

FREE GUIDE · THANKSGIVING 2026

The keto Thanks- giving *menu.*

Ten recipes, a stress-free prep timeline
and a game plan for enjoying the whole
feast without falling off track.

Herb butter turkey & *gravy*

Sausage stuffing & *keto bread*

Pumpkin pie & *cheesecake*



On the *table*

Every classic, made keto. Your guests won't miss a thing.

THE MAIN

Herb Butter Roast Turkey

Keto Pan Gravy

Sugar-Free Cranberry Sauce

BONUS COACH'S RECIPES

ON THE SIDE

The Best Keto Bread

Sausage & Herb Stuffing

Buttery Mashed Cauliflower

Apple Cider Brussels Sprouts & Bacon

DESSERT

Keto Pumpkin Pie

Classic Keto Cheesecake

with sugar-free whipped cream

Serves about 8. Every recipe links to its full version on kywellness.ca. Use a monkfruit/erythritol blend anywhere a sweetener is called for.

Prep *timeline*

Spread the work out so the big day is mostly oven time.

3-4 DAYS OUT

Shop. Move a frozen turkey to the fridge to thaw (about 1 day per 4-5 lb).

2 DAYS OUT

Bake the keto bread. Once cool, cube half and leave it out to dry for the stuffing.

THE DAY BEFORE

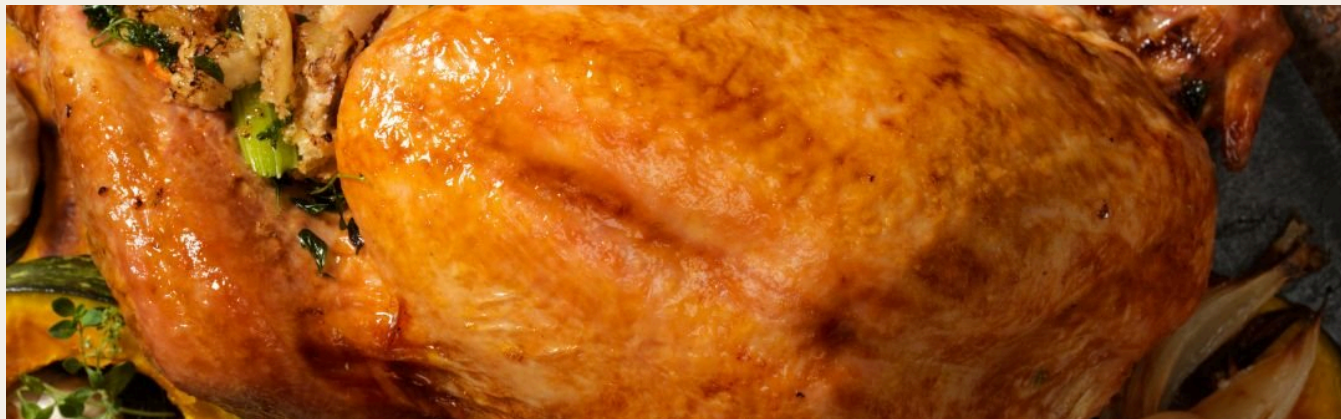
Bake the pie and cheesecake and chill overnight. Salt the turkey and leave it uncovered in the fridge. Make the cranberry sauce, whisk the Brussels dressing and chop the veg.

MORNING OF

Protein-rich breakfast (or keep your fast). Herb-butter the turkey and get it in the oven, counting back from dinner.

WHILE IT RESTS

Bake the stuffing and warm the bread. Make the mash and Brussels on the stove. Gravy goes last. Whip the cream right before dessert.



Herb Butter *Roast Turkey*

SERVES 8-10 · 12-14 LB TURKEY · ABOUT 3 HRS + REST

- 1 turkey, 12-14 lb, thawed
 - 2 tsp salt + 1 tsp pepper
 - 1/2 cup butter, softened
 - 4 garlic cloves, minced
 - 1 tbsp each fresh sage, thyme and rosemary, chopped
 - Zest of 1 lemon
 - 1 onion + 1 lemon, quartered
 - 2 cups chicken broth
1. The night before, pat the turkey dry, rub all over with the salt and leave uncovered in the fridge. This is the secret to crispy skin.
 2. Take it out 1 hour before roasting. Heat the oven to 425°F.
 3. Mash the butter with garlic, herbs, lemon zest and pepper. Loosen the skin and spread most of it underneath, the rest on top.
 4. Fill the cavity with onion and lemon. Set in a roasting pan and pour the broth in the bottom.
 5. Roast 30 minutes, then lower to 325°F and roast about 13 minutes per lb, until the thickest part of the thigh reads 165°F. Tent with foil if it browns too fast.
 6. Rest 30-40 minutes before carving. Save the drippings for gravy.

HOW BIG?

About 1-1.5 lb *per guest*

THAWING

1 day in the fridge *per 4-5 lb*

IT'S DONE AT

165°F *in the thigh*



Keto *Pan Gravy*

MAKES ABOUT 2 CUPS · 10 MIN

- Pan drippings from the turkey
 - Chicken broth, to make 2 cups liquid
 - 1/4-1/2 tsp xanthan gum
 - 2 tbsp heavy cream (optional)
 - Salt and pepper
1. Pour the drippings into a measuring cup and skim off most of the fat. Top up with broth to 2 cups.
 2. Pour into a saucepan, scraping in the browned bits from the roasting pan. Bring to a simmer.
 3. Sprinkle in xanthan gum 1/8 tsp at a time, whisking hard. Stop when it coats a spoon; it thickens more as it sits.
 4. Stir in cream if using. Season and serve hot.



Sugar-Free *Cranberry Sauce*

MAKES ABOUT 2 CUPS · 15 MIN · MAKE AHEAD

- 12 oz bag fresh or frozen cranberries
 - 1 cup water
 - 3/4-1 cup granulated keto sweetener (allulose or a monkfruit blend)
 - Zest of 1 orange (optional)
 - Pinch of salt
1. Bring the water and sweetener to a boil in a saucepan, stirring until dissolved.
 2. Add the cranberries (no need to thaw frozen ones) and return to a boil.
 3. Lower the heat and simmer about 10 minutes, until most of the berries burst.
 4. Stir in the orange zest and salt. Taste and add more sweetener if you like.
 5. Cool, then refrigerate. It thickens as it chills and keeps up to a week.

Coach's tip: allulose keeps the sauce smooth in the fridge. Erythritol-based sweeteners can turn a little crunchy once chilled.



The Best *Keto Bread*

1 LOAF · 10 MIN PREP · 40-45 MIN BAKE

kywellness.ca/recipes/the-best-keto-bread →

- 6 large eggs, room temp
 - 1/3 cup coconut oil, olive oil or soft butter
 - 1/3 cup water, heavy cream or nut milk
 - 1/2 cup coconut flour
 - 1/2 cup ground flaxseed
 - 1 tbsp baking powder
 - 1 tsp xanthan gum
 - 1/2 tsp salt
1. Heat the oven to 375°F. Grease a loaf pan and line it with parchment.
 2. Beat the eggs, oil or butter and liquid with a mixer until well combined.
 3. Mix in the dry ingredients (plus any seeds or nuts you like) until combined.
 4. Bake 40-45 minutes, until a toothpick comes out clean.
 5. Cool completely on a rack before slicing. Slice half for the table and cube the rest for stuffing.



Sausage & Herb *Stuffing*

SERVES 6-8 · 15 MIN PREP · 25 MIN BAKE

kywellness.ca/recipes/keto-stuffing →

- 1 lb Italian sausage, casings removed
 - 1/2 cup each diced onion, carrot and celery
 - 4 oz keto croutons, or half the loaf above, cubed and toasted
 - 1 tsp salt + 1 tsp pepper
 - 3 tsp poultry seasoning
 - 1 cup chicken broth
 - 1 egg, beaten
 - Green onion, to garnish
1. Heat the oven to 350°F and grease a baking dish.
 2. Brown the sausage in a skillet. When almost done, add the onion, carrot and celery and cook 2 minutes.
 3. Pour in the broth with the salt, pepper and poultry seasoning.
 4. Stir in the bread, turn off the heat, cover and let it soak up most of the liquid.
 5. Stir in the egg, then tip into the dish.
 6. Bake 25 minutes, until set and browned. Garnish with green onion.



Buttery Mashed *Cauliflower*

SERVES 4 (DOUBLE FOR A CROWD) · 15 MIN

kywellness.ca/recipes/mashed-cauliflower →

- 1 medium cauliflower (about 1.5 lb)
 - 3 oz butter
 - 1 tsp salt
 - 1/2 tsp pepper
 - Garlic, optional
1. Bring a large pot of water to a boil. Cut the cauliflower into even florets and boil 5-8 minutes, until tender.
 2. Drain really well and return to the warm pot.
 3. Add the butter, salt and pepper and blend with an immersion blender until smooth.
 4. Rest 3 minutes, blend again, then stir in garlic or any seasonings you like.

Holiday upgrade: fold in a spoonful of cream cheese and chopped chives right before serving.



Apple Cider Brussels & *Bacon*

SERVES 4-6 · 20 MIN

kywellness.ca/recipes/apple-cider-brussels-sprouts-bacon-salad →

- 1/4 cup apple cider
 - 1 tbsp Dijon + 1 tbsp whole grain mustard
 - 2 tbsp apple cider vinegar
 - 1 tbsp olive oil
 - 3 slices thick-cut bacon, thinly sliced
 - 1 shallot, thinly sliced
 - 1 lb Brussels sprouts, thinly sliced
 - 2 thyme sprigs
 - 1/2 cup pecans, toasted and chopped
 - Salt and pepper
1. Whisk the cider, mustards, vinegar and oil. Season and set aside.
 2. Cook the bacon in a large skillet over medium heat until crisp. Move to a bowl and pour off all but 2 tbsp of fat.
 3. Add the shallot, season, and cook just until it starts to soften.
 4. Add the sprouts and thyme, season, and cook 4-6 minutes until just tender. Add to the bacon.
 5. Pour the dressing into the skillet and scrape up the brown bits until it starts to thicken.
 6. Return the sprouts and bacon, toss, and discard the thyme. Serve warm topped with pecans.



Keto *Pumpkin Pie*

ONE 9-INCH PIE · BAKE THE DAY BEFORE

kywellness.ca/recipes/keto-pumpkin-pie →

CRUST

- 2 1/2 cups almond flour
- 1/3 cup sweetener
- 1/4 tsp salt
- 1/4 cup butter, melted
- 1 large egg
- 1/2 tsp vanilla

FILLING

- 15 oz can pumpkin purée
- 1/2 cup heavy cream
- 2 large eggs, room temp
- 2/3 cup powdered sweetener
- 2 tsp pumpkin pie spice
- 1/4 tsp salt + 1 tsp vanilla

1. Heat the oven to 350°F and line a pie plate with parchment.
2. Mix the crust's dry ingredients in one bowl and the wet in another, then combine. Press firmly into the plate.
3. Bake 10–12 minutes until golden. Lower the oven to 325°F and let the crust cool.
4. Beat all the filling ingredients on medium-low until smooth. Pour into the crust and tap to release air bubbles.
5. Bake 40–50 minutes, until set but still a little jiggly in the centre. Cover the edge with foil if it browns too fast.
6. Cool on the counter, then chill at least an hour before slicing.
7. **Sugar-free whipped cream:** whip 1 cup cold heavy cream with 1–2 tbsp powdered sweetener and 1/2 tsp vanilla to soft peaks. Add a pinch of cinnamon on top.



Classic Keto *Cheesecake*

ONE 9-INCH CHEESECAKE · MAKE THE DAY BEFORE

kywellness.ca/recipes/best-classic-keto-cheesecake →

Tried, true and never misses. All the New York cheesecake vibes, none of the carbs.

CRUST

- 2 cups almond flour
- 1/3 cup salted butter, measured solid then melted
- 2 tbsp sweetener
- 1 tsp vanilla

FILLING

- 32 oz (4 packages) cream cheese, softened
- 1 1/4 cups powdered sweetener
- 3 large eggs
- 1 tbsp + 1 tsp lemon juice
- 1 tsp vanilla

1. Heat the oven to 350°F and line a 9-inch springform pan with parchment.
2. Stir the crust ingredients until it looks like wet sand. Press into the pan and bake 10-12 minutes until barely golden. Cool at least 10 minutes.
3. Beat the cream cheese and powdered sweetener on low to medium until fluffy.
4. Beat in the eggs one at a time on low speed, then the lemon juice and vanilla.
5. Pour over the cooled crust, smooth the top and tap gently to release air bubbles.
6. Bake 40-55 minutes, until the middle is set but still jiggly. It keeps setting as it cools.
7. Chill overnight. Top with fresh berries or whipped cream.

Enjoy the feast—*and stay on track.*

01 Protein first

Fill half your plate with turkey, then the veggie sides. You'll feel satisfied sooner.

02 Bring a dish you love

At someone else's table? Offer the stuffing or a dessert so there's always something for you.

03 Pick your splurge on purpose

If there's one traditional dish you'd miss, have a small portion and truly enjoy it.

04 Water, a walk, then reset

Sip water all day, walk after dinner, and make your next meal right back on plan. No guilt.

Fasting more *your style?*

- Plan your eating window around the feast, so the big meal is your first or main meal of the day.
- Keep up electrolytes (sodium, potassium, magnesium) and water while you fast.
- Break your fast with turkey and veggies first, then enjoy the rest.
- Don't stretch your next fast to "make up" for the meal. Go back to your usual rhythm the next day.



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