

MENU

Thanksgiving

Appetizers

[White Bean Dip with Herbs](#)- Serve with Vegetables or Mary's Gone Crackers

[Chicken & Zucchini Poppers](#)

[Blackened Shrimp Avocado Cucumber Bites](#)

[Crispy Golden Eggplant Fries](#)

Side Dishes

[Cauliflower Rice Stuffing](#)

[Healthy Sweet Potato Casserole](#)

[Italian Roasted Mushrooms and Veggies](#)

[Gluten-Free Stuffing](#)

[Mashed Cauliflower and Spinach](#) (omit butter)

Dessert

[5 Ingredient- No Bake Chocolate Coconut Bars](#) use Isadelights instead of chocolate chips. Yes I realize Maple Syrup is not "Strict 30" but hey it's Thanksgiving and this recipe is better than other options that might be available.

[4 ingredient Flourless Protein Brownies](#)- Also I know bananas are not "Strict 30" but once again this is Thanksgiving and it's better than eating something else.