

# Keto Diet For Thanksgiving: The Ultimate Low Carb Recipes During The Holidays

Thanksgiving is a time for family, friends, and food. But if you're following a keto diet, you may be wondering how you can enjoy the holiday without sabotaging your progress.

Don't worry, we've got you covered. This cookbook is filled with delicious low carb recipes that will help you stay on track during the holidays.



## KETO DIET FOR THANKSGIVING - (The Ultimate Low Carb Recipes During the Holidays)

★★★★★ 5 out of 5

Language	: English
File size	: 6062 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 124 pages
Lending	: Enabled



Here's a sneak peek of what you'll find inside:

- **Low Carb Thanksgiving Stuffing**
- **Keto Turkey**
- **Low Carb Green Bean Casserole**

- **Keto Pumpkin Pie**
- **Low Carb Mashed Potatoes**

And much more!

With these recipes, you can enjoy all of your favorite Thanksgiving dishes without sacrificing your keto diet.

### **Low Carb Thanksgiving Stuffing**

This low carb stuffing is made with almond flour, pork rinds, and celery. It's the perfect side dish for your keto turkey.



## Ingredients

- 1 cup almond flour
- 1 cup pork rinds, crushed
- 1/2 cup celery, diced
- 1/4 cup onion, diced

- 1/4 cup butter
- 1/4 cup chicken broth
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## **Instructions**

1. Preheat oven to 350 degrees F (175 degrees C). 2. In a large bowl, combine almond flour, pork rinds, celery, onion, butter, chicken broth, salt, and pepper. 3. Mix well until all ingredients are combined. 4. Pour mixture into a 9x13 inch baking dish. 5. Bake for 20 minutes, or until golden brown.

## **Keto Turkey**

This keto turkey is roasted with butter, garlic, and herbs. It's a delicious and easy way to cook your Thanksgiving turkey.



## Ingredients

- 1 whole turkey (12-14 pounds)
- 1/2 cup butter, softened
- 1 tablespoon garlic powder
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 teaspoon salt
- 1 teaspoon black pepper

## Instructions

1. Preheat oven to 325 degrees F (165 degrees C). 2. Remove turkey from refrigerator and let it come to room temperature for 1 hour. 3. In a small bowl, combine butter, garlic powder, thyme, rosemary, salt, and pepper. 4. Rub butter mixture all over the turkey. 5. Place turkey in a roasting pan and roast for 3-4 hours, or until the internal temperature reaches 165 degrees F (74 degrees C).

### **Low Carb Green Bean Casserole**

This low carb green bean casserole is made with fresh green beans, cream cheese, and a crispy almond flour topping.



## Ingredients

- 1 pound fresh green beans, trimmed
- 1/2 cup cream cheese, softened
- 1/4 cup sour cream
- 1/4 cup grated Parmesan cheese

- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup almond flour
- 1/4 cup butter, melted

## Instructions

1. Preheat oven to 350 degrees F (175 degrees C). 2. In a large pot, bring water to a boil. Add green beans and cook until crisp-tender, about 5 minutes. Drain green beans and set aside. 3. In a medium bowl, combine cream cheese, sour cream, Parmesan cheese, salt, and pepper. 4. Add green beans to cream cheese mixture and stir to combine. 5. Pour mixture into a 9x13 inch baking dish. 6. In a small bowl, combine almond flour and melted butter. 7. Sprinkle almond flour mixture over green bean mixture. 8. Bake for 20 minutes, or until topping is golden brown.

## Keto Pumpkin Pie

This keto pumpkin pie is made with a



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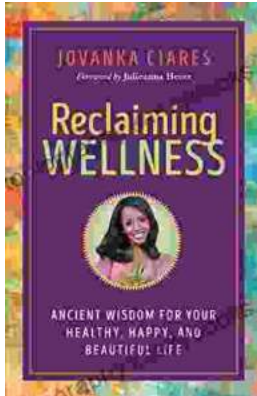
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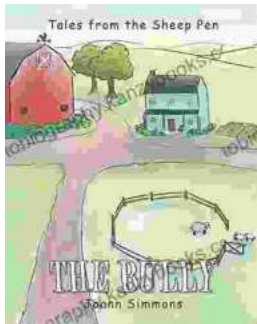
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