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THANKSGIVING MENU: ***TWO-DAY FEAST!***

*Thanksgiving doesn't have to derail your new, healthy lifestyle!
Follow the **Quick Weight Loss Centers Two-Day Thanksgiving Plan**
and feel great about enjoying the holiday feast-ivities with your family.*

Day 1: Thanksgiving

Breakfast

1 QWLC Protein Supplement

Snack

1 QWLC Protein Supplement

Lunch

1 QWLC Protein Supplement
Large mixed green salad with
QWLC Salad Dressings

Feast

White meat turkey, no limit
Mixed green salad, no limit
QWLC Salad Dressings
Cooked green vegetable, ½ cup
Small baked sweet potato
1 t. light margarine (or Molly McButter)

Dessert (Optional)

Fruit Salad (1 cup) or
1/8 QWLC No-Crust Pumpkin Pie
(see recipe below)

Day 2: Friday

Breakfast

1 QWLC Protein Supplement
1 Fruit

Snack

1 QWLC Protein Supplement

Lunch

1 QWLC Protein Supplement
Mixed green salad (no tomatoes)
6 oz. chicken or turkey breast

Dinner

Large mixed green salad (no tomatoes)
QWLC Salad Dressings
4 oz. beef (men: 6 oz.)

Beverages on both days
unlimited water, tea, coffee,
and clear diet sodas

Quick Weight Loss Centers' No-Crust Pumpkin Pie*

- 16 oz. can pumpkin
- 13 oz. evaporated skim milk
- ½ cup biscuit mix (Bisquick)
- 4 egg whites
- 3 T. brown sugar
- 3 T. white sugar
- 1 T. vanilla extract
- 1 ½ t. ground cinnamon
- Pinch of Morton's Lite Salt
- ¼ t. each: ground allspice, ginger, clove, nutmeg
- Sugar substitute equal to ¼ c. sugar (Splenda, Stevia)

Spray 10-inch pie pan with cooking spray. Combine all ingredients and beat until smooth. Pour into pie pan. Bake uncovered in a preheated 400-degree oven 40 minutes or until set; do not over-bake. Cool and chill before serving. Makes 8 servings.

* This recipe is **ONLY** on-plan when following the special QWLC Thanksgiving Two-Day Feast menu.

PER 1/8 PIE SERVING: 139 calories, 6 g protein, 22 g carbs, 3 g fat, 325 g potassium