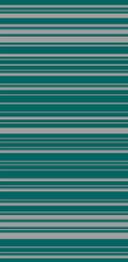




Guilt-Free

Holiday Feast

2022 EDITION







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Deviled Eggs



30 min



Easy



Serves 4

What's The Secret To Hard Boiled Eggs?

Shocking your hard boiled eggs in ice water prevents overcooking, leaves you with tender whites, and makes them easier to peel.

Ingredients:

6 eggs

1½ tbsp No sugar dijon mustard

1 tsp Apple cider vinegar

4 drops Liquid stevia

⅓ tsp Garlic powder

⅓ tsp onion powder

¼ tsp salt

⅓ tsp pepper

¼ tsp paprika

1 tsp dried parsley

¼ tsp chives for garnish

Hard boiling eggs:

- Start with a pot of room temp eggs, cover them with water and slowly bring to a boil
- Once the water has come to a rolling boil, reduce to med-high heat for 5-7 min
- Turn off heat and place the lid - sit for 5 min
- Transfer to bowl of ice water and let cool
- Peel eggs

- Slice hard boiled eggs in half length wise
- Remove yolks from whites
- Transfer yolks into a bowl
- Use a spoon to crumble yolks
- Add in mustard, salt, pepper, onion powder, garlic powder, acv, parsley, and majority of paprika
- Combine and mix until smooth as possible - you may use a spoon, potato masher, or immersion blender
- Spoon filling mixture into a piping bag, or a large ziploc bag
- Use the piping bag to fill the egg whites
- Garnish with paprika and chives

Voila!





Thanksgiving Cornish Hen



20 min



Medium



Serves: 4

Instructions:

- Create dry rub by mixing all seasonings in a bowl
- Pat hen dry with paper towel then generously coat with dry rub both inside and out
- Preheat oven to 425 degrees
- In a baking pan, add the rosemary, thyme, sage, garlic, onion, lemon slices, and ½ broth
- Place the hens over the spices and onion
drizzle remainder of broth over hen
- Bake for 50 to 60 minutes or until an instant-read thermometer inserted into the thickest part of the breast registers at 165°F.
- Remove the hens from the oven; let them rest for 20 minutes
- Garnish with additional thyme, lemon slices and rosemary

Ingredients

2 hormone-free cornish hens
½ cup hormone-free, sugar-free chicken stock
1 large onion (cut in quarters)
1 sprig sage
4 sprigs thyme
1 lemon (sliced)
2 sprigs rosemary
6 cloves garlic
¼ tbsp mccormick poultry seasoning
¾ tbsp italian seasoning
2 tsp smoked paprika
1 tsp garlic powder
Pinch of marjoram
Pinch of thyme
Salt and pepper to taste

Mashed Cauliflower



30 min



Medium



Serves 4

Instructions

- Place a steamer basket into a saucepan; fill with water in the bottom of the pan.
- Bring water to a boil; add cauliflower, cover, and steam until tender, about 10 minutes.
- Drain and dab steamed cauliflower with a paper towel to remove excess water
- Transfer garlic, mustard, seasonings, and 1/2 cauliflower into food processor
- Blend on high, then add in remainder of cauliflower
- Blend to desired consistency
- Season to taste and garnish with chives or parsley

Ingredients

- 1 head cauliflower (chopped into florets)
- 1 teaspoon fresh thyme leaves
- 1 teaspoon fresh chives (chopped)
- 7 cloves roasted garlic (whole or minced)
- 1/8 to 1/4 teaspoon Dijon mustard
- 1/4 to 1/2 teaspoon Zoe pink salt
- 1/8 tsp Freshly ground black pepper
- Optional:
 - Parsley or Chives for garnish
 - 1/4 cup cottage cheese

Cauliflower absorbs and holds water more than potatoes do. A trick to make the mash less runny is evaporating some of the water on a stove with no lid. To thicken, consider adding 1/4 cup of cottage cheese when processing.





Blueberry Kale Crunch Salad

Instructions:

Make Kale chips:

- Preheat oven to 300 degrees
- Wash and destem kale
- Cut into bite sized pieces
- Massage leaves with lemon juice
- Bake for 10-12 minutes until shrunken and crispy

Combining the salad:

- In a large bowl, add Apple Cider Vinegar to arugula and toss
- To assemble salad, add in kale chips, blueberries, cherries, *walnuts; toss once more

1-2 bunches of kale, chopped and roasted
1 small lemon squeezed (or 1½ tbsp juice)
5 oz bag arugula

1 cup blueberries
½ cup cherries
1 ½ tbsp apple cider vinegar
***1 cup chopped walnuts (only days 1, 2,
and after 30)



20 min



Medium



Yield: 30 cookies

Tri-Color Roast



1 lb Brussel Sprouts (approx. 4 cups)
6 oz Cherry Tomatoes (approx. 1 cup)
6 oz Mushrooms (approx. 2 cups)
½ tsp dried rosemary
½ tsp dried thyme
1-2 tbsp sugar-free low sodium vegetable
broth
Salt and Pepper to taste
Other Vegetable Options: 6oz Zucchini,
Red onion, and Bell Peppers



20 min



Medium



Yield: 30 cookies

Instructions:

- Preheat the oven to 375 degrees
- Rinse and trim all vegetables. If needed, peel outer layer of brussel sprouts
- Chop all vegetables to roughly the same size
- Place chopped vegetables into a baking dish
- Drizzle broth and toss to lightly coat all vegetables
- Season with Salt, Pepper, Rosemary, and Thyme
- Toss Vegetables once more to mix seasonings
- Bake for 30-45 minutes or until vegetables have softened and turned a nice browned color- they're ready to remove!

TO ADD A CRISP:

- switch the oven to a broil for 3-5 minutes at the end of the roasting process directly before removing vegetables.





Stuffed Butternut Squash

Preparing the Squash

- Cut the squash lengthwise so that there is one piece about $\frac{2}{3}$, and the other $\frac{1}{3}$.
- Scoop out to discard seeds and mist the larger piece with water.
- Place the misted $\frac{2}{3}$ squash flesh downward on lined baking sheet
- Chop remaining squash and set aside

INGREDIENTS:

- 1 large butternut squash
- 2 carrots (chopped)
- 1 large onion (sliced)
- $\frac{1}{4}$ cup celery (chopped thinly)
- 2 cloves / $\frac{3}{4}$ tbsp garlic (minced)
- $\frac{1}{2}$ tsp m McCormick poultry seasoning
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp ground sage
- 1 tsp sea salt
- $\frac{1}{4}$ tsp black pepper
- Pinch of red pepper flakes
- $\frac{1}{4}$ cup of sugar-free low sodium vegetable broth (or chicken if preferred)
- 2 tbsp fresh parsley (chopped)
- $\frac{1}{4}$ cup pecans (chopped)

**only available after day 30

Preparing the Cauliflower

- In a large bowl, stir together the chopped cauliflower, carrots, squash, onions, celery, and garlic
- Toss with broth, poultry seasoning, sage, thyme, sea salt, and black pepper
- Spread the mixture in a single layer on an empty lined baking sheet with as many of the onions and cauliflower florets coming into contact as possible.
- Depending on size of the sheet, you may need to use two.

Roasting Process

- Remove the stuffing after about 20-25 minutes, when onions are soft and cauliflower is starting to brown
- Add $\frac{1}{2}$ of the fresh parsley and all *pecans to the pan, stir, and return to roast for 15-20 min.
- Remove Stuffing once pecans are lightly toasted, carrots, and squash are well browned, and onions are starting to caramelize
- Remove the butternut squash once tender (about 45 minutes), set aside.

Stuffing the Squash

- Return the stuffing to a bowl and toss with red pepper flakes, and remainder of parsley.
- Scoop out the roasted squash leaving $\frac{1}{2}$ inch of squash plus the shell.
- Fill the squash with stuffing, allowing it to overflow generously



1 Hour



Advanced



Serves 4

Candied Pears & Cinnamon Apples

INGREDIENTS:

- 2 apples (diced or sliced)
- 2 pears (sliced)
- 1 tsp vanilla stevia
- 1 tsp ground cinnamon
- 1/8 - 1/4 tsp nutmeg
- 2 cups water or herbal tea

INSTRUCTIONS:

- Preheat oven to 350 degrees
- Place apples and pears in baking dish
- Pour water or tea over the top
- Add stevia and cinnamon and mix
- Bake for 1 hour then remove from oven
- Add nutmeg and stir
- Move apples and pears to a plate
- Drizzle sweetened mixture over the top and sprinkle with a pinch of cinnamon



10 Min



Easy



Serves 2-4

Does Cinnamon Help Diabetes?

Cinnamon can be the perfect sweet, yet warm addition to a warm cup of coffee or your favorite holiday pastries. For generations this spice has been used medicinally, providing antioxidants and fighting inflammation. Now, recent studies are suggesting that it may even increase the body's sensitivity to insulin! This means that it may help improve blood sugar levels, making this spice the perfect topping to this recipe for yet another reason.





Peach Iced Tea

Instructions:

- Fill large pot with water on stove
- Add 1 whole peach (skin and pit included)
- Bring water to a boil
- Turn down heat slightly to bring water to a low boil, wait 30 minutes
- Remove peach from water and cut, discarding pit
- Return diced peach and skin to water to simmer for 10 more minutes
- Add 4-6 tea bags of any teas preferred from provided list
- Turn off burner and steep for 10-15 minutes
- Remove tea bags, all peach pieces, and discard
- Pour tea into large pitcher or 1-gallon container
- Add stevia, sliced peach, and any additional water needed
- Stir before serving over ice



2 large ripe peaches (1 whole, 1 widely sliced)

1 gallon water

4-6 tea bags (white tea, pear and/or peach)

$\frac{3}{4}$ tsp plain stevia, or to taste



50 min



Medium



Serves 4-8



10 min



Easy



Serves 8

INGREDIENTS:

1 bottle wine (red or white)
1/3 cup strawberries
1/3 cup raspberries
1/3 cup blackberries
1 small apple (thinly sliced)
1 small lime (thinly sliced)
1/2 - 1 tbsp granulated stevia
1/2 tsp orange liquid stevia
1/8 - 1/4 tsp dried lavender
Rosemary or mint to garnish
Optional: 1/2 cup orange lacroix

Sangria

INSTRUCTIONS:

- In a large pitcher, add red wine, granulated stevia, and orange stevia. Stir well to dissolve sweetener
- Add the fresh or frozen fruits and using a wooden spoon, muddle the fruits into the drinks to release some juice in beverages
- Add 1 cup of ice cubes to the pitcher and wait a few minutes for the liquid to cool
 - if fruits are frozen you can use 1/2 a cup instead

Optional:

- for a bubbly sangria, add orange lacroix to the serving





Moscow Mule

Ginger Syrup

½ cup peeled
ginger (thinly
sliced)
2 cups water
⅓ cup granulated
stevia

You can make this syrup ahead of time!
Drizzle it on fruit salads, use it in a
marinade, or add it to a cup of warm tea.
Homemade syrup will keep in the fridge
for up to two weeks.

Combine water, ginger, and sweetener
in a small saucepan

Bring to a boil over high heat,
then lower heat to medium and
simmer for 10 minutes

Cool for up to 1 hour, then strain
and store in a jar

Making the Mule

4 oz Vodka
(titos or ciroq)
1 oz Lime Juice
8 oz Zevia Ginger
Beer
Fresh mint leaves

Combine vodka, lime juice, ginger syrup,
and ginger beer in a small pitcher. Stir
well
Pour over ice and garnish with fresh mint
For a stronger mint flavor: Lightly
muddle/smash the mint leaves around
the bottom of the mug



20 min



Moderate



Serves 1

It's not just weight loss. It's wellness.

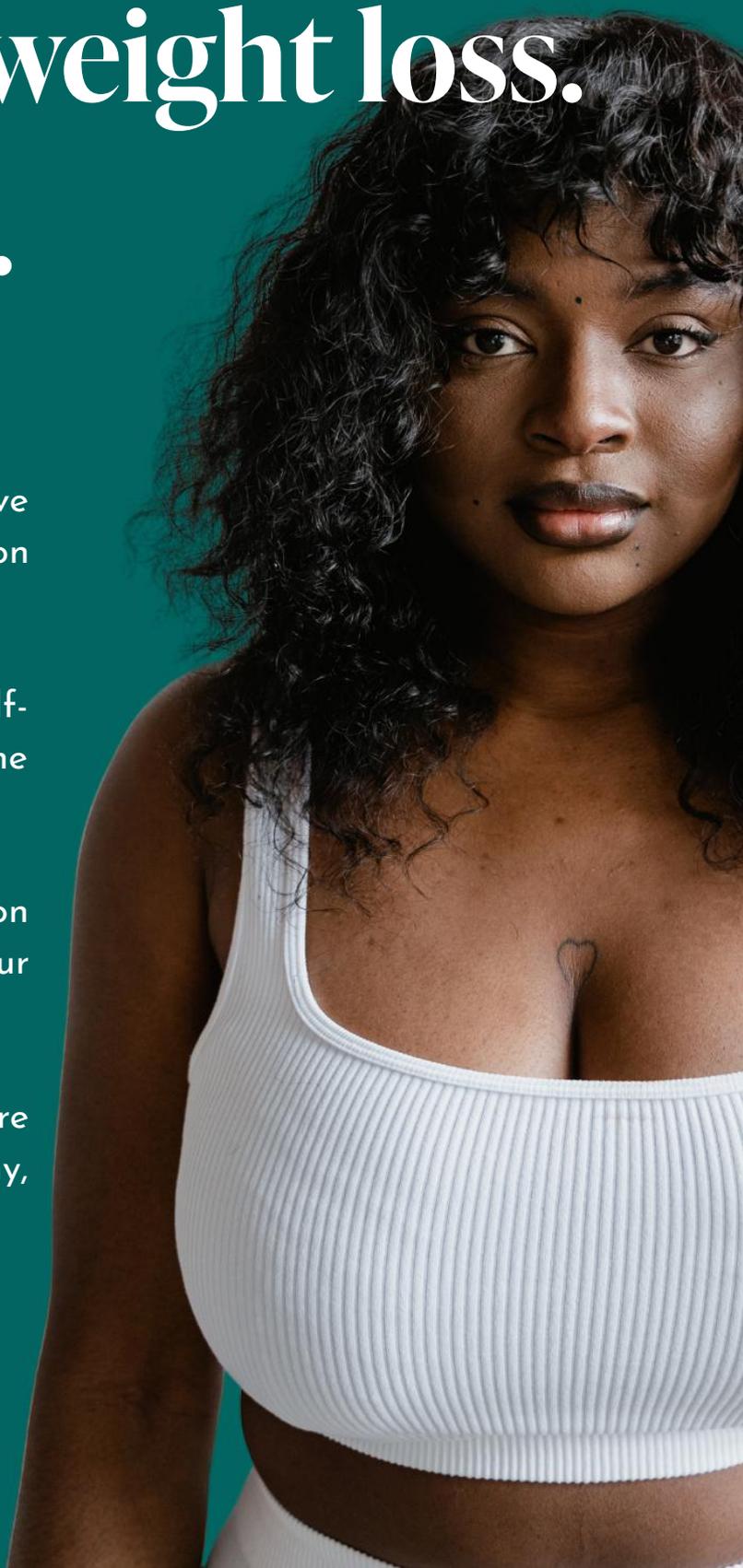
At ZOE Wellness Center, we believe that a healthy weight is a reflection of a balanced body.

It's important not to base your self-worth on the number you see on the scale, as hard as that seems.

Instead, we look at what's going on on the inside, help you balance your body, and reset your metabolism.

When you prioritize yourself, you're left with the most radiant, healthy, and confident version of yourself.

That's beautiful.



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