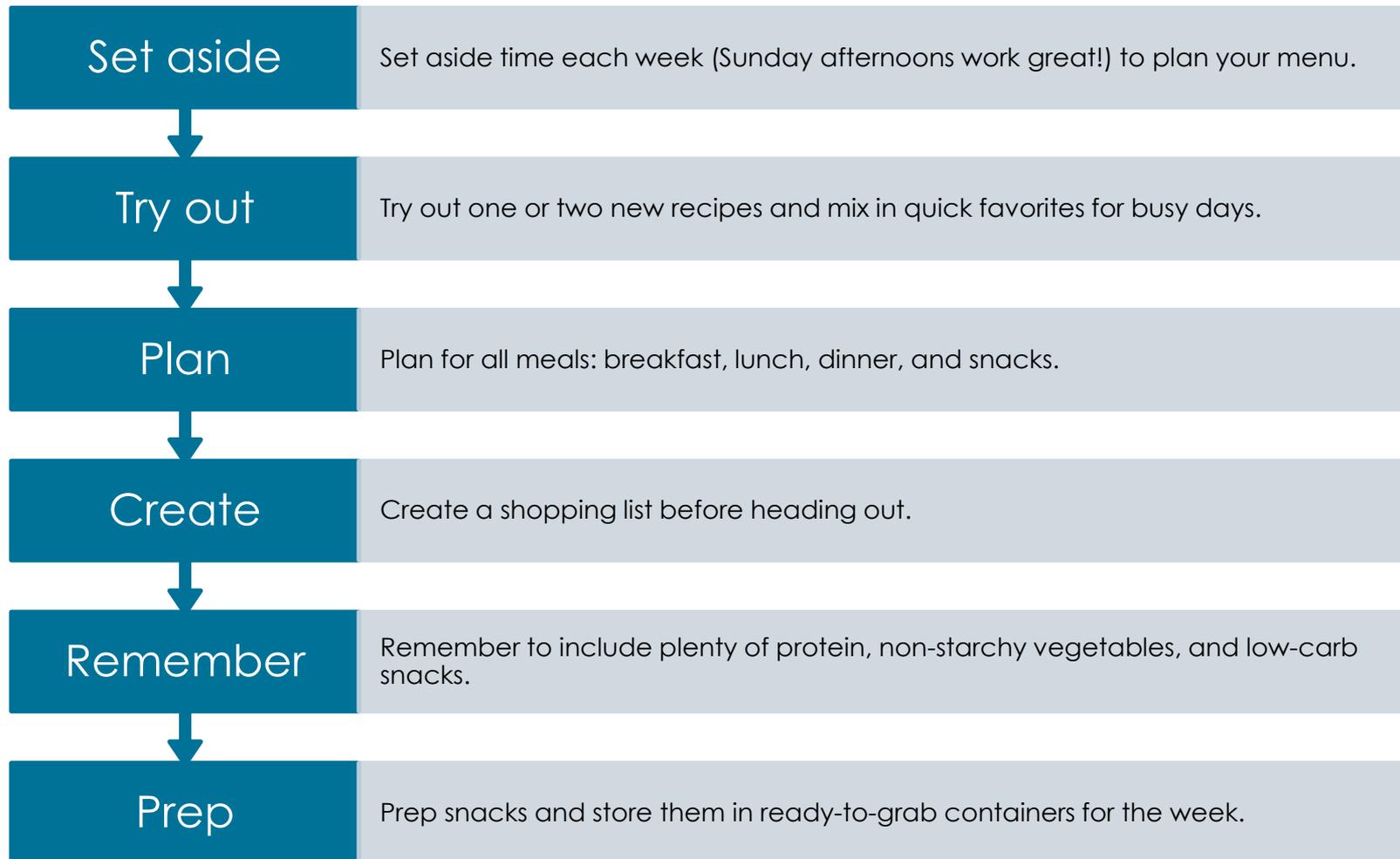
Online Food Shopping(my favs)

- 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
- Hero Bread Company: www.hero.co/products
- Miracle Noodle: www.miraclenoodle.com
- Rao's Sauce: www.raos.com
- Pork King Good: www.porkkinggood.com
- Butcher Box: www.butcherbox.com



Guidelines for Meal Planning

Meal planning doesn't need to be fancy — just consistent.



Holiday Hosting Tips

The holidays can feel overwhelming — especially when food is front and center. Try these stress-free planning strategies to make your day smooth and enjoyable.

1

Plan your full menu, not just for the big day but also for the days before and after (especially with guests).

2

Prepare make-ahead meals — a crustless breakfast quiche freezes beautifully.

3

Create a crudité or charcuterie board in advance for easy lunches and snacks.

4

Ask for helpers! Think of them as your personal sous chefs.

5

Choose a dessert you can prepare early and refrigerate or freeze.

6

Set your table the night before — a small touch that saves a lot of time.

7

Relax and enjoy the moment. You've done the work — now it's time to savor it.



Final Thoughts

The best part of a bariatric-friendly holiday meal is that it doesn't have to feel restrictive. With a little prep, a mindful plan, and a few healthy swaps, you can enjoy every bite and every moment — guilt-free.

So, grab your list, prep ahead, and celebrate the season with confidence. Your body (and your guests) will thank you!



Low Carb Thanksgiving Dinner Meal Plan

- Shrimp, Bacon and Cucumber Stack
- Deviled Eggs
- Turkey Meatballs
- Roasted Brussels Sprouts with Bacon
- Garlic Cauliflower Mash
- Crustless Low Carb Pumpkin Pie
- Low Carb Apple Crisp with Pecans



Appetizers



Deviled Eggs

- 6 eggs
 - ¼ cup mayonnaise (I prefer Duke's)
 - 1 tablespoon sour cream 1 teaspoon Dijon mustard
 - 1/8 teaspoon ground pepper
 - 1/8 teaspoon salt
 - Smoked Paprika for garnish
1. Place eggs in a single layer in a saucepan and cover with enough water that there's 1 inch of water above the eggs. Heat on high until water begins to boil, then cover. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute or an ice bath.
 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, sour cream, Dijon 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: 6 servings, 132 Calories, 11.8g Fat, .7g Carbohydrates, 0.2g Fiber, .5g Net carbs, .3g sugar and 5.6 g Protein



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, 64 Calories, 5g Fat, .6g Carbohydrates, 0.1g Fiber, .5g net carbs, .3g sugar and 4.4g Protein

Main Course

Turkey Meatballs

- 1 pound ground turkey
- 1 pound ground turkey sausage
- 1 cup Pork King Good Italian Pork Rind Crumbs
- 2 medium eggs
- 4 Tablespoons grated Parmesan Cheese
- 4 teaspoons Italian Seasoning
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon garlic powder



- Preheat the oven to 400°F. In a bowl, stir together the Pork King Good breadcrumbs, Parmesan, Italian seasoning, garlic powder, onion powder, salt, and pepper.
- Add the ground turkey to a separate large bowl, then add the egg and breadcrumb mixture. Use your hands to mix everything together until evenly combined. Try not to overmix as this can make the meatballs tough.
- Divide and shape the meat mixture into 18 meatballs, about three tablespoons each or about 1 1/2 inches in diameter.
- Place the shaped meatballs on a parchment-lined baking sheet. Transfer the meatballs to the oven and bake for 20 minutes, or until cooked through. Flip the meatballs and cook for 10 more minutes until golden brown.
- Serve with a turkey gravy over Miracle Noodles or Cauliflower Rice.

Yields - 18 meatballs/6 Servings - 3 each - 316 calories, 17.3g fat, 1.7g carbs, .4g fiber, 1.3g net carbs, .1g sugar and 37.1g protein.

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.
 3. Place the Brussels sprouts and leaves 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.

Yields: 6 servings, 203 Calories, 15.6g Fat, 10.2g Carbohydrates, 4.3g Fiber, 5.9g net carbs, 2.6g sugar and 16.2g Protein



Garlic Cauliflower Mash

- 4 cups fresh cauliflower
 - 1 teaspoon salt
 - 1 tablespoon fresh parsley
 - 2 tablespoons of butter, melted
 - 1 tablespoon garlic, minced
 - ½ cup half and half
 - ½ teaspoon ground black pepper
 - 1 tablespoon chives
 - ½ cup Cannellini 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, 8.6 net carbs 5.7g Protein

Desserts



Crustless Low Carb Pumpkin Pie

- 1 cups fresh pumpkin or 1 (15 ounce) can pumpkin puree
 - 3 eggs
 - $\frac{3}{4}$ cup heavy cream
 - $\frac{3}{4}$ cup Monk fruit sweetener
 - 1 $\frac{3}{4}$ teaspoons pumpkin pie spice
 - $\frac{1}{2}$ teaspoon salt
1. Preheat oven to 350 degrees.
 2. Mix all ingredients together in a large mixing bowl.
 3. Spray a 9-inch pie pan with olive oil.
 4. Pour into pie pan and bake at 350° for 40 minutes.
 5. Serve with a dollop of Reddi Whip or homemade whip cream.

Yield: 6 servings, 157 Calories, 13g Fat, 229.7g sodium, 7.1g Carbohydrates, 2.1g Fiber, 5g net carbs, 3.3g sugars and 2.7g protein



Low Carb Apple Crisp with Pecans

- 2 medium Honeycrisp apples or any dense apple
 - 4 cup raw pecans, chopped
 - 4 tablespoons unsalted butter, melted
 - 2 tablespoons Monk fruit sweetener
 - 1 teaspoon vanilla extract
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - $\frac{1}{2}$ teaspoon ground nutmeg
1. Preheat oven to bake 350 degrees.
 2. Peel, core and slice the apples. I used an apple slicer that made 9 slices, then I cut those in half.
 3. Place the apple slices into 4 small ramekins or 2 medium size ramekins.
 4. In a small bowl, mix the chopped pecans, melted butter, Monk fruit sweetener, cinnamon, vanilla and nutmeg using a fork.
 5. Pour the mixture evenly over each bowl of apples using a rubber spatula.
 6. Bake for 25 – 30 minutes. Check on them around 20 minutes to make sure the topping doesn't burn.
 7. Remove from oven and allow to rest.

Yield: 4 servings, 258 Calories, 21.9g Fat, 16.8g Carbohydrates, 4.8g Fiber, 12g net, carbs, 10.9g sugar and .5g Protein