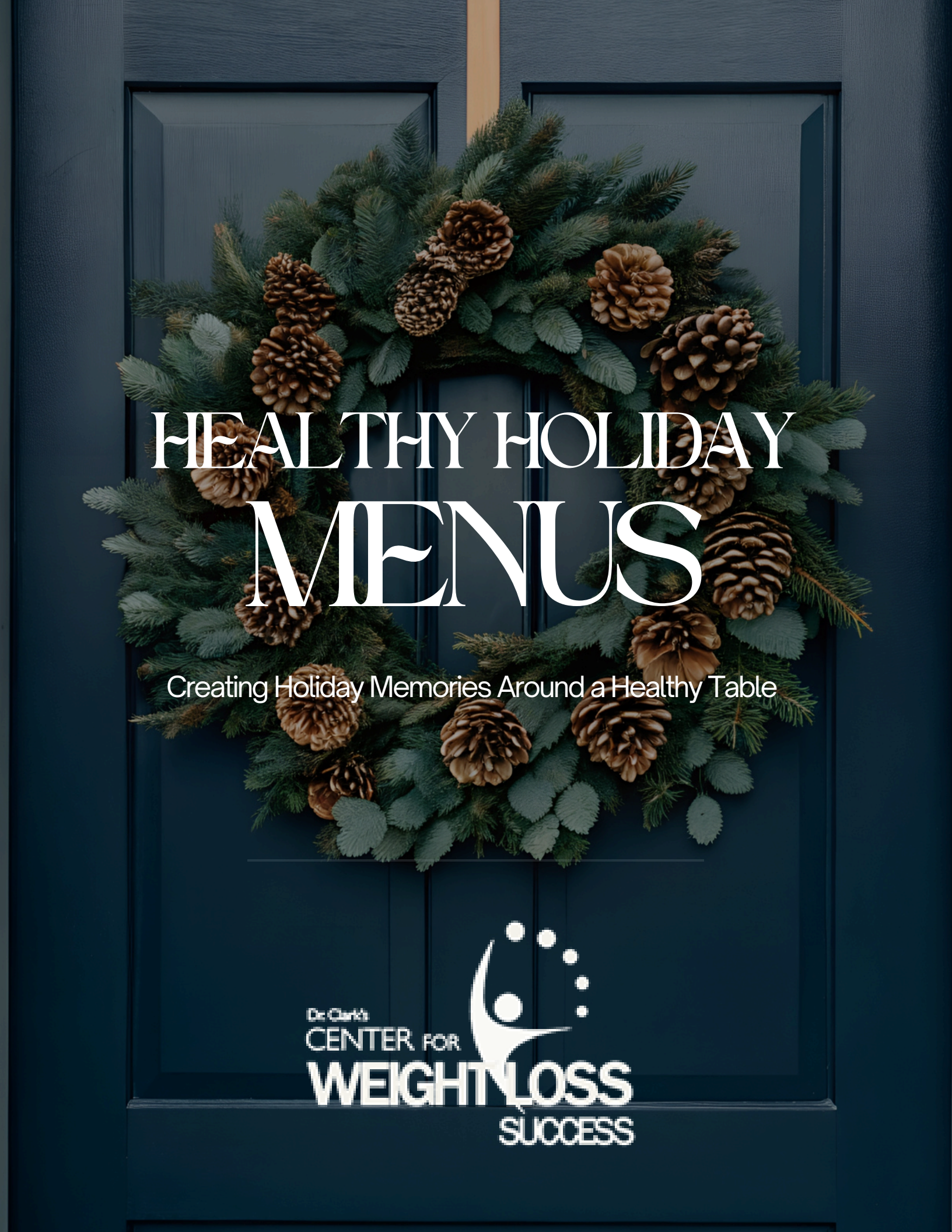


HEALTHY HOLIDAY MENUS

Creating Holiday Memories Around a Healthy Table

Dr. Clark's
CENTER FOR
WEIGHT LOSS
SUCCESS



CHRISTMAS

APPETIZERS

- Pears with Creamy Cinnamon Dip

SALAD

- Kale Christmas Salad

SOUP

- Snowflake Tomato Soup

DINNER

- Roasted Salmon & Tomatoes with Garlic & Olives
- Loaded Cauliflower Bake
- Glazed Brussels Sprouts

DESSERT

- Gingerbread Cookies

Pears with Creamy Cinnamon Dip

Ingredients:

- 4 oz Cream Cheese, light, classic
- 2 tbsp sugar substitute
- 3/4 tsp ground cinnamon
- 1/4 cup fat free milk
- 1/2 tsp vanilla extract
- 2 each medium pears

INSTRUCTIONS:

1. Place the cream cheese, sugar, and cinnamon in a bowl and beat on a low speed until blended.
2. Add the milk and vanilla and beat until smooth. Serve with pears.

Makes 3 servings

Nutrition Facts:
Calories 226
Total Fat 16g
Total Carbohydrates 19.3g
Dietary Fiber 3.7g
Protein 4g





Kale Christmas Salad

Ingredients:

- 1/2 cup olive oil
- 3 tablespoons lime juice
- 2 tablespoons honey
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 bunch kale (about 12 ounces), trimmed and chopped (about 14 cups)
- 1/2 cup sliced almonds, toasted
- 1/2 cup dried cranberries
- 1/2 cup shredded Parmesan cheese
- 1/2 cup crumbled blue cheese

Serves 12
150 Calories, 9g Fat, 10g Carbs,
4g Protein

Instructions:

In a small bowl, whisk the first 5 ingredients. Place kale in a large bowl. Drizzle with dressing; toss to coat. Top with remaining ingredients.

Snowflake Tomato Soup

Ingredients:

- 2 cans (28 ounces each) crushed tomatoes
- 1 can (14-1/2 ounces) chicken broth
- 2 tablespoons minced fresh oregano or 2 teaspoons dried oregano
- 1 to 2 tablespoons sugar
- 1 cup heavy whipping cream
- Optional: Crackers and sliced white cheese



Instructions:

1. In a blender, process tomatoes, 1 can at a time, until smooth. Transfer to a large saucepan. Stir in the broth; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in the oregano and sugar. Add a small amount of hot tomato mixture to whipping cream; return all to the saucepan. Cook until slightly thickened (do not boil).
2. Place soup into serving bowl; top with crackers and cheese if desired.

Serves 10
140 Calories, 9g Fat, 14g Carbs,
3g Protein



Roasted Salmon & Tomatoes with Garlic & Olives

Ingredients:

- 1 pint cherry tomatoes, halved
- ¼ cup Kalamata olives, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 4 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 ¼ pounds salmon fillet, cut into 4 portions

Serves 4
276 Calories, 15g Fat, 5g Carbs,
29g Protein

Instructions:

1. Preheat oven to 400 degrees F.
2. Stir tomatoes, olives, 1 tablespoon oil, garlic, thyme, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a medium bowl. Spread the mixture on half of a large rimmed sheet pan. Brush the remaining 1 tablespoon oil all over the salmon pieces; sprinkle with the remaining 1/4 teaspoon each salt and pepper. Place on the empty side of the sheet pan. Bake until the tomatoes have broken down and the salmon is just cooked through, 12 to 15 minutes. Serve the tomato mixture atop the salmon.



Glazed Brussels Sprouts

Ingredients:

For the brussels sprouts:

- 1.5 lb brussels sprouts
- 4 tablespoons olive oil divided

For the balsamic glaze (makes ½ cup):

- 2 ½ tablespoons balsamic vinegar
- 1 tablespoons maple syrup
- 2 cloves garlic, minced or 2 teaspoons garlic powder

For the garnishes:

- ½ cup pomegranate arils
- 4 sprigs fresh rosemary
- ½ teaspoon sea salt
- ½ teaspoon coarsely ground black pepper
- ¼ teaspoon red pepper flakes

Serves 8
Calories 106, Fat 9g, Total Carbs 10g, Fiber 2g, Protein 1g

Instructions:

1. Wash and trim brussels sprouts. Slice in half.
2. Heat large cast iron skillet over medium heat. Add 1 Tablespoon olive oil and arrange sprouts cut side down. You may need to do this more than once since they won't all fit. Cook 5-6 min. until slightly charred.
3. Blend vinegar, syrup, remaining olive oil and garlic together.
4. Add the glaze to the skillet. Add sprouts that had been set aside and stir to coat. Cook 1 more minute.
5. Garnish with pomegranate arils and fresh rosemary. Season with sea salt, red pepper flakes, and coarsely ground black pepper.



Loaded Cauliflower Bake

Ingredients:

- 2 large heads of cauliflower
- 2 Tbls butter
- 3 cloves garlic, minced
- 3 Tbls almond or coconut flour
- 2 cups almond milk
- 3 oz cream cheese
- 1 1/2 cup shredded cheddar
- Salt & pepper to taste
- 6 sliced bacon, cooked and crumbled
- 4 green onions, sliced thin

Serves 8

Nutritional Data:

Calories 210, Fat 10g, Carbohydrates 19g, Fiber 8g, Protein 14g

Instructions:

1. Cut flowerets off heads of cauliflower and blanch in boiling water about 3 minutes. Drain excess water (allow to sit in colander until it looks dry)
2. Saute garlic until fragrant, then add flour and stir until golden. Add milk and bring to a simmer. Add cream cheese and stir until blended. Remove from heat and stir in 1 cup shredded cheddar. Season with salt & pepper.
3. Put cauliflower into a greased baking dish and pour cheese sauce over the top. Sprinkle with crumbled bacon, green onions & remaining cheese. Bake at 350 degrees for 30 minutes. (This can also be made ahead of time)



Gingerbread Cookies

Ingredients:

- 4 cups almond flour
- 2 tsp baking powder
- 1 cup erythritol or Swerve sweetener
- 1 tsp xanthan gum
- 1/4 cup coconut flour
- 2 large eggs
- 2 Tbls ground ginger
- 1/4 cup coconut oil
- 1 Tbls cinnamon
- 2 Tbls molasses
- 1/2 tsp ground cloves
- 1 tsp vanilla
- 1/2 tsp salt

Makes 50 cookies (2 cookies per serving)
Nutritional Data:
Calories 141, Fat 12g, Carbohydrates 6g, Fiber 3g, Protein 5g

Instructions:

1. Preheat oven to 275 degrees. Line 2 cookie sheets with parchment.
2. Whisk together almond flour, sweetener, coconut flour, ginger, cinnamon, baking powder, xanthan gum, salt & cloves. Stir in eggs, coconut oil, molasses and vanilla.
3. Divide dough in half and place onto large piece of parchment. Top with another sheet and roll out to about 1/4 inch thickness.
4. Use cookie cutters to cut into desired shapes and gently loosen and life with a spatula. Place onto prepared cookie sheets.
5. Gather scraps and reroll. Repeat with second half of dough.
6. Bake for 20 minutes or until golden and just firm to the touch. Allow to cool 5 minutes and then transfer to cooling rack.



Tips for a low-stress, low-carb day!

Holidays and celebrations don't have to derail your weight loss!
Stay energized, hydrated & motivated.
Start the day with a protein-rich breakfast.

If you can delegate something - do it!

If it can be made ahead of time - do that too!

Just because Grandma made it that way, doesn't mean you can't modify it. Traditions can be tweaked a bit!

If you're not hosting the party, volunteer to bring something. A salad or side is almost always appreciated!

Take very small portions. A bit or two of each flavor will allow you to enjoy all of the favorites and still keep your calories and carbs in line with your goals.

Give yourself permission to say no. That includes people, food, drink and activities.

Short on oven space?
Plan for the turkey to be finished 2-3 hours before dinner and place (pan & all!) into a cooler that has been lined with foil. Close the lid and remove the turkey just in time to carve it.

Stock up on to-go containers when you get your groceries. Send any of those too-tempting leftovers home with your guests.

More Appetizer Ideas

- Bacon Wrapped Water Chestnuts
- Charcuterie Board
- Nut-Crusted Cheeseball
- Steak & Boursin Bells
- Pimento Cheese & Celery sticks or Toast Rusks
- Hummus with Raw Veggies
- Cheese, Salami & Olive Kabobs
- Stuffed Mushrooms
- Bacon & Cheddar Deviled Eggs
- Bacon Wrapped Butternut Squash
- Prosciutto Wrapped Arugula
- Buffalo Chicken Tortilla Pinwheels
- Garlic Wings
- Caprese Skewers
- Marinated Shrimp
- Parmesan Cheese Crisps
- Apricot, Prosciutto & Parmesan Picks
- Turkey Sliders or Mini Meatballs




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