

## Healthy Holiday Thanksgiving Kick It, Pick It List

Kick it	Pick it	Love it
Scalloped Potatoes	Mashed	Baked
Ham	Turkey: Brown Meat	White Meat
Pecan Pie/Apple Pie	Pumpkin Pie	Fresh Fruit
Ice Cream	Coconut Milk Ice Cream	Dark Chocolate & Frozen Banana
Protein Bar	Fiber rich cereal	Eggs
Cranberries	Gravy	Drizzle it
Creamy Dressing	Clear low cal	Oil & Vinegar
Skipping a workout	Workout	Workout Daily
Cesar Salad	Cobb Salad	Veggie Salad
Pumpkin Bisque	Pureed Pumpkin(dairy free)	Clear soup
White Potato	Sweet Potato	Winter Squash
Cole slaw	Fresh Salad	Veggie Salad

Biscuits	Whole Grain Roll	Skip it (savor the food)
Gravy (in excess)	Drizzle it	None
Veggies in Cream	Veggies in butter	Steamed Veggies
Baked Beans	Green Beans with Butter	Green Beans Steamed
Fried	Sautéed	Steamed
Sausage Stuffing	Plain Stuffing	No Stuffing
Soda	Diet Soda	Water
Latte	Coffee with Cream	Mint Tea
Beer	Red Wine	Water