



Keto LIFE

CHRISTMAS & THANKSGIVING KETO MEAL PLANS

RECIPES TO PAIR TOGETHER FOR YOUR BIG DINNERS

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INTRODUCTION

Whether you want to stay full-keto or not over the Christmas, Thanksgiving or other holiday period, there are many benefits to be had from including at least some low-carb, high-fat keto recipes into your meal planning: Your body and metabolism will thank you for it.

These recipes will allow you to enjoy delicious foods, without sabotaging all your good work on the keto diet and will keep your blood sugar and energy levels stable. Plus, it will stop you piling on the pounds - you could find you even lose some weight!

These meal plans are all fully keto-balanced, with less than 25g of net carbs in total for each full meal.

You could try just one of the plans or go the whole hog and try all five over the holidays!

THE 5 MEAL PLANS

I have given you 5 meal plan ideas, to suit your particular preferences and time constraints:

1. **Fancy** - A decadent, rich set of recipes combining a traditional (but alternative) main and dessert with some novel side dishes and appetizer.
2. **Classic** - This is what your dinner guests will be expecting from a traditional Christmas or Thanksgiving dinner - turkey with all the trimmings - and this keto version will not disappoint. This is not the time to be counting the calories, but the macro nutrients are all fully-balanced to keep you in ketosis and not spike your blood sugar.
3. **Veggie** - A vegetarian (but not vegan) option with lots of cream and cheese.
4. **Quick** - All the recipes can be made in 30 minutes or less - although they have all the flavour of dishes taking a lot longer to prepare.
5. **Lower Calorie** - Rich and tasty but with less than half the calories of the other meal plans. Also, there is no alcohol in this meal plan.

When you try the meals, post your photos of them on Facebook or Instagram and use the hashtag #ketolife and tag me @alkalinediethealth. I'll look forward to seeing your delicious creations!

Laura :-)

KETO CHRISTMAS & THANKSGIVING MEAL PLANS

	Appetizer	Main	Sides	Dessert	Drinks
<i>Meal 1</i> <i>(Fancy)</i> (1810 cal)	Cheese & Spinach Stuffed Mushrooms (140 cal)	Classic Beef Wellington (670 cal)	Cauliflower Mash + Lemon Garlic Asparagus (260 cal)	Keto Berry Brandy Trifle (590 cal)	Small Glass of Red Wine (150 cal)
<i>Meal 2</i> <i>(Classic)</i> (2020 cal)	Classic Devilled Eggs (140 cal)	Lemon & Garlic Easy Roast Turkey (700 cal)	Brussels Sprouts & Chestnuts + Roasted Radishes + Keto Sausage & Cauliflower Stuffing + Keto Gravy + Keto Cranberry Sauce (680 cal)	Keto Christmas Pudding (400 cal)	Small glass of prosecco (100 cal)
<i>Meal 3</i> <i>(Veggie)</i> (1630 cal)	Keto Garlic & Cheese Bread (120 cal)	Creamed Spinach Gratin (600 cal)	Roasted Veg Skewers (200 cal)	Keto Raspberry Pavlova (510 cal)	Keto Mulled Wine (200 cal)
<i>Meal 4</i> <i>(Quick)</i> (1240 cal)	Salmon Cream Cheese Roll Ups (100 cal)	Green Bean Casserole (350 cal)	Creamy Garlic Roasted Mushrooms (350 cal)	Keto Rum Balls (140 cal)	Keto Cinnamon Hot Chocolate (300 cal)
<i>Meal 5</i> <i>(Lower Calorie)</i> (880 cal)	Green bean Fries (120 cal)	Chilli & Cauli Rice (400 cal)	Lemon & Garlic Asparagus (110 cal)	Keto Mince Pies (240 cal)	Sparkling Water with Apple Cider Vinegar & Stevia (10 cal)

*Happy Keto
Holidays!*



Enjoy your
Keto LIFE



Laura Rimmer

www.KetoLifetime.com