

WEIGHT WATCHERS THANKSGIVING MEAL PLAN

Instant Pot Sweet Potatoes

- 1/2 cup orange juice
- 1 tablespoon blackstrap molasses
- 1 tablespoon cinnamon
- 1/4 cup sugar
- 1 teaspoon vanilla

Chunky Mashed Potatoes

- 1 1/2 pounds Yukon Gold Potatoes
- 3/4 cup low-fat buttermilk
- 2 Tbsp unsalted butter warmed
- 1 tsp salt
- 1/2 tsp black pepper fresh ground
- 1/4 cup chives chopped

Green Bean Casserole

- 4 cups of canned green beans
- 1 medium fresh onion chopped
- 1/2 tsp garlic powder
- 1-2 tsp Worcestershire sauce
- 1 tsp sugar
- 12 oz can of low fat cream of mushroom soup
- 3/4 cup shredded reduced fat cheddar cheese

Sausage Stuffing Recipe

- 10 slices of white bread cubed
- 10 slices of light whole wheat bread cubed (Sara Lee is good)
- 6 oz low-fat turkey sausage
- 3 medium cooked celery stalks, chopped
- 1 medium uncooked sweet onion, chopped
- 1 1/2 small fresh apples
- 1/4 cup raisins
- 2 tablespoons sage
- 1.5 tablespoons parsley
- 1/2 tablespoon thyme, chopped
- 2 1/4 cup fat free chicken broth
- 2 egg whites
- pinch of salt and pepper

Cranberry Sauce

- 12 oz cranberries
- 1 large apple
- 1/2 tsp lemon zest
- 1/4 tsp salt
- 1/2 cup sugar

Homemade Coleslaw

- 5 tbsp light mayonnaise
- 1/4 cup plain no fat greek yogurt
- 1/4 cup low fat buttermilk
- 1 tbsp apple cider vinegar
- 1 tsp honey to taste
- 1 tsp dijon mustard
- 6 cups shredded cabbage and carrot OR 2 (16 oz) bags pre-packaged coleslaw mix

Pumpkin Cream Cheese Bars

Pumpkin Batter:

- 2 3/4 cups all purpose flour
- 1 cup granulated sugar substitute
- 4 tsp baking powder
- 1/4 tsp salt
- 15 oz can of pumpkin puree
- 1/4 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1/4 tsp vanilla

Sweetened Cream Cheese:

- 1/4 cup no-calorie sweetener
- 1 cup fat-free cream cheese
- 1/2 cup non-sweetened almond milk

Self Crust Pumpkin Pie

- 2 cups canned pumpkin
- 2 cups all-purpose flour
- 1 cup non-fat instant dry powdered milk
- 1/3 cup Truvia Baking Blend
- 2 eggs
- 1 tbsp pumpkin pie spice
- 1 cup warm water

Pumpkin Pizzelles

- 2 containers Yoplait Greek Whips
- 100 Calorie Vanilla Cupcake Yogurt
- 1 cup(s) canned pumpkin
- 8 (3-4 inch) Vanilla Pizzelle Cookines
- 4 oz lite whipped topping
- 1/2 cup fat-free cream cheese
- 1 tbsp pumpkin pie spice

THANKSGIVING MEAL PLAN SHOPPING LIST

Shopping List

- 1/2 cup orange juice
 - 1 tablespoon blackstrap molasses
 - 1 1/2 pounds Yukon Gold Potatoes
 - 2 Tbsp unsalted butter warmed
 - 1/4 cup chives chopped
 - 4 cups of canned green beans
 - 1/2 tsp garlic powder
 - 1-2 tsp Worcestershire sauce
 - 12 oz can of low fat cream of mushroom soup
 - 3/4 cup shredded reduced fat cheddar cheese
 - 10 slices of white bread cubed
 - 10 slices of light whole wheat bread cubed
(Sara Lee is good)
 - 6 oz low-fat turkey sausage
 - 3 medium cooked celery stalks, chopped
 - 1/4 cup raisins
 - 2 tablespoons sage
 - 1.5 tablespoons parsley
 - 1/2 tablespoon thyme, chopped
 - 2 1/4 cup fat free chicken broth
 - 12 oz cranberries
 - 1/2 tsp lemon zest
 - 2 containers Yoplait Greek 100 Calorie Whips!
- Vanilla cupcake fat-free yogurt mousse
- 8 (3-4 inch) Vanilla Pizzelle Cookines
 - 4 oz lite whipped topping
 - 1 cup non-fat instant dry powdered milk
 - 1/3 cup Truvia Baking Blend
 - 1 cup warm water
 - 4 tsp baking powder
 - 15 oz can of pumpkin puree
 - 1/4 cup no-calorie sweetener
 - 1/2 cup non-sweetened almond milk
 - 5 tbsp light mayonnaise
 - 1/4 cup plain no fat greek yogurt
 - 1 tbsp apple cider vinegar
 - 1 tsp honey to taste
 - 1 tsp dijon mustard
 - 6 cups shredded cabbage and carrot OR 2
(16 oz) bags pre-packaged coleslaw mix

Common Ingredients

- 1.5 tsp salt
- 1/2 tsp pepper
- 2 cups sugar
- 1 1/4 tsp vanilla
- 1 tbsp and 1/4 tsp of cinnamon
- 2 tbsp and 1/4 tsp pumpkin pie spice
- 1 cup low-fat buttermilk
- apples
- 4 eggs
- 1 1/4 cup fat-free cream cheese
- 4 3/4 cup all purpose flour
- 3 cup canned pumpkin
- 2 onions