



PaleoPlan's Complete Guide to a

Paleo Thanksgiving

**35 Pages of Meal Plans, Recipes, and How
to Prep**

How To Have A

Paleo

Thanksgiving

A PaleoPlan Holiday Guide



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Thanksgiving Menu



Enjoy turkey day this year with some amazing Paleo appetizers, main dishes, and traditional Thanksgiving favorites! This will be a feast that all can enjoy, even if they're not Paleo themselves! Meal plan will serve 6-8 (with leftovers for most dishes) and as usual, is free from refined sugar, dairy, grains, vegetable oil, and legumes.

The numbers beside each menu item correspond with the shopping list. If you want to exclude any dishes, simply don't purchase the ingredients tagged for that recipe number. If you need to cook for a larger quantity of people, increase the recipes accordingly!

(Please note: the appetizers are optional, and thus, not included in the shopping list. To buy for any of them, simply add the ingredients to the rest of the shopping list that we have provided!)



Paleo Meal Planning, Made Easy



Did you know that Paleo Plan offers [meal-planning services](#) and [recipes](#) all year long? We aim to make your Paleo lifestyle simple and sustainable by providing weekly meal plans with shopping lists so that you can focus on what's most important: you. We offer many custom features such as the ability to flag ingredients, swap or remove meals, and so much more.

The best part is that our meal plan is 100% designed by a Registered Dietitian, and is fully approved by our [team of nutritionists](#). We don't just create a delicious tasting meal plan—we also ensure that it meets the micronutrient and macronutrient standards of our Paleo nutritionists.

Tips for Making the Most of Your Paleo Thanksgiving



If you're hosting an all-Paleo Thanksgiving, especially for the first time, these are some tips to make it as successful as possible!

1. Most of the items on the menu can be prepared ahead of time if you follow the prep list. Take advantage of this, and your Thanksgiving Day cooking will be minimal (leaving you more time to enjoy with family and loved ones).
2. Order your turkey ahead of time (perhaps even right now). They tend to sell out quickly, so if you don't want to be left with very small (or very large) options, don't wait. Aim for 1-1.5 pounds of turkey per adult (1.5 for leftovers!), and 0.5-1 pound per child. Smaller birds may have less meat, so aim for the higher end. If you're having trouble



finding the right size of a bird, don't be afraid to get two smaller birds. Prep time won't be increased, and you can cook them side by side in separate pans.

3. Make sure you have an oven thermometer, as this will make it much easier to gauge when your turkey is done without overcooking it. It should be placed in the thickest part of the turkey but not all the way in so that it touches the bone.
4. Buy fresh produce ahead of time (even now), like green beans, and clean them, prep them, and then freeze them. This will save prep time on the days before Thanksgiving and allow you to focus on the recipes instead of chopping vegetables.
5. Spread the love and assign recipes to different family members.
6. Most of all, have a wonderful Thanksgiving with this delicious, good-for-you food!

Appetizers



Some folks don't serve appetizers on Thanksgiving since everyone intends to stuff themselves on the main course. But if you're in the mood to serve a preface to the main event, we have some delicious appetizers available on [our website](#). These four popular favorites are great choices to whet the appetites of your turkey day diners while they watch the Macy's Day Parade, or to eat later in the day during football.

Bacon Wrapped Dates

Endive Salmon Poppers

Prosciutto Melon Wrap-Ups

Spiced Roasted Pumpkin Seeds

Main Dishes, Side Items & Desserts



Kale Salad with Currants, Apples & Hazelnuts (1)

Whole Citrus Roasted Turkey (2)

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Pumpkin Pie Bars (9)

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Thanksgiving Prep List



Here is a prep list to help make cooking Thanksgiving dinner a breeze. Okay, maybe not a breeze, but it will greatly simplify the turkey day oven juggle. It includes any recipes that can be prepared ahead of time, as well an hour-by-hour guide to help make your day of cooking easier to manage.

- If you ordered a frozen turkey, be sure it is thawing in the refrigerator (this should be done 3-4 days before Thanksgiving)

Tuesday PM or Wednesday AM

- Make Fresh Cranberry Relish and refrigerate
- Make Coconut Bread for use in Coconut Bread Stuffing
- Refrigerate 1 can Full-Fat Coconut Milk for Pumpkin Custard (2 cans if adding Coconut Whipped Cream to Paleo Pumpkin Pie Bars)



Wednesday PM

- Bake Pumpkin Pie Bars and store in an airtight container in the refrigerator
- Make Coconut Bread Stuffing; let cool, cover, and refrigerate

Thursday

5 to 7 hours before serving:

- Preheat oven to 350°F
- Make and bake Paleo Dinner Rolls

4 to 6 hours before serving:

- Decrease oven to 325°F
- Prep turkey and begin roasting
- Make Kale Salad with Currants, Apples & Hazelnuts; cover and refrigerate
- Make Coconut Whipped Cream and refrigerate (optional)
- Make Pumpkin Custard and refrigerate

70 minutes before serving:

- Wrap Paleo Dinner Rolls in a clean towel or linen, and place in an oven-proof dish
- Remove Coconut Bread Stuffing from the refrigerator
- Prep Green Bean Casserole (do not bake yet)
- Peel potatoes, chop, and boil for the Traditional Mashed Potatoes

35 minutes before serving:

- Remove turkey from oven and let rest
- Reposition both shelves in the oven and increase temperature to 350°F
- Remove Kale Salad from refrigerator; add cooked bacon and hazelnuts, and toss before serving
- Drain potatoes, set aside



30 minutes before serving:

- Bake Green Bean Casserole (covered)
- Reheat Coconut Bread Stuffing (covered)
- Make Paleo Turkey Gravy

15 minutes before serving:

- Check Green Bean Casserole and remove cover for remaining cook time
- Make Traditional Mashed Potatoes and cover to keep warm

10 minutes before serving:

- Uncover Coconut Bread Stuffing to crisp up the top (you may also broil on high for 3-5 minutes instead)
- Place Paleo Dinner Rolls in oven to reheat slightly before serving

Voila! Your Thanksgiving menu is ready to serve. Remember to take the Fresh Cranberry Relish, Pumpkin Pie Bars and Pumpkin Custard out of the refrigerator.



Thanksgiving Shopping List

FRUITS AND VEGETABLES	NEED	MEALS
<input type="checkbox"/> 1 small - apple(s)	—	1
<input type="checkbox"/> 2 large - apple(s), sweet	—	8
<input type="checkbox"/> 2 medium - celery stalk(s)	—	5
<input type="checkbox"/> 1 1/2 cup(s) - cranberries, fresh	—	8
<input type="checkbox"/> 4 medium - grapefruit(s)	—	2
<input type="checkbox"/> 1 pound(s) - green beans, fresh	—	6
<input type="checkbox"/> 1 1/2 bunch(es) - kale	—	1
<input type="checkbox"/> 1 teaspoon(s) - lemon zest	—	1
<input type="checkbox"/> 5 medium - lemon(s)	—	2
<input type="checkbox"/> 2 medium - lime(s)	—	2
<input type="checkbox"/> 1 pound(s) - mushrooms	—	6
<input type="checkbox"/> 6 medium - mushrooms, white button or cremini	—	5
<input type="checkbox"/> 1/4 small - onion(s), red	—	1
<input type="checkbox"/> 2 1/2 medium - onion(s), yellow	—	5, 6
<input type="checkbox"/> 3 medium - orange(s)	—	2
<input type="checkbox"/> 1 large - orange(s)	—	8
<input type="checkbox"/> 2 medium - parsnip(s)	—	6
<input type="checkbox"/> 6 2/5 small - potato(es), yellow	—	3

DRY GOODS	NEED	MEALS
<input type="checkbox"/> 1 tablespoon(s) - active dry yeast	—	7
<input type="checkbox"/> 1/4 cup(s) - almond milk, unsweetened	—	6
<input type="checkbox"/> 1 tablespoon(s) - arrowroot powder	—	4
<input type="checkbox"/> 1 teaspoon(s) - baking powder	—	5
<input type="checkbox"/> 1/4 teaspoon(s) - baking soda	—	9
<input type="checkbox"/> 1 2/3 cup(s) - cassava flour	—	4, 7
<input type="checkbox"/> 3 1/2 cup(s) - chicken broth	—	3, 5, 6
<input type="checkbox"/> 1 cup(s) - coconut cream	—	10
<input type="checkbox"/> 1 1/4 cup(s) - coconut flour	—	5, 9
<input type="checkbox"/> 3/4 cup(s) - coconut milk, full fat	—	7, 9
<input type="checkbox"/> 1 can(s) - coconut milk, full fat (403 mL)	—	10
<input type="checkbox"/> 2 tablespoon(s) - coconut sugar	—	10
<input type="checkbox"/> 1/2 teaspoon(s) - cream of tartar	—	9
<input type="checkbox"/> 1 1/4 cup(s) - hazelnut flour	—	7, 10

DRY GOODS	NEED	MEALS
<input type="checkbox"/> 2 tablespoon(s) - maple sugar	—	7
<input type="checkbox"/> 2 can(s) - pumpkin puree, organic (15 oz)	—	9, 10
<input type="checkbox"/> 1/3 cup(s) - tapioca flour or starch	—	4, 7
<input type="checkbox"/> 1 cup(s) - turkey bone broth	—	2
<input type="checkbox"/> 4 cup(s) - turkey stock	—	2

OILS AND CONDIMENTS	NEED	MEALS
<input type="checkbox"/> 2 cup(s) - Garlic and drippings from the turkey	—	4
<input type="checkbox"/> 2 teaspoon(s) - apple cider vinegar	—	1
<input type="checkbox"/> 1 tablespoon(s) - bacon drippings	—	1
<input type="checkbox"/> 2 2/3 cup(s) - coconut oil	—	2, 4, 5
<input type="checkbox"/> 1/2 cup(s) - ghee	—	3, 6, 7
<input type="checkbox"/> 1 cup(s) - honey, raw	—	5, 8, 10
<input type="checkbox"/> 1/2 cup(s) - maple syrup	—	9
<input type="checkbox"/> 1 teaspoon(s) - mustard, dijon	—	1
<input type="checkbox"/> 2 tablespoon(s) - olive oil	—	1

NUTS AND SEEDS	NEED	MEALS
<input type="checkbox"/> 1/2 cup(s) - currants, dried	—	1
<input type="checkbox"/> 1/2 cup(s) - hazelnuts	—	1

HERBS AND SPICES	NEED	MEALS
<input type="checkbox"/> 1 2/3 teaspoon(s) - black pepper	—	2, 3, 4, 5
<input type="checkbox"/> 3 1/4 teaspoon(s) - cinnamon	—	9, 10
<input type="checkbox"/> 9 medium - garlic clove(s)	—	2, 5, 6
<input type="checkbox"/> 1/3 teaspoon(s) - garlic powder	—	3, 4
<input type="checkbox"/> 1/4 teaspoon(s) - onion powder	—	6
<input type="checkbox"/> 2 tablespoon(s) - parsley, fresh	—	5
<input type="checkbox"/> 1 1/3 tablespoon(s) - pumpkin pie spice	—	9, 10
<input type="checkbox"/> 1/2 teaspoon(s) - rosemary, fresh	—	5
<input type="checkbox"/> 1 tablespoon(s) - sage, fresh	—	5
<input type="checkbox"/> 5 1/4 teaspoon(s) - sea salt	—	1, 2, 3, 4, 5, 6, 7, 10
<input type="checkbox"/> 1/2 teaspoon(s) - thyme	—	5



HERBS AND SPICES	NEED	MEALS
<input type="checkbox"/> 1 tablespoon(s) - thyme, dried	_____	2
<input type="checkbox"/> 1 1/4 teaspoon(s) - vanilla	_____	9, 10

MEATS AND EGGS	NEED	MEALS
<input type="checkbox"/> 1 pound(s) - Italian pork sausage, ground mild	_____	5
<input type="checkbox"/> 9 slice(s) - bacon	_____	1, 5
<input type="checkbox"/> 9 large - egg(s)	_____	5, 7, 9
<input type="checkbox"/> 1/2 pound(s) - turkey gizzards and hearts	_____	5
<input type="checkbox"/> 12 pound(s) - turkey, whole, free-range	_____	2

OTHER	NEED	MEALS
<input type="checkbox"/> 1 - Coconut Whipped Cream (recipe optional)	_____	9
<input type="checkbox"/> 1 - casserole dish (9x7 inch)	_____	6
<input type="checkbox"/> 1 - roasting pan	_____	2
<input type="checkbox"/> 1/3 cup(s) - water	_____	4, 7

Kale Salad with Currants, Apples & Hazelnuts (1)



Recipe by PaleoPlan

Let's add a hearty helping of green to the Thanksgiving table this year! These verdant leaves will do just that dressed up with a zippy combination of cider vinegar, lemon juice, bacon fat and Dijon. It's also easy to make this salad up to 12 hours ahead of time, to allow for the kale to soften and flavors to meld. Just be sure to add the crisp bacon and crunchy hazelnuts right before serving.

Prep Time 25 minutes

Ingredients

1½ lbs. kale, chopped with stems removed

6 bacon slices

½ tsp sea salt



- 1 Tbsp bacon drippings
- 2 Tbsp olive oil
- 2 tsp apple cider vinegar
- 1 tsp Dijon
- 2 Tbsp red onion, grated
- 1 tsp lemon zest
- 1 small apple, cored and diced
- ½ cup dried currants
- ½ cup chopped hazelnuts or pecans

Instructions

1. Place kale in a large strainer in the sink (or over a large bowl to catch the drips). Sprinkle with sea salt and gently massage the salt into the leaves for about 2 minutes. Let sit for 5 minutes and drain off any extra liquid. Place drained kale into a large salad bowl.
2. In a medium skillet, cook the bacon until crisp on medium heat, turning frequently. Remove bacon from pan and place on paper towels to remove excess fat. Reserve 1 Tbsp bacon fat (drippings). When cooled, crumble bacon pieces.
3. In a small bowl, combine bacon drippings, olive oil, apple cider vinegar, Dijon, red onion, and lemon zest. Whisk or shake together to combine.
4. Add the apple and currants to the bowl with the kale. Pour dressing over top and toss to combine. (If you're prepping ahead of time, now is where you cover and refrigerate until ready to serve.)
5. Top the salad with bacon crumbles and hazelnuts. Serve immediately.

Whole Citrus Roasted Turkey (2)



Recipe by [Aimee McNew](#), MNT

The turkey is always the “big deal” of the Thanksgiving feast, yet many worry that it’s too hard to roast their own whole turkey. This recipe yields delicious, juicy results without a ton of headache and with the fresh, unexpected zestiness of citrus flavors. You’ll be sure to delight the palates of your guests (and yourself!) with this exceptionally mouth-watering bird that is anything but dry. *Please note: If you have purchased a **frozen** turkey, you will need to thaw it 3-4 days before you intend to **brine it** or roast it. Thaw by placing on a tray in the refrigerator in the original packaging. **Do not thaw at room temperature.***

Prep Time 30 minutes

Bake Time 2-3 hours

Ingredients

12-14 lb whole, free-range turkey, rinsed and patted dry



- 1 roasting pan (with lid or poultry baking bag)
- 2 cups ghee, lard or coconut oil
- 3 grapefruits, juiced and zested
- 3 oranges, juiced and zested
- 3 lemons, juiced and zested
- 4 garlic cloves, peeled and finely grated
- 1 Tbsp dried thyme
- 1 grapefruit, peeled and separated into wedges
- 1 orange, peeled and separated into wedges
- 2 limes, washed and cut into wedges
- 2 lemons, washed and cut into wedges
- 4 cups turkey or chicken stock
- 1 cup turkey bone broth (or use water if preferred)
- Sea salt to taste
- Black pepper, ground, to taste

Instructions

1. Preheat the oven to 400°F. Remove turkey from any wrapping (or from the brine) and remove the neck and gizzards by pulling it out of the open cavity. You may discard the neck or save to be used with the gravy. Wash the turkey under cold water for a minute. Pat dry with paper towels and place upside down on a plate or tray.
2. In a small mixing bowl, combine the ghee, the citrus zest, the citrus juice, the thyme, and the grated garlic. Stir until it's well mixed. Using a basting brush (or your fingers), lift the skin and coat the turkey on all sides with the ghee mixture. (Be careful, this can get slick!) Place the turkey breast side up in the roaster. Sprinkle the sea salt and



pepper over the turkey. Pour the turkey bone broth into the bottom of the pan along with the turkey stock.

3. Stuff the turkey with the wedged grapefruit, orange, lemon and lime.
4. Place the lid on the pan. (If using a roasting bag, place the whole stuffed turkey inside of the bag. Be sure to follow the instructions for the baking bag by adding slits as directed to do so.)
5. Roast covered in the oven for 60 minutes. Remove the lid and roast for another 40 to 60 minutes, cooking until the thickest part of the breast registers 165 degrees on a meat thermometer. Continue to check the temperature every 30 minutes after that. When it reaches that temperature, remove from the oven and let sit for at least 10 minutes before serving. (If using a roasting bag, do not remove the bag during the cooking process, and do not increase the oven temperature. Continue to check temps as directed.)

Traditional Mashed Potatoes (3)



Recipe by [Aimee McNew](#), MNT

Since **real potatoes are Paleo**, why not enjoy this traditional Thanksgiving staple? This recipe prepares them without milk, yet still gives them a creamy texture that will have dinner guests going back for seconds (and thirds!). Top them with our Paleo Turkey Gravy, or enjoy them on their own. Either way, our Traditional Mashed Potatoes are a rich and filling comfort food that you'll want to enjoy all winter long!

Prep Time 45 minutes

Cook Time 30 minutes

Ingredients

36-48 small/medium yellow potatoes, peeled

8 cups chicken stock

1 cup ghee (optional)



Sea salt, to taste

Black pepper, to taste

Garlic powder, to taste

Instructions

1. In a large pot, boil 4 cups of chicken stock with enough water to cover the surface of the potatoes when they're added to the pot. Let the potatoes simmer until soft, about 30 minutes.
2. When the potatoes are easily separated by a fork, remove from heat and drain the liquid in a colander. Place the potatoes into a large mixing bowl and use a potato masher or a hand mixer to "smash" the potatoes. They do not have to be whipped.
3. Add 2 cups of chicken stock and 1 cup of ghee to the potatoes and stir until well combined. Add sea salt, black pepper, and garlic to taste. Stir again until thoroughly combined. Add more chicken stock as needed until the potatoes are creamy in texture, but not soupy. Serve warm.

Paleo Turkey Gravy (4)



Recipe by [**Aimee McNew**](#), MNT

You just can't have turkey without gravy! Well you can, but why would you when you can have this delicious, creamy, slightly sweet and very savory Paleo gravy? It's painless to make, and tastes delicious with the turkey and the rolls.

Prep Time 5 minutes

Cook Time 25 minutes

Ingredients

2 cups garlic and drippings from the turkey

1 Tbsp cassava flour

1 Tbsp arrowroot powder

1 Tbsp tapioca starch



1 Tbsp ghee, coconut oil, tallow or lard

1 Tbsp water, or more if needed

Sea salt, to taste

Black pepper, to taste (optional)

Garlic powder, to taste (optional)

Instructions

1. Once you have removed the turkey from the oven, carefully remove the garlic and the drippings from the pan and inside of the turkey. Place in a food processor or blender and puree until smooth.
2. Move the pureed mixture to a medium sized pot or saucepan. On medium heat, combine with 1 Tbsp cassava flour, 1 Tbsp arrowroot powder, 1 Tbsp of ghee or coconut oil, and 1 Tbsp of water. Stirring every few minutes, allow the mixture to combine and simmer. (You can add a pinch of salt at this time, too.)
3. Allow the gravy mixture to simmer for at least 5 minutes and then, depending on texture, add 1 Tbsp of tapioca flour. Mix together with a hand whisk. Continue to simmer and whisk for at least 5 minutes.
4. Cook the gravy to desired consistency: if too watery, add additional tsp of cassava flour at a time, allowing 3-5 minutes for gravy to thicken. If too thick, add 1 Tbsp of water and ½ Tbsp of ghee, allowing the gravy to simmer for 5 minutes. Reassess consistency and then serve warm. (Keep in mind, there is no “right way” to make gravy. If you want yours spicier, add black pepper or garlic powder. Gravy can be somewhat runny, or very thick. Either way, as long as it isn’t thin as water, you’ll have a savory addition to your Thanksgiving plate!)

Coconut Bread Stuffing (5)



Recipe by PaleoPlan

What is a Thanksgiving meal without stuffing?! Have no fear, beloved grain-free eaters. You can still enjoy this tasty treat by using our easy **Coconut Bread recipe**. And don't be turned off by the extra giblets this recipe calls for—it's an excellent way to start incorporating some organ meats into your cooking routine.

Prep Time 50 minutes

Bake Time 2.5 hours

Ingredients

6 large eggs

½ cup coconut oil

2 Tbsp raw honey

½ tsp sea salt



¾ cup coconut flour, sifted

1 tsp baking powder

2-3 bacon slices, diced

½ lb. turkey or chicken gizzards and hearts, cleaned and chopped

1 lb. ground mild Italian pork or chicken sausage

2 celery stalks, diced

1 sweet yellow onion, diced

4 garlic cloves, sliced

6 medium cremini or white button mushrooms, sliced

½-1 tsp sea salt (optional)

2 Tbsp freshly chopped flat-leaf parsley

1 Tbsp freshly chopped sage

½ tsp freshly chopped rosemary

½ tsp dried or fresh thyme

¼ tsp freshly ground black pepper

1 cup chicken stock or broth

Instructions

1. To cook Coconut Bread: Preheat oven to 350°F. Blend eggs, oil, honey, and salt together. Set aside. In a separate bowl, combine coconut flour with baking powder. Whisk this into the egg batter thoroughly, until there are no lumps. Pour into greased 9x5x3 inch or smaller loaf pan and bake for 40 minutes. Remove from pan and cool on rack.
2. Allow Coconut Bread to cool and cut into 1-inch cubes. Coconut bread can be made the day before.
3. To cook stuffing: Preheat oven to 350°F.



4. Heat a Dutch oven or large oven-proof and stovetop safe pan over medium-high heat. Add bacon slices and cook until crisped. Remove from pan and place on a paper towel to absorb excess fat.
5. Add gizzards and hearts, sausage, celery, onion, garlic and mushrooms to the residual hot bacon fat. Sauté, stirring frequently, until vegetables have softened (about 8-10 minutes). Season with sea salt if desired, and remove from heat.
6. Gently stir in parsley, sage, rosemary, thyme, black pepper, sea salt, cooked bacon, and coconut bread. Pour stock over top.
7. Bake uncovered for 40-60 minutes, or until the top begins to brown. Serve warm or room temperature. If you are following the Thanksgiving prep list, let the stuffing cool completely before covering and placing in the refrigerator.

NOTE: *If you don't have a Dutch oven, you can easily prepare steps 2 through 3 in a large skillet on the stovetop, and transfer the ingredients into a ceramic or glass baking dish in step 4.*

NOTE FOR BAKING POWDER: **Baking powder is generally not found in Paleo** cooking as it often contains Corn Starch and therefore is not paleo. You are welcome to try Hains Pure Foods Baking Powder or make your own. To make the equivalent of 1 teaspoon baking powder, mix ¼ teaspoon baking soda and ½ teaspoon cream of tartar.

Green Bean Casserole (6)



Recipe by [**Sally Johnson**](#), RDN, LD

Just as stuffing is iconic for Thanksgiving, so too is the green bean casserole. Just because Paleo doesn't allow canned cream of mushroom soup doesn't mean you have to miss out on this classic! Every element is here, Paleo-styled, since we know your meal wouldn't be complete without the creamy, comforting goodness of this casserole dish.

Prep Time 30-40 minutes

Bake Time 30 minutes

Ingredients

1 lb (4 cups) fresh green beans, cut into 1" pieces

1 lb mushrooms, sliced

1 ½ medium yellow onions, sliced very thinly into half rings

2½ Tbsp ghee, or coconut oil divided, plus more for greasing dish



1 cup parsnips, chopped

1 cup chicken broth

¼ cup almond milk or water

1 clove garlic, chopped

1 tsp sea salt, divided

¼ tsp onion powder

9x7 inch casserole dish

Instructions

1. Preheat oven to 350°F and grease a 9x7 inch casserole dish.
2. Steam the green beans until tender, 6-8 minutes, and place in an ice bath to stop the cooking. While green beans are steaming, add the chopped parsnips and chicken broth to a separate, small saucepan and bring to a boil. Once boiling, turn down the heat and simmer with lid on until parsnips are fork tender, about 8 minutes.
3. Sauté the sliced mushrooms in a skillet in 1 Tbsp of coconut oil or ghee and ½ tsp of salt over medium heat until the pan is dry and the mushrooms are browned. Remove mushrooms and set aside. Add the remaining butter or ghee to the pan and sauté the onions over medium heat, stirring occasionally until golden brown and starting to crisp, about 15-20 minutes. Add a splash of water as needed to prevent sticking.
4. Add the parsnips, chicken broth, almond milk, garlic, sea salt, onion powder, and ¼ of the sautéed mushrooms to a blender and process until smooth.
5. Add the green beans and remaining mushrooms to the casserole dish. Pour the sauce mixture on top, stirring all with a large spoon to coat the vegetables. Top with browned onions. (At this point, you can cover and refrigerate overnight or freeze for later use.)
6. Cover and bake until warmed through, about 20-30 minutes. Remove cover for last 10 minutes of baking.

Paleo Dinner Rolls (7)



Recipe by PaleoPlan

The best part about these Thanksgiving rolls is that they don't require time to rise, and they can easily be made ahead and reheated in the oven on low heat. These rolls are everything you would hope for: fluffy, moist, and delicious.

Prep Time 5 minutes

Cook Time 15 minutes

Ingredients

1½ cups cassava flour

½ cup hazelnut flour

¼ cup tapioca flour

1 Tbsp yeast

2 Tbsp maple sugar



1/2 tsp sea salt

1/2 cup full fat coconut milk

1/4 cup water

2 Tbsp ghee or lard or Paleo shortening

1 egg

Instructions

1. Preheat oven to 350°F. In a large mixing bowl, combine 1 cup cassava flour, the yeast, sugar, and sea salt with a whisk. Set aside.
2. In a medium saucepan, heat the milk, water, and ghee over medium heat until very warm. Do not boil. When warm, remove from heat and add to the flour yeast mixture.
3. Add the egg and mix with a whisk until fully combined. Add the remaining flour and use a spatula or your hands to combine the dough thoroughly.
4. Grease a round 8 inch pan with coconut oil or ghee. Divide the dough into 12 equal balls and place them close together in the center of the round pan. Cover with food wrap and let rise on the stove top for 30 minutes.
5. When done rising, remove plastic and bake for 20 minutes or until lightly browned. Remove from oven and brush with ghee or olive oil, if desired. Serve warm or reheat before serving.

Fresh Cranberry Relish (8)



Recipe by PaleoPlan

Tart and refreshing, this light relish is the perfect palate cleanser during an opulently rich Thanksgiving dinner. Try to find the sweetest apples—honeycrisp or Fuji work well—and eliminate the honey if you don't need it. As a bonus, fresh cranberries are bursting with antioxidant Vitamin C and magnesium.

Prep time 10 minutes

Ingredients

- 1 large orange
- 2 large, sweet apples, cored and quartered
- 1½ cups fresh cranberries
- 1-2 Tbsp raw honey (optional)



Instructions

1. Remove zest from orange and set aside (about 2 Tbsp). Remove the remaining peel and discard.
2. Place orange zest and pieces, apple quarters, fresh cranberries and raw honey in a food processor and pulse until a rough puree forms (about 1 minute).
3. This tart relish may be served as is, or may be placed in the refrigerator overnight to let the flavors meld.

Paleo Pumpkin Pie Bars (9)



Recipe by ***Kinsey Jackson***, MS, CNS®

These Pumpkin Pie Bars are a fabulous Paleo-friendly replacement for traditional pumpkin pie. Top them with a dollop of our **Coconut Whipped Cream** to create the perfect Thanksgiving dessert that everyone will enjoy. If you're trying to cut down on the amount of sugar in your life, you can easily exclude or reduce the amount of sweetener, although the flavor that maple syrup imparts to this dish is particularly rich. This dessert will win over even seriously skeptical and staunch pumpkin-pie fans at Thanksgiving, and before you know it they'll be saying that these bars might even be better than the 'real deal'!

Prep time 10 minutes

Bake Time 45 minutes

Ingredients

1 can or 15 oz of organic pureed pumpkin



- ¼ cup full-fat coconut milk (or another non-dairy milk)
- ½ cup maple syrup, honey, or coconut nectar (stevia could also be used)
- 1 tsp vanilla extract
- 2 eggs
- ½ cup coconut flour
- 1 Tbsp pumpkin pie spice
- 1 tsp cinnamon
- ¼ tsp baking soda
- ½ tsp cream of tartar
- Coconut Whipped Cream (optional)

Instructions

1. Preheat oven to 350°F. Grease a square or rectangular glass baking dish (approximately 8" diameter) with coconut oil.
2. Mix together in a small bowl the coconut flour, pumpkin pie spice, cinnamon, baking soda, and cream of tartar.
3. In a medium bowl or food processor, mix together the pumpkin, milk, sweetener, vanilla and eggs. Add the dry ingredients and mix thoroughly until combined.
4. Pour the mixture onto the greased baking dish and level off the top with a spoon. Bake for 40-50 minutes or until the edges turn a lighter color and the top is lightly browned. A toothpick inserted into the middle should come out mostly clean.
5. Remove from the oven and let cool completely before cutting into squares and serving with a dollop of Coconut Whipped Cream. Store leftovers in an airtight container in the refrigerator.

Pumpkin Custard (10)



Recipe by [Aimee McNew](#), MNT

If you want to embrace the pumpkiny nature of Thanksgiving, but making a pie seems too daunting, then this pumpkin custard is the perfect easy dessert that will delight your diners with both presentation and flavor! It can be prepared in individual serving glasses, or in one large glass dish, with the same, festive results!

Prep time 30 minutes

Ingredients

Pumpkin Mix:

1 15-oz can of pumpkin puree

1 cup coconut cream

$\frac{3}{4}$ cup raw honey



1 tsp pumpkin pie spice

¼ tsp sea salt

Coconut Whipped Cream:

1 can coconut milk, full fat (403mL), refrigerate ahead

⅛ tsp vanilla (optional)

⅛ tsp cinnamon, or freshly grated nutmeg (optional)

Crumble Mixture:

¾ cup hazelnut flour

2 tsp cinnamon

2 Tbsp coconut sugar

Instructions

1. Pumpkin Mix: In a large mixing bowl, combine the pumpkin puree, coconut cream, raw honey, pumpkin pie spice, and sea salt until thoroughly combined.
2. Coconut Whipped Cream: Refrigerate can of coconut milk for at least 2 hours (best if refrigerated overnight). Open the can and scoop out thickened coconut cream on top into a medium bowl. Drink the coconut water at the bottom, or save it for a smoothie. Add cinnamon and vanilla if desired, and whip coconut cream with a wire whisk until it begins to thicken.
3. Crumble Mixture: In yet another small bowl, combine the hazelnut flour, the cinnamon, and the coconut sugar until mixed.
4. In mason jars, dessert glasses, or one large glass serving dish, alternate layers of pumpkin mix, whipped cream, and the crumble mixture, ending with the crumble mixture on top. This can be done in three simple layers (one pumpkin, one coconut cream, and one crumble) or it can be done in as many layers as desired! Serve chilled.