

THE FAB FOUR GUIDE SERIES · HOLIDAY EDITION

Fab Four
Holiday Recipes

Thanksgiving and Christmas from my kitchen: appetizers, salads, mains, sides, and desserts, plus holiday mornings. Protein, fat, fiber, and greens first, then the treats you love.

PROTEIN FAT FIBER GREENS

Kelly LeVeque, CCN
Certified Clinical Nutritionist · Author of Body Love

BE WELL

Eat the pie

The Fab Four is protein, fat, fiber, and greens. Put all four on your plate (or in your blender) and you elongate your blood sugar curve, turn off hunger hormones, and stay full for four to six hours. It's not a diet. It's light structure you can use at every meal, for every person at your table.

> *I want you to learn to trust yourself, feel confident in your decisions, and build the lifestyle you want around the foods you love.*
>
> KELLY LEVEQUE, BODY LOVE

Protein

GOAL · 20 to 40g per meal

Protein breaks down into amino acids, which help muscles and other tissues build and stay strong. It's also the biggest signal to your brain that you're full.

Eggs, chicken, grass-fed beef, wild salmon, turkey, Greek yogurt, protein powder

Fat

GOAL · 1 to 2 tbsp per meal

Fat fuels hormone production, cell growth, and brain function. It slows digestion and curbs cravings. One tablespoon of oil is about 14g of fat.

Avocado, olive oil, avocado oil, nut butter, coconut, egg yolks

Fiber

GOAL · 10g+ per meal

Fiber feeds the good bacteria in your gut, keeps you regular, and slows the absorption of glucose so your blood sugar rises and falls gently.

Chia, flax, acacia, avocado, berries, broccoli, cauliflower, beans

Greens + Color

GOAL · Half your plate, deep in color

Leafy greens and vegetables deep in color bring vitamins, minerals, phytochemicals, and water. Think the whole rainbow, not just green.

Spinach, kale, romaine, fresh herbs, peppers, tomatoes, carrots, red cabbage, beets, blueberries

The holidays aren't the problem. One party, one plate of cookies, one slice of pie is a single meal in a month that has about ninety of them. What makes December feel out of control is skipping breakfast to save room, grabbing whatever's on the counter at 4pm, and calling a handful of crackers dinner.

So handle the other meals, and build every holiday plate Fab Four first. Then go enjoy the dessert you actually love, without the spiral afterward.

How to read each recipe. Every recipe has a Fab Four bar up top showing roughly how many grams of protein, fat, and fiber you get in one serving, and which ingredient is doing the work. The fourth box calls out the colors on your plate. Dots next to each ingredient tell you which pillar it covers. Gram counts are estimates from USDA FoodData Central and brand labels, so treat them as a guide, not a scorecard.

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THE FAB FOUR HOLIDAY PLATE

Fab Four first, then your favorites

You don't need a perfect holiday. You need a plate that fills you up before the pie comes out. Build it in this order at any table, yours or someone else's.

Protein	**Palm-size, 20 to 40g**	Turkey, beef tenderloin, salmon, shrimp, deviled eggs.
Greens + Color	**Half the plate**	A salad, roasted Brussels sprouts, green beans, carrots.
Fiber	**Aim for 10g**	Cauliflower mash, roasted vegetables, a little sweet potato, cranberry sauce.
Fat	**1 to 2 tbsp**	Olive oil, butter on the vegetables, avocado, nuts, cheese.
Your favorite starches	**After all four**	The stuffing, the potatoes, the roll. Enjoy them.
Dessert	**One you love**	Sit down and taste it. Auto-correct at the next meal.

Protein, fat, fiber, and greens first quiet your hunger hormones, so the starches and the dessert land on a steady blood sugar curve instead of an empty stomach.



PART 1 · APPETIZERS

Start with *protein*

The first bites of the party. Protein-forward starters keep you from arriving starving at the table.

- Roasted Shrimp Cocktail
- Farmer's Market Deviled Eggs
- Christmas Tree Charcuterie Board
- Peanut Butter Reindeer Celery
- Goat Cheese and Almond Bacon-Wrapped Dates
- Grapefruit Salmon Crudo
- A Whole Lotta Latkes
- BBQ Maple Party Meatballs
- Sage, Thyme & Rosemary Pumpkin Soup



CHRISTMAS + THANKSGIVING · APPETIZER · 15 MIN

Roasted Shrimp Cocktail

PREP 10 MIN · ROAST 10 MIN · SERVES 8

My rule at any party is to go for the protein appetizer first. Ina Garten roasts her shrimp instead of boiling it, which gives it so much more flavor. I made the cocktail sauce with no-sugar ketchup and filled the platter with vegetables.

PROTEIN
~23g per serving
Shrimp

FAT
~9g per serving
Olive oil, avocado

FIBER
~5g per serving
Avocado, endive, cucumber

GREENS + COLOR
About 1 cup
Green · Yellow
endive, cucumber, parsley, avocado, lemon

MAKE AHEAD
Roast the shrimp up to a day ahead and keep them cold. The sauce keeps for a week.

Roasted Shrimp Cocktail

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

SHRIMP

- 2 lb jumbo shrimp, peeled and deveined, tails on
- 1 tbsp olive oil
- 1/2 tsp kosher salt, 1/2 tsp black pepper

COCKTAIL SAUCE

- 1 cup no-sugar ketchup
- 4 tbsp prepared horseradish
- 1 tbsp lemon juice
- 1/2 tsp Worcestershire (no sugar added), a few dashes hot sauce

PLATTER

- 2 heads endive, separated into leaves
- 1 English cucumber, sliced into rounds
- 2 avocados, sliced
- Lemon wedges and chopped parsley

METHOD

1. Heat the oven to 400°F. Toss the shrimp with olive oil, salt, and pepper and spread in one layer on a sheet pan.
2. Roast 8 to 10 minutes, just until pink and firm. Let them cool.
3. Stir the sauce ingredients together and taste for heat.
4. Set the sauce in the middle of a platter, ring it with shrimp, and fill in with endive, cucumber, avocado, and lemon. Shower with parsley.

Inspired by Ina Garten, Roasted Shrimp Cocktail (barefootcontessa.com). Grams per about 4 oz shrimp with the platter.



THANKSGIVING + CHRISTMAS · APPETIZER · 25 MIN

Farmer's Market Deviled Eggs

PREP 10 MIN · TOTAL 25 MIN · MAKES 24 HALVES

These aren't your average deviled eggs. Tons of fresh herbs make them flavorful and beautiful on a holiday platter, and they're packed with protein and fat, so a couple before dinner keeps you from showing up to the table starving.

PROTEIN
~11g per serving
Eggs

FAT
~15g per serving
Egg yolks, avocado-oil mayo

FIBER
~0g per serving
Pair with crudités

GREENS + COLOR
A sprinkle
Green · Red
chives, dill, parsley, paprika

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 12 medium eggs, hard boiled
- 1/4 cup avocado-oil mayo (Primal Kitchen or homemade Be Well Mayo)
- 2 tsp French Dijon mustard
- 1 tsp chopped fresh flat-leaf parsley (optional)
- 1 tsp chopped fresh chives, plus 1/2 tsp to garnish
- 1 tsp chopped fresh dill, plus 1/2 tsp to garnish
- 1 tsp minced shallot (optional, or the thinly sliced white part of the chives)
- 1 tsp paprika, to garnish
- Coarse sea salt

METHOD

1. Bring a pot of water to a boil, lower the heat, add the eggs, and cook 7 to 8 minutes. Drain, cool in ice water, and peel.
2. Halve the eggs lengthwise and set the whites aside. Push the yolks into a food processor with the mayo and Dijon and pulse until smooth.
3. Fold in the shallot and herbs with a spatula.
4. Spoon or pipe the filling into the whites.
5. Garnish with extra chives, dill, and paprika, season with salt, and chill. Best served cold.

FAB FOUR BOOST
Four halves is about 11g protein. Set them on a platter with crudités, or next to the shrimp cocktail, for a full Fab Four start.

NO NAKED CARBS
Pass these alongside the crackers and bread. Protein and fat next to the carbs helps blunt the blood sugar spike.

bewellbykelly.com/blogs/blog/2015-7-9-farmers-market-deviled-eggs · Grams per 4 halves.



CHRISTMAS · APPETIZER · 20 MIN

Christmas Tree Charcuterie Board

PREP 20 MIN · SERVES 8 TO 10

Build it in rows on a big wooden board, wide at the bottom and narrow at the top, and it reads as a Christmas tree. Salami and cheese bring the protein and fat, the berries bring fiber and color.

PROTEIN
~14g per serving
Salami, cheeses

FAT
~20g per serving
Salami, cheeses, olives

FIBER
~4g per serving
Berries, seed crackers, olives

GREENS + COLOR
Berries + parsley
Blue · Purple · Green
blueberries, blackberries, olives, parsley, olives

MAKE AHEAD
Slice the cheeses and fold the salami the night before and keep them covered in the fridge. Build the board right before guests arrive.

FAB FOUR BOOST
Add a bowl of crudités or the Reindeer Celery next to it so everyone gets more greens and fiber.

Christmas Tree Charcuterie Board

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

TOP OF THE TREE TO THE BOTTOM

- Salami rosette for the star
- Crumbled goat cheese, the snowy top
- Blueberries
- Sliced white cheese (Manchego or white cheddar)
- Folded salami
- Blackberries
- Cubed yellow cheddar
- Salami with green and purple olives
- Seedy crackers for the trunk and base
- Flat-leaf parsley for garland

METHOD

1. Lay the crackers across the widest part of the board for the base and trunk.
2. Work upward in rows, each a little narrower than the one below.
3. Alternate protein rows (salami, cheese) with fruit rows (blackberries, blueberries) so every handful has protein and fat next to the fruit.
4. Tuck parsley along the edges of each row for garland.
5. Finish with the salami star.

Kelly's Christmas tree board. Grams per serving are estimates for about 2 oz salami and cheese with fruit and crackers.



CHRISTMAS · KIDS · 10 MIN

Peanut Butter Reindeer Celery

PREP 10 MIN · MAKES 8 · SERVES 4

The kids' job in our house. Celery and peanut butter dressed up with cashew antlers and a raspberry nose, a holiday snack they can build themselves.

PROTEIN
~10g per serving
Peanut butter, cashews

FAT
~19g per serving
Peanut butter, cashews

FIBER
~3g per serving
Celery, raspberries, peanut butter

GREENS + COLOR
Celery
Green · Red
celery, raspberries

LET THE KIDS BUILD THEM
Set out bowls of cashews, eyes, and raspberries and let everyone decorate their own.

ALLERGIES
Use almond butter or sunflower seed butter, and pumpkin seeds for antlers.

Peanut Butter Reindeer Celery

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 4 celery stalks, cut into 8 sticks about 4 inches long
- 1/2 cup natural creamy peanut butter (just peanuts and salt)
- 16 whole roasted cashews (antlers)
- 16 candy eyes, or mini dark chocolate chips for a no-sugar option
- 8 fresh raspberries (noses)

METHOD

1. Fill each celery stick with about 1 tablespoon of peanut butter.
2. Press 2 cashews into the top so they curve out like antlers.
3. Add 2 eyes just below the antlers.
4. Press a raspberry onto the bottom for the nose.
5. Serve right away, or chill up to 2 hours.

Kelly's recipe. Grams per 2 reindeer.



CHRISTMAS · APPETIZER · 30 MIN

Goat Cheese and Almond Bacon-Wrapped Dates

PREP 10 MIN · BAKE 20 MIN · MAKES 24

The sweet and salty bite everyone reaches for at a Christmas party. I halve the dates so each piece is just half a date, then stuff it with goat cheese and an almond and wrap it in crispy bacon, so it comes with protein and fat built in.

PROTEIN
~5g per serving
Bacon, goat cheese, almonds

FAT
~7g per serving
Bacon, goat cheese, almonds

FIBER
~2g per serving
Dates, almonds

GREENS + COLOR
A sprinkle
Green
rosemary or chives

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 12 Medjool dates, halved lengthwise and pitted (24 halves)
- 3 oz goat cheese
- 24 Marcona or roasted almonds
- 8 slices no-sugar bacon, each cut into thirds
- Chopped fresh rosemary or chives, to finish
- 24 toothpicks

METHOD

1. Heat the oven to 400°F and line a sheet pan with parchment.
2. Fill each date half with about 1/2 tsp goat cheese and press an almond into the center.
3. Wrap each one in a piece of bacon and set it seam side down on the pan. Secure with a toothpick if needed.
4. Bake 18 to 22 minutes, flipping halfway, until the bacon is crisp.
5. Rest 5 minutes, then sprinkle with rosemary or chives and serve warm.

KEEP IT A ONE-OR-TWO BITE
Dates are naturally sweet, so this is the sweet bite of the board. Have two next to the shrimp, deviled eggs, or charcuterie and you're set.

MAKE AHEAD
Stuff and wrap them up to a day ahead and keep covered in the fridge. Bake right before guests arrive.

Kelly's recipe. Grams per 2 pieces (1 date).



HOLIDAY · NO-COOK APPETIZER · 20 MIN

Grapefruit Salmon Crudo

PREP 10 MIN · TOTAL 20 MIN · SERVES 2 (OR 4 AS A SMALL STARTER)

This crudo is elegance made easy. Pick up sushi-grade salmon from a fish counter you trust, then layer it with grapefruit, avocado, and radish for a fresh, bright first course that comes together in minutes.

PROTEIN
~25g per serving
Sushi-grade salmon

FAT
~39g per serving
Avocado, avocado oil, salmon

FIBER
~6g per serving
Avocado, grapefruit

GREENS + COLOR
About 1/2 cup
Pink · Green · Red
grapefruit, salmon, avocado, radish

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1/2 lb sushi-grade salmon, thinly sliced
- 1 avocado, pitted, peeled, and cut into small cubes
- 1 pink grapefruit, supremed (see tip)
- 1 red radish, thinly sliced

DRESSING

- 2 tbsp avocado oil
- 1 tbsp fresh grapefruit juice
- 1 tbsp lemon juice
- Pink Himalayan salt and cracked black pepper

METHOD

1. Supreme the grapefruit over a bowl (see tip) and save the juice for the dressing.
2. On two serving plates, or one platter for a party, layer the salmon, avocado, grapefruit segments, and radish.
3. In a small bowl, whisk together the avocado oil, grapefruit juice, and lemon juice, and season with salt and pepper.
4. Drizzle the dressing over the crudo and serve right away.

HOW TO SUPREME A GRAPEFRUIT

Slice a little off one end so the grapefruit stands flat. With a sharp knife, cut away the peel and white pith, then work over a bowl and cut along each segment to free it from the membrane. Use the juice that collects in the bowl for the dressing.

FAB FOUR BOOST

I serve this as a hearty appetizer, and it works as a main with a big side salad. Add half a batch of the Crunchy Celery Salad (in Sides) to each plate for about 31g protein and 12g fiber.

bewellbykelly.com/blogs/blog/2015-7-9-sashimi · Grams per 1/2 of the recipe.



HANUKKAH OR CHRISTMAS · APPETIZER · 10 MIN

A Whole Lotta Latkes

PREP 5 MIN · TOTAL 10 MIN · SERVES 3

Latkes are the perfect three-ingredient warm winter appetizer, light and crispy and fried in avocado oil instead of the seed oils most restaurant latkes use. Make them small and pass them warm at a Hanukkah gathering or a Christmas party.

PROTEIN

~2g per serving

Pair with a protein main (see tip)

FAT

~9g per serving

Avocado oil

FIBER

~3g per serving

Japanese sweet potato

GREENS + COLOR

A sprinkle of chives (see tip)

Yellow · Green

Japanese sweet potato, chives

MAKE THEM MINI

For a party, use 2 tbsp of grated yam per latke instead of 1/4 cup so they're two-bite size, and keep finished batches warm on a sheet pan in a low oven.

FAB FOUR BOOST

I eat latkes Fab Four style, alongside a high-protein main and vegetables. Plate a few next to 4 oz roast chicken, 1 cup roasted Brussels sprouts, and a big green salad with 1/2 avocado for about 42g protein and 12g fiber.

A Whole Lotta Latkes

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 Japanese yam (Japanese sweet potato, about 10 oz)
- 2 tbsp avocado oil, plus more as needed
- 1 to 2 tbsp minced fresh chives
- Salt to taste

METHOD

1. Peel the yam and finely grate it.
2. Heat 2 tbsp avocado oil in a nonstick or cast-iron pan.
3. Drop 1/4 cup of grated yam into the pan, pressing it lightly like pancake batter.
4. Sprinkle about 1/2 tsp chives on top while it cooks, then flip.
5. Cook about 2 minutes per side. Repeat with the rest of the yam, adding more oil to the pan as needed, and serve warm with a pinch of salt.

bewellbykelly.com/blogs/blog/a-whole-lotta-latkes · Originally published by Kelly for The Little Market. Grams per 1/3 of the recipe.



HOLIDAY PARTY · APPETIZER · 35 MIN

BBQ Maple Party Meatballs

PREP 10 MIN · TOTAL 35 MIN · MAKES ABOUT 30 (SERVES 6 AS AN APPETIZER)

My paleo meatballs, dressed up for a party in a sticky barbecue maple ketchup glaze. Classic party meatballs swim in sugary sauce, and this glaze uses unsweetened ketchup with just a tablespoon of maple, so set out toothpicks and let everyone help themselves.

PROTEIN
~17g per serving
Grass-fed beef, egg

FAT
~12g per serving
Beef, egg

FIBER
~2g per serving
Flax meal, ketchup, scallions

GREENS + COLOR
A little (see tip)
Red · Green
tomato glaze, scallions

BBQ Maple Party Meatballs

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

MEATBALLS

- 1 lb 100% grass-fed and grass-finished ground beef
- 1 large egg
- 1/4 cup ground flax meal
- 1 garlic clove, minced
- 1 tbsp dried thyme
- 1 tsp smoked paprika and 1 tsp garlic powder
- 1 1/2 tsp pink Himalayan salt
- 1 1/2 tsp onion powder

BBQ MAPLE KETCHUP GLAZE

- 3/4 cup Primal Kitchen Unsweetened Ketchup
- 1 tbsp pure maple syrup
- 1 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1/2 tsp smoked paprika, pinch of chili flakes
- Shortcut: skip the glaze and use 3/4 cup Primal Kitchen Organic Hawaiian Style BBQ Sauce
- Meatball shortcut: 1 (14 oz) bag Force of Nature Ancestral Blend Classic Meatballs, frozen

TO FINISH

- 2 scallions, thinly sliced

METHOD

1. Heat the oven to 350°F.
2. In a large bowl, use your hands or a wooden spoon to combine the beef, egg, flax meal, garlic, thyme, smoked paprika, garlic powder, salt, and onion powder. Mix until smooth, but don't overmix.
3. Roll into 1-inch meatballs and set them on an ungreased rimmed baking sheet. Bake 18 to 20 minutes, until they reach 160°F inside.
4. While they bake, whisk the glaze ingredients in a small saucepan and simmer 3 to 5 minutes, until slightly thickened.
5. Move the meatballs to an oven-safe serving dish, toss them in the glaze, and bake 5 to 8 minutes more, until sticky.
6. Shower with scallions, set out toothpicks, and serve warm.

SUGAR CHECK

The homemade glaze comes to about 5g sugar per serving, mostly from the tablespoon of maple. Primal Kitchen's Hawaiian Style BBQ Sauce has 5g sugar (2g added) per 2 tbsp, so the shortcut lands about the same.

NO TIME TO ROLL?

Use a bag of Force of Nature frozen meatballs (the Ancestral Blend Classic, which is sugar free). They're pre-cooked, so heat them per the package, then toss in the warm glaze and bake 5 to 8 minutes until sticky.

MAKE THEM AHEAD

Bake a double batch and freeze. On party day, warm them in the glaze, or keep them warm in a slow cooker on low with toothpicks on the side.

FAB FOUR BOOST

Making them dinner instead? Spoon a sixth of the batch over 2 cups zucchini noodles with 1/2 avocado on the side for about 21g protein and 9g fiber.

bewellbykelly.com/blogs/blog/2015-7-20-saucy-paleo-meatballs · Kelly's Paleo Homemade Italian Meatballs, reworked with a BBQ maple ketchup glaze. Grams per 1/6 of the recipe (about 5 meatballs) with glaze.



THANKSGIVING · STARTER IN SMALL CUPS · 15 MIN

Sage, Thyme & Rosemary Pumpkin Soup

PREP 5 MIN · TOTAL 15 MIN · SERVES 4

This might be the perfect first bite of your Thanksgiving meal. Pour it into small cups and pass it around while everyone arrives. A sage, thyme, and rosemary bone broth does most of the work, so all you need is pumpkin, garlic, and onion.

PROTEIN
~9g per serving
Chicken bone broth, pumpkin

FAT
~11g per serving
Olive oil (soup and croutons)

FIBER
~7g per serving
Pumpkin, croutons

GREENS + COLOR
About 1 cup
Orange · White · Green
pumpkin, onion, garlic, sage, thyme

FAB FOUR BOOST
This is a starter, so serve it in small cups before the turkey. To make it a meal, blend a can of rinsed white beans into the pot and serve each bowl with 4 oz roasted turkey or chicken: about 45g protein and 11g fiber.

Sage, Thyme & Rosemary Pumpkin Soup

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

SOUP

- ● 2 tbsp olive oil
- ○ 3 garlic cloves
- ○ 1/4 cup onion
- ● 2 cans organic pumpkin puree
- ● 1 jar (about 12 oz) FOND Sage, Thyme, Rosemary Chicken Bone Broth (or chicken bone broth plus a pinch each of dried sage, thyme, and rosemary)

CROUTONS

- ● 2 to 3 slices gluten-free or sourdough bread
- ○ Olive oil and salt
- ○ 1 tsp garlic powder
- ○ 1 tsp thyme
- ○ 1 tsp sage

OPTIONAL TOPPINGS

- ● Toasted unsweetened coconut flakes
- ● Pepitas (pumpkin seeds)

METHOD

1. For the croutons, cube your bread, drizzle with olive oil, and season with salt, garlic powder, thyme, and sage. Toast in a 375°F oven for about 10 minutes while you make the soup.
2. Sauté the onion and garlic in the olive oil over medium heat for 3 minutes.
3. Add the pumpkin and bone broth to the pot and simmer for 7 minutes.
4. Use an immersion blender to puree the garlic and onion into the soup until smooth.
5. Serve warm, topped with croutons, or with toasted coconut flakes and pepitas for a grain-free crunch.

bewellbykelly.com/blogs/blog/sage-thyme-and-rosemary-pumpkin-soup · Grams per 1/4 of the soup with croutons.



PART 2 · SALADS

Greens on *half the plate*

Bright, crunchy, holiday colored. Put one of these on half your plate first.

- Crunchy Celery Salad
- Pomegranate Mint Christmas Salad
- Simple Brussels Sprout Salad
- Simple Arugula Salad with Lemon Vinaigrette
- Thanksgiving Leftover Chop Salad
- Roasted Chicken & Delicata Squash Salad



HOLIDAY · SIDE SALAD · 15 MIN

Crunchy Celery Salad

PREP 5 MIN · TOTAL 15 MIN · SERVES 2

Celery salads are having a moment, and I get it. A crunchy vegetable, a pear, something salty, and something buttery hold up beautifully in the dressing, which makes this a really nice thing to bring to a party this time of year.

PROTEIN
~6g per serving
Parmesan, pistachios (see tip)

FAT
~19g per serving
Olive oil, pistachios, Parmesan

FIBER
~6g per serving
Celery, pear, pistachios

GREENS + COLOR
About 2 cups
Green · Yellow
celery, dill, pear

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 whole head of celery, thinly sliced
- 1/2 pear, thinly sliced
- 2 to 3 tbsp shaved Parmesan
- 2 tbsp roasted, salted pistachios
- 2 tbsp freshly chopped dill

DRESSING

- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tsp maple syrup
- Salt and pepper to taste

METHOD

1. Thinly slice the celery and pear and add them to a large mixing bowl with the Parmesan, pistachios, and dill.
2. Whisk together the olive oil, vinegar, maple syrup, salt, and pepper.
3. Toss the salad with the dressing and serve.

MAKE IT WITH FENNEL

Swap half the celery for 1 fennel bulb, shaved paper thin, and chop a few of the feathery fronds in with the dill. Fennel's sweet, mild anise crunch goes beautifully with the pear, Parmesan, and pistachios, so keep the rest of the salad and the dressing the same.

FAB FOUR BOOST

To make it a meal, top each serving with 4 oz sliced grilled or rotisserie chicken, 1/2 avocado, and an extra 1 tbsp pistachios for about 44g protein and 11g fiber.

bewellbykelly.com/blogs/blog/crunchy-celery-salad · Grams per 1/2 of the salad with 2 tbsp each oil and vinegar.



CHRISTMAS · SALAD · 10 MIN

Pomegranate Mint Christmas Salad

PREP 10 MIN · TOTAL 10 MIN · SERVES 4

Red pomegranate and green mint give this salad Christmas wreath vibes and a refreshing bite. Serve it as a starter, or top it with simple roasted chicken for a holiday luncheon.

PROTEIN
~3g per serving
Goat cheese, pecans (add chicken, see tip)

FAT
~21g per serving
Olive oil dressing, pecans, goat cheese

FIBER
~4g per serving
Pear, pomegranate, greens, pecans

GREENS + COLOR
About 2 cups
Green · Red · Purple · Yellow
mixed greens, mint, pomegranate, red leaf lettuce, red onion, pear

FAB FOUR BOOST
Make it the main event: top each plate with 4 oz sliced roasted chicken and 1/2 avocado, plus an extra 1/4 cup pomegranate seeds. That brings a plate to about 40g protein and 10g fiber.

Pomegranate Mint Christmas Salad

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

SALAD

- 6 cups mixed greens and red leaf lettuce
- 1/4 cup mint, thinly sliced
- 1/4 cup red onion, very thinly sliced
- 1 pear, thinly sliced
- Seeds of 1/2 pomegranate (about 1/2 cup)
- 2 to 4 tbsp goat cheese or a nut-based crumbly white cheese
- 1/4 cup dry roasted pecans

DRESSING

- 1/4 cup olive oil
- 3 tbsp champagne vinegar
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Salt to taste
- 1 tsp honey (optional)

METHOD

1. Whisk all of the dressing ingredients together in a bowl and set aside.
2. Thinly slice your vegetables and add all of the salad ingredients to a large serving bowl.
3. Toss the salad with the dressing to coat.

bewellbykelly.com/blogs/blog/2021-10-28-pomegranate-mint-christmas-salad · Grams per 1/4 of the salad, as a side.



THANKSGIVING · SALAD · 15 MIN

Simple Brussels Sprout Salad

PREP 5 MIN · TOTAL 15 MIN · SERVES 4

Sweet and salty with the perfect amount of crunch, this shaved Brussels sprout salad comes together in the food processor. It pairs with just about any protein and makes an easy Thanksgiving side.

PROTEIN
~5g per serving
Pecorino or Parmesan, Brussels sprouts

FAT
~10g per serving
Olive oil, cheese

FIBER
~3g per serving
Brussels sprouts, apple, grapes

GREENS + COLOR
About 1 cup
Green · Red-purple
Brussels sprouts, green apple, red grapes

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

- 2 cups Brussels sprouts
- 1/2 green apple
- 1 cup red grapes
- 1/2 cup shredded raw Pecorino or Parmesan (optional)

DRESSING

- 1/4 cup red wine vinegar (or champagne vinegar), plus more to taste
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

METHOD

1. Blend the dressing ingredients in the food processor until smooth, then pour into a large mixing bowl.
2. Shred the Brussels sprouts with the shredding disc, then swap to the slicing blade and add the apple, grapes, and cheese. Pulse until everything is finely chopped.
3. Transfer to the bowl with the dressing and toss to combine. Add salt and pepper to taste.
4. Serve cold with your choice of protein.

FAB FOUR BOOST

On its own this is a side. Serve each plate with 4 oz roasted turkey or chicken, 1/2 avocado, 2 tbsp chopped pecans, and 1/2 cup white beans tossed in for about 47g protein and 14g fiber.

bewellbykelly.com/blogs/blog/2015-7-9-food-processor-salad · Grams per 1/4 of the salad, as a side.



HOLIDAY · SIDE SALAD · 10 MIN

Simple Arugula Salad with Lemon Vinaigrette

PREP 5 MIN · TOTAL 10 MIN · SERVES 4

A quick, peppery side that goes with everything from roasted vegetables to the turkey. The lemon vinaigrette makes extra, so you have dressing ready for the week.

PROTEIN
~1g per serving
Arugula (pair with protein, see tip)

FAT
~5g per serving
Olive oil vinaigrette

FIBER
~1g per serving
Arugula

GREENS + COLOR
About 1 1/2 cups
Green · Yellow
arugula, lemon

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

SALAD

- [x] 1 bag (about 5 oz) arugula

DRESSING (MAKES ABOUT 2/3 CUP)

- [ ] 3 cloves garlic, minced
- [ ] 1/4 cup fresh lemon juice
- [x] 1/3 cup olive oil
- [ ] 1 tsp honey
- [ ] 1/2 tsp Dijon mustard

METHOD

1. Add the arugula to a large serving bowl.
2. Add all the dressing ingredients to a mason jar and shake hard.
3. Pour 2 to 3 tbsp of the dressing over the arugula and toss.
4. Keep the rest of the dressing in the jar in the fridge for the week.

FAB FOUR BOOST

Turn the side into a plate: 5 oz sliced turkey or chicken, 1/2 avocado, 2 tbsp pecans, and 1/2 cup white beans on each serving gets you about 50g protein and 12g fiber.

bewellbykelly.com/blogs/blog/simple-arugula-salad-with-homemade-lemon-vinaigrette · Grams per 1/4 of the salad with about 3 tbsp dressing total.



DAY AFTER THANKSGIVING · SALAD · 15 MIN

Thanksgiving Leftover Chop Salad

PREP 15 MIN · TOTAL 15 MIN · SERVES 6

Skip the starchy leftovers and turn the turkey and roasted vegetables into an Italian chop salad. It's the protein and the colorful vegetables from the holiday, made fresh again.

PROTEIN

~28g per serving

Leftover turkey, Parmesan

FAT

~23g per serving

Olive oil and avocado oil mayo dressing, olives, Parmesan

FIBER

~6g per serving

Roasted vegetables, lettuces, spinach, olives

GREENS + COLOR

About 4 cups

Green · Dark green · Red-purple · Red · Orange

romaine, iceberg, celery, pepperoncini, spinach, Brussels sprouts, radicchio, red onion, grape tomatoes, roasted carrots

USE WHAT'S LEFT

Any leftover roasted carrots can go into a carrot cake smoothie the next morning.

FAB FOUR BOOST

Add 1/2 avocado to each plate to take it from about 6g to 10g fiber.

Thanksgiving Leftover Chop Salad

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

SALAD

- 1 head iceberg lettuce, chopped
- 2 hearts romaine lettuce, chopped
- 4 cups spinach, chopped
- 2 cups radicchio, cored and chopped
- 3 cups leftover turkey, chopped fine
- 1 celery rib, thinly sliced
- 1/2 small red onion, thinly sliced
- 1 cup grape tomatoes
- 2 cups leftover roasted vegetables (Brussels sprouts, carrots, etc.)
- 1/2 cup pitted green or kalamata olives
- 8 pepperoncini peppers
- 1 cup shaved Parmesan (optional)

DRESSING

- 1/4 cup olive oil
- 2 tbsp Primal Kitchen Mayonnaise
- 2 tbsp red wine vinegar
- 1 tsp minced garlic
- 1/2 tsp dried oregano
- Salt and pepper to taste

METHOD

1. In a large bowl, gently toss together all of the salad ingredients.
2. In a small bowl, whisk the dressing ingredients together.
3. Drizzle the dressing over the salad and toss.

bewellbykelly.com/blogs/blog/2019-10-30-article-template-duplicate-do-not-edit-wcjns-xmwmg · From Kelly's holiday mini cleanse article. Grams per 1/6 of the salad with Parmesan.



THANKSGIVING · MAIN SALAD · 45 MIN

Roasted Chicken & Delicata Squash Salad

PREP 20 MIN · TOTAL 45 MIN · SERVES 2

Fall is the time for warm salads, and this one shows off the season with roasted delicata squash, baby kale, toasted walnuts, pomegranate, and chopped chicken. It works for a cozy dinner or a Thanksgiving side.

PROTEIN
~56g per serving
Roasted chicken, walnuts, goat cheese

FAT
~65g per serving
Olive oil dressing, walnuts, goat cheese

FIBER
~9g per serving
Delicata squash, baby kale, walnuts, pomegranate

GREENS + COLOR
About 3 cups
Dark green · Orange · Red
baby kale, delicata squash, pomegranate

FAB FOUR BOOST
Add 1/2 avocado to each bowl to take it from about 9g to 14g fiber.

Roasted Chicken & Delicata Squash Salad

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

SALAD

- 2 cups chopped roasted organic chicken (about 2 small breasts, roasted in step 3, or a rotisserie chicken)
- 1 box baby kale, chopped
- 1/2 cup raw walnuts
- 1 delicata squash, seeded and sliced
- 1/3 cup pomegranate seeds
- 1/3 cup goat cheese (optional)

SQUASH SEASONING

- 1 tbsp olive oil
- 1/2 tsp salt, 1/4 tsp each smoked paprika, cumin, garlic powder, and onion powder, 1/8 tsp chili powder

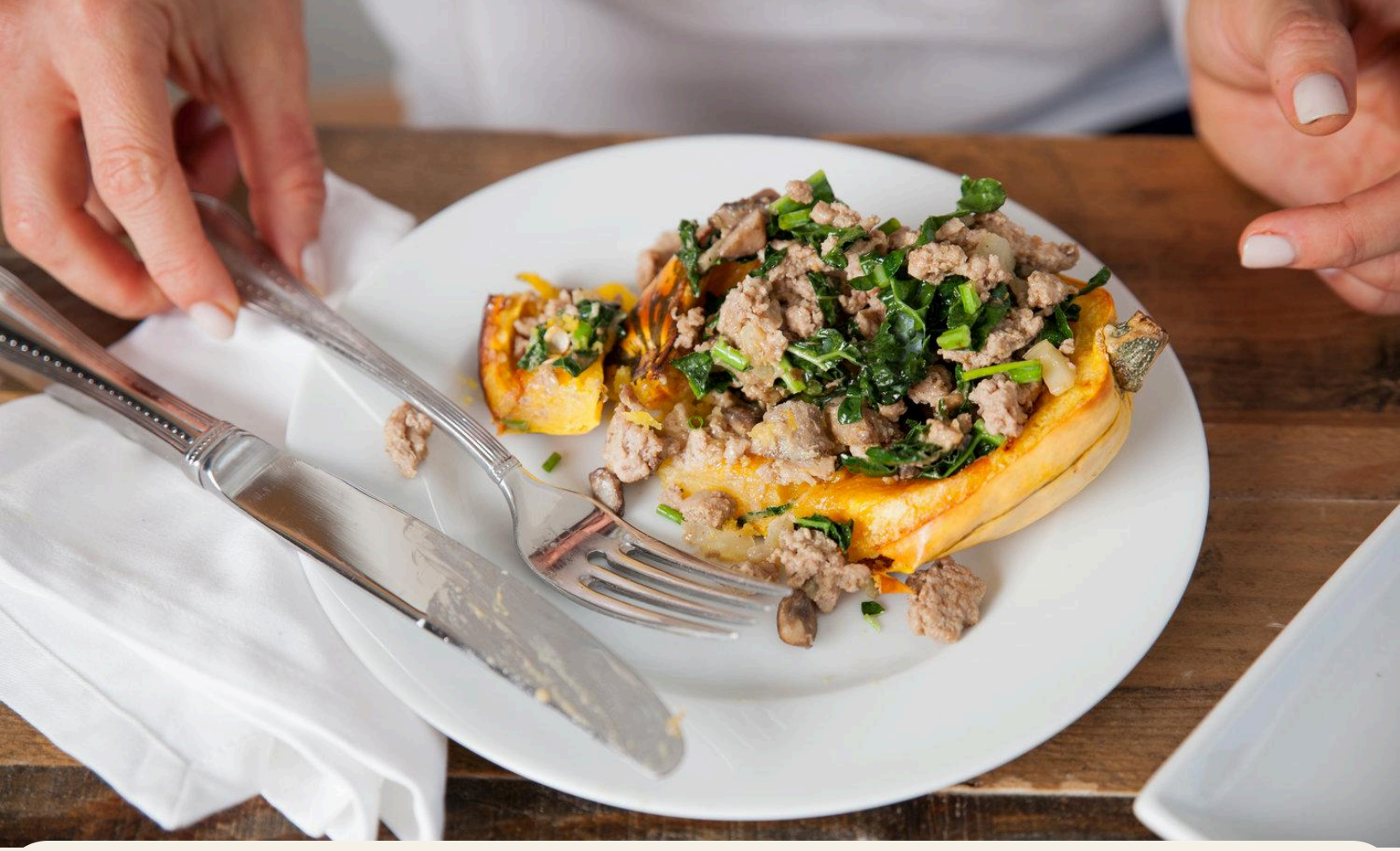
DRESSING

- 1/4 cup olive oil
- 2 tbsp champagne vinegar
- 1 tbsp maple syrup
- 1/2 tsp salt, 1/4 tsp black pepper

METHOD

1. Heat the oven to 350°F and toast the walnuts for 10 minutes.
2. Raise the oven to 400°F. Cut the delicata in half, scoop out the seeds, and slice into thin half-moons. Toss with the olive oil and seasonings and roast 20 to 25 minutes, until tender.
3. If you're roasting your own chicken, raise the oven to 425°F. Pat the breasts dry, rub with olive oil, and season with salt and pepper. Bake 20 to 30 minutes, until they reach 165°F. Rest 5 minutes, then chop into bite-sized pieces.
4. Whisk the olive oil, champagne vinegar, maple syrup, salt, and pepper together in a small bowl.
5. In a large bowl, combine the kale, walnuts, squash, pomegranate, goat cheese, and chicken.
6. Drizzle with the dressing and toss to coat.

bewellbykelly.com/blogs/blog/healthy-roasted-chicken-and-delicata-squash-salad · Grams per 1/2 of the salad with goat cheese.



PART 3 · MAINS

The center of *the table*

Your protein, the anchor of every Fab Four holiday plate.

- Herb and Ghee Roast Turkey with Blender Gravy
- Herb-Crusted Beef Tenderloin with Yogurt Horseradish Sauce
- 20 Minute Pork Tenderloin
- Lemon and Garlic Whole Roast Chicken
- Roasted Sea Bass with Olive Tapenade and Roasted Vegetables
- Sheet Pan Lemon Garlic Chicken & Potatoes
- Turkey-Stuffed Delicata Squash

THANKSGIVING · MAIN · START THE DAY BEFORE

Herb and Ghee Roast Turkey with Blender Gravy

PREP 1 DAY AHEAD · ROAST ABOUT 2 1/2 HR · SERVES 10 TO 12

My Thanksgiving turkey gets a simple brine, a ghee and herb baste, and a gravy thickened with the roasted vegetables from the pan in place of flour. Start it the day before and the oven does most of the work.

PROTEIN
~48g per serving
Turkey

FAT
~14g per serving
Ghee, olive oil, turkey skin

FIBER
~1g per serving
Carrots, celery, and onion in the gravy

GREENS + COLOR
In the gravy
Orange · Green
carrots, celery, sage, thyme, rosemary

NO FLOUR IN THE GRAVY
The blended carrots, onion, and celery thicken it, so the gravy brings a little fiber to the plate.

FAB FOUR BOOST
Turkey is your protein. Fill half the plate with the green bean almondine and a salad first, then add the stuffing and potatoes.

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

BRINE (THE DAY BEFORE)

- 2 cups kosher salt
- 2 gallons filtered water

TURKEY

- 1 turkey, 12 to 14 lb, pasture-raised if you can
- 1 cup ghee, melted
- 4 tbsp extra-virgin olive oil
- 1 bunch each fresh sage, thyme, and rosemary
- 2 tbsp dried oregano
- 1 tbsp pink salt
- 1 head garlic, top sliced off
- 3 medium onions, 8 celery stalks, and 8 medium carrots, cut into large chunks
- 2 cups water

GRAVY

- 4 oz red wine (or more broth)
- 4 oz turkey or chicken bone broth

METHOD

1. The day before, dissolve the kosher salt in a few cups of boiling water and chill until completely cold. Rinse the turkey, set it in a large pot or brining bag, add the salt water and enough cold filtered water to cover, and refrigerate 6 to 8 hours.
2. Lift the turkey out of the brine, rinse it well, and pat it dry. Refrigerate uncovered for at least 6 hours so the skin dries, then take it out 2 hours before roasting.
3. Heat the oven to 450°F. Whisk the melted ghee with the olive oil for your baste.
4. Scatter half the vegetables in a roasting pan and add the 2 cups water. Rub the cavity with the pink salt and oregano, then stuff it with the rest of the vegetables, the herbs, and the garlic. Set the turkey breast side down, rub with 1/4 cup of the baste, and roast 40 minutes without opening the door.
5. Carefully turn the turkey breast side up (wadded paper towels help), drizzle with the rest of the baste, and roast 20 minutes. Lower the oven to 325°F and roast until the thigh reads 170°F, about 1 1/2 hours more. Rest 30 minutes before carving.
6. For the gravy, put 2 cups of the roasted pan vegetables in a blender. Skim the fat from the drippings, then pour the drippings back into the roasting pan with the wine and broth and whisk over low heat for 3 to 5 minutes, scraping up the browned bits.
7. Add the pan liquid to the blender and blend until smooth, adding more vegetables to thicken. Simmer in a small pan while you carve, and adjust the salt.

bewellbykelly.com/blogs/blog/2015-7-2-bulletproof-turkey-gravy · Grams per about 6 oz turkey with gravy.



CHRISTMAS · MAIN · 55 MIN

Herb-Crusted Beef Tenderloin with Yogurt Horseradish Sauce

PREP 30 MIN · TOTAL 55 MIN · SERVES 10

Christmas dinner needs one beautiful protein in the middle of the table, and Alex Snodgrass's tenderloin is the one I'd make. The beef is perfect as written. I lightened the sauce and set every slice on arugula.

PROTEIN
~40g per serving
Tenderloin, Greek yogurt

FAT
~24g per serving
Beef, olive oil, avocado-oil mayo

FIBER
~1g per serving
Arugula (the sides bring the rest)

GREENS + COLOR
About 1 cup
Green
arugula, rosemary, thyme, chives

FAB FOUR BOOST
Plate it with the Brussels sprouts and the cruciferous veggies, or half an avocado, to reach about 10g fiber.

Herb-Crusted Beef Tenderloin with Yogurt Horseradish Sauce

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

HORSERADISH SAUCE

- ● 1/2 cup plain whole-milk Greek yogurt
- ○ 3 tbsp prepared horseradish
- ○ 2 tbsp lemon juice
- ● 1 tbsp avocado-oil mayo
- ○ 2 tsp Dijon, 2 tsp white vinegar
- ○ 1/2 tsp kosher salt, 1/4 tsp white pepper
- ● 2 tbsp sliced chives

HERB PASTE

- ● 4 tbsp extra-virgin olive oil
- ○ 4 garlic cloves, minced
- ● 2 tbsp each chopped rosemary and thyme
- ○ 1 tsp Dijon

BEEF

- ● 4 lb beef tenderloin, trimmed
- ○ 1 tbsp kosher salt, 2 tsp coarse black pepper
- ● 2 tbsp olive oil
- ○ 1/2 cup bone broth

TO SERVE

- ● 10 big handfuls arugula, olive oil, lemon

METHOD

1. Whisk the sauce ingredients together and chill.
2. Heat the oven to 425°F. Halve the tenderloin to fit your skillet, tie each piece, and season all over.
3. Sear each piece in the olive oil in a large oven-safe skillet until browned on every side.
4. Brush the herb paste all over the beef and pour half the broth into the pan.
5. Roast 18 to 25 minutes, flipping and adding the rest of the broth halfway, to 125°F for medium-rare. Rest 15 minutes, then slice.
6. Toss the arugula with olive oil and lemon, pile it on the platter, and lay the slices on top. Sauce on the side.

Inspired by Alex Snodgrass, Herb-Crusted Beef Tenderloin with Horseradish Sauce (thedefineddish.com). Grams per about 6 oz cooked beef.



SMALL HOLIDAY TABLE · MAIN · 25 MIN

20 Minute Pork Tenderloin

PREP 5 MIN · TOTAL 25 MIN · SERVES 2 TO 3

A fancy dinner doesn't have to be complicated. A homemade herb rub, a quick sear, and 15 minutes in the oven, and this one feels like a holiday main for a small table without roasting a whole bird.

PROTEIN
~32g per serving
Pork tenderloin

FAT
~14g per serving
Avocado or olive oil, pork

FIBER
~1g per serving
Herbs (the sides bring the rest)

GREENS + COLOR
Add a side
Green
parsley, thyme, oregano

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 lb pork tenderloin, trimmed
- 2 tbsp avocado oil or olive oil

HOMEMADE ITALIAN SEASONING

- 1 tbsp dried parsley
- 1 tbsp dried thyme
- 1 tbsp dried oregano
- 1 tbsp garlic powder
- 1 tbsp pink salt

METHOD

1. Heat the oven to 350°F.
2. Mix the seasoning in a small bowl. Rub a few tablespoons onto both sides of the pork.
3. Heat the oil in an oven-safe pan and sear the pork on both sides, 2 to 3 minutes per side.
4. Move the pan to the oven for about 15 minutes, until the center reads 145 to 150°F on an instant-read thermometer.
5. Rest 5 to 10 minutes, then slice and serve.

FAB FOUR BOOST
Serve it the way I do, with Herby Cauliflower Mash and Roasted Carrots with Tahini (both in the Sides section), for a full Fab Four plate.

COOKING FOR MORE?
Two tenderloins fit in one large skillet. Keep the time the same and check each with the thermometer.

bewellbykelly.com/blogs/blog/pork-tenderloin · Grams per 1/3 of the tenderloin.



SMALL HOLIDAY TABLE · MAIN · 1 HR 45 MIN

Lemon and Garlic Whole Roast Chicken

PREP 10 MIN · TOTAL 1 HR 45 MIN · SERVES 4 TO 6

▶ Watch the video on YouTube

Easy and comforting, simple enough for a weeknight but a hit for entertaining. For a small holiday table, a golden whole chicken gives you the roast-in-the-middle moment without a whole turkey, plus protein left over for the next day.

PROTEIN
~37g per serving
Chicken

FAT
~21g per serving
Chicken skin, olive oil

FIBER
~0g per serving
The sides bring it

GREENS + COLOR
Add a side
Green · Yellow
rosemary, thyme, oregano, lemon

CRISPY SKIN TRICK
The day you buy it, take the chicken out of the plastic, pull out the giblets, and set it uncovered in a Dutch oven in the fridge. The cold, open air dries the skin so it roasts up super crispy.

FAB FOUR BOOST
Serve it with Herby Cauliflower Mash and Crispy Roasted Brussels Sprouts (both in Sides) for a full Fab Four plate. Leftovers make tomorrow's lunch.

Lemon and Garlic Whole Roast Chicken

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 (3 lb) whole chicken
- 2 lemons, halved
- 1 head garlic
- 1 tbsp dried rosemary
- 1 tbsp dried thyme
- 1 tbsp dried oregano
- 1 tbsp sea salt
- 1 tbsp olive oil

METHOD

1. Heat the oven to 400°F.
2. Drizzle the chicken generously with olive oil and sprinkle with the salt and dried herbs.
3. Stuff two lemon halves into the cavity. Quarter the other lemon and tuck it into the pan.
4. Slice the top off the garlic head so the cloves show and set it in the cavity, cloves facing out.
5. Roast 60 to 75 minutes, until an instant-read thermometer in the breast (not touching bone) reads 165 to 175°F.
6. Rest 5 to 10 minutes, then carve and serve warm.

bewellbykelly.com/blogs/blog/lemon-garlic-white-chicken · Grams per 1/5 of the chicken, skin on.



CHRISTMAS EVE · MAIN · 40 MIN

Roasted Sea Bass with Olive Tapenade and Roasted Vegetables

PREP 15 MIN · TOTAL 40 MIN · SERVES 4

A lighter main for Christmas Eve or a small holiday table. White fish roasts in minutes right on top of a pan of vegetables, and a quick olive tapenade brings the fat and most of the flavor. Sea bass is my pick, but halibut or cod work too.

PROTEIN
~34g per serving
Sea bass

FAT
~25g per serving
Olive oil, olives

FIBER
~7g per serving
Carrots, fennel, zucchini, tomatoes, olives

GREENS + COLOR
About 1 1/2 cups
Green · Orange · Red · Purple
fennel, zucchini, parsley, carrots, cherry tomatoes, Kalamata olives, red onion

MAKE AHEAD
The tapenade keeps in the fridge for up to 5 days, and it's just as good on roast chicken or eggs.

FAB FOUR BOOST
Add half an avocado to each plate to bring it to about 11g fiber.

Roasted Sea Bass with Olive Tapenade and Roasted Vegetables

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

ROASTED VEGETABLES

- 1 large fennel bulb, cut into thin wedges
- 2 medium zucchini, cut into sticks
- 3 medium carrots, cut into sticks
- 2 cups cherry tomatoes
- 1 small red onion, cut into wedges
- 2 tbsp olive oil
- 1/2 tsp sea salt, black pepper

SEA BASS

- 4 sea bass fillets, about 6 oz each (or halibut or cod)
- 1 tbsp olive oil
- Sea salt and black pepper
- 1 lemon, half sliced, half for juice

OLIVE TAPENADE

- 1 cup pitted olives, a mix of Kalamata and Castelvetrano, finely chopped
- 1 tbsp capers, rinsed
- 1 small garlic clove
- 2 tbsp chopped parsley
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice

METHOD

1. Heat the oven to 425°F. Toss the fennel, zucchini, carrots, tomatoes, and red onion with the olive oil, salt, and pepper on a large sheet pan and roast 15 minutes.
2. Finely chop the olives, capers, garlic, and parsley (or pulse them in a food processor), then stir in the olive oil and lemon juice.
3. Pat the fish dry, rub with olive oil, and season with salt and pepper. Push the vegetables to the sides, set the fillets in the middle of the pan, and lay the lemon slices on top.
4. Roast 10 to 12 minutes, until the fish is opaque and flakes easily with a fork.
5. Plate each fillet with the roasted vegetables on the side, then add a big spoonful of tapenade so the olive oil runs onto the vegetables, and finish with a squeeze of lemon.

Kelly's recipe. Grams per fillet with a quarter of the vegetables and tapenade.



SMALL HOLIDAY TABLE · MAIN · 40 MIN

Sheet Pan Lemon Garlic Chicken & Potatoes

PREP 15 MIN · TOTAL 40 MIN · SERVES 4 TO 6

Not everyone wants to roast a whole turkey, especially for a small table. Lemony garlic chicken thighs and crispy potatoes on one pan, with a second pan of broccoli and cauliflower, and the pan juices as the sauce.

PROTEIN
~38g per serving
Chicken thighs, plus potatoes, broccoli, and cauliflower

FAT
~25g per serving
Olive oil and chicken thighs

FIBER
~7g per serving
Broccoli, cauliflower, potatoes

GREENS + COLOR
About 2 cups
Green · White · Yellow
broccoli, chives, parsley, cauliflower, lemon, gold potatoes

FAB FOUR BOOST
Don't skip the avocado. Half an avocado per plate adds about 5g of fiber and takes you to roughly 12g.

Sheet Pan Lemon Garlic Chicken & Potatoes

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

CHICKEN AND MARINADE

- 1.5 to 2 lbs boneless skinless chicken thighs
- 2 tbsp olive oil
- Zest and juice of 1 lemon
- 4 garlic cloves, smashed
- 1 tsp each smoked paprika, cumin, dried oregano
- 1/2 tsp each coriander and black pepper, pinch of chili flakes, kosher salt

PAN ONE

- 1.5 lbs honey gold potatoes, halved
- 1 to 2 tbsp olive oil, salt, smoked paprika

PAN TWO

- 1 head cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 2 tbsp olive oil, salt, and pepper

TO FINISH

- Chives and parsley, chopped; lemon wedges
- Sliced avocado (optional)

METHOD

1. Heat the oven to 425°F. Toss the potatoes with olive oil, salt, and paprika, spread cut-side down on a sheet pan, and roast 15 minutes alone so they get crispy.
2. Meanwhile, pat the chicken dry, salt it generously, and toss with the olive oil, lemon zest and juice, garlic, and spices. Toss the cauliflower and broccoli with olive oil, salt, and pepper on a second pan.
3. Nudge the potatoes over and lay the chicken on the same pan in a single layer. Pour any remaining marinade and garlic over the top.
4. Slide the vegetable pan in on the rack below. Roast 20 to 25 minutes, until the chicken reads 175 to 185°F and the broccoli edges are browned.
5. Rest 5 minutes, then slice the chicken. Spoon the pan juices over everything.
6. Finish with chives, parsley, a squeeze of lemon, and avocado if you have it.

bewellbykelly.com · Post-Sports Sheet Pan Lemon Garlic Chicken & Potatoes. Grams per 1/5 of the recipe.



THANKSGIVING FLAVORS · MAIN · 1 HR

Turkey-Stuffed Delicata Squash

PREP 15 MIN · TOTAL 1 HR · SERVES 4

All the Thanksgiving flavors in a quick weeknight dinner. Roasted delicata halves get filled with ground turkey, mushrooms, kale, and a little tahini.

PROTEIN
~26g per serving
Ground turkey, tahini

FAT
~27g per serving
Olive oil, tahini, turkey

FIBER
~5g per serving
Delicata squash, onion, celery, mushrooms, kale

GREENS + COLOR
About 2 cups
Orange · Green · White
delicata squash, celery, kale, chives, onion, garlic, mushrooms

FAB FOUR BOOST
Serve each half with a big handful of arugula dressed in olive oil and lemon, plus 1/2 avocado. That takes a plate from about 5g to 10g fiber.

Turkey-Stuffed Delicata Squash

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 (1-lb) delicata squash, halved lengthwise and seeded
- 4 tbsp olive oil, divided
- Pink Himalayan salt and freshly ground black pepper
- 1 cup chopped onion
- 1 cup chopped celery
- 2 garlic cloves, minced
- 1 cup chopped mushrooms
- 1 lb ground turkey
- 1 tbsp organic garlic salt
- 1/2 tsp smoked paprika
- 1 tsp ground cumin
- 1 cup chopped kale leaves
- 2 tbsp tahini
- 2 tbsp minced fresh chives

METHOD

1. Heat the oven to 425°F.
2. Rub the squash halves with 2 tbsp olive oil and season the insides with salt and pepper. Set them cut-side up in a baking dish or on a rimmed sheet pan and roast 35 minutes, until tender.
3. In a large skillet, heat the remaining 2 tbsp olive oil over medium heat. Add the onion, celery, and garlic and cook until the onion is translucent, 4 to 5 minutes. Add the mushrooms and cook until tender, 2 to 3 minutes.
4. Add the turkey, garlic salt, paprika, and cumin and cook, breaking it up, until cooked through, about 4 to 5 minutes. Add the kale and cook 1 to 2 minutes, until softened.
5. Take the pan off the heat, stir in the tahini, and season with salt and pepper.
6. Divide the turkey filling among the squash halves (they should be generously full), sprinkle with chives, and serve one half per person.

bewellbykelly.com/blogs/blog/2017-4-4-turkey-stuffed-delicata-squash · Grams per squash half with filling.



PART 4 · SIDES

Fiber, color, *and comfort*

The vegetables and the mash. Fill up on fiber, then enjoy your favorite starches.

- Balsamic Roasted Whole Brussels Sprouts
- Green Bean Almondine
- Gluten-Free Sausage and Sage Stuffing with Greens
- Chipotle Smashed Sweet Potatoes
- Masher Mashed Potatoes
- Herby Cauliflower Mash
- Easy Oven-Roasted Cruciferous Veggies
- Sugar-Free Chia Cranberry Sauce
- Sweet & Savory Crispy Roasted Brussels Sprouts
- Roasted Carrots with Tahini Drizzle & Dukkah
- Vegan "Cheesy" Roasted Garlic Green Beans



THANKSGIVING + CHRISTMAS · SIDE · 45 MIN

Balsamic Roasted Whole Brussels Sprouts

PREP 10 MIN · ROAST 30 TO 35 MIN · SERVES 6

The simplest holiday side I make, and the one people ask about. Whole Brussels sprouts, olive oil, and salt roast in a hot oven until deeply browned, then a drizzle of balsamic goes on top right before serving.

PROTEIN
~5g per serving
Brussels sprouts

FAT
~7g per serving
Olive oil

FIBER
~6g per serving
Brussels sprouts

GREENS + COLOR
About 1 cup
Green
Brussels sprouts

DON'T CROWD THE PAN
Crowded sprouts steam instead of browning. Use two pans for a holiday-size batch.

FAB FOUR BOOST
Serve next to the pork tenderloin or the whole roast chicken. For more in the side itself, add toasted pecans and shaved Parmesan with the balsamic.

Balsamic Roasted Whole Brussels Sprouts

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 lb Brussels sprouts, small to medium
- 3 tbsp extra-virgin olive oil
- 1 tsp sea salt, plus flaky salt to finish
- 2 to 3 tbsp good balsamic vinegar (no added sugar or caramel color)

METHOD

1. Heat the oven to 425°F. If you have a cast iron skillet, heat it in the oven too.
2. Trim the stem ends and pull off any loose outer leaves. Leave the sprouts whole and halve only the really big ones.
3. Toss with the olive oil and sea salt until every sprout is glossy.
4. Spread in the hot skillet or on a sheet pan in a single layer with room between them.
5. Roast 30 to 35 minutes, shaking the pan halfway, until deep golden brown and tender in the center.
6. Move to a bowl, drizzle the balsamic over the top, and finish with flaky salt.

Kelly's recipe. Grams per 1/6 of 2 lb sprouts.



THANKSGIVING + CHRISTMAS · SIDE · 25 MIN

Green Bean Almondine

PREP 10 MIN · TOTAL 25 MIN · SERVES 6

Green beans, fried shallots, and sliced almonds, and that's the whole dish. The shallots fry until golden, so you get the crunch everyone loves on a green bean casserole, and the almonds toast right in the same pan.

PROTEIN
~4g per serving
Almonds, green beans (pair with protein)

FAT
~11g per serving
Avocado oil, almonds

FIBER
~5g per serving
Green beans, almonds, shallots

GREENS + COLOR
About 1 cup
Green · Purple
green beans, shallots

MAKE AHEAD
Blanch the beans and fry the shallots in the morning. Leave the shallots uncovered at room temperature so they stay crisp, then warm the beans in the pan right before dinner.

FAB FOUR BOOST
It's your green side, so put it on the plate first, next to the tenderloin, the roast chicken, or the turkey.

Green Bean Almondine

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lb fresh green beans, trimmed
- 3 tbsp avocado oil
- 2 large shallots, thinly sliced into rings
- 1/2 cup sliced almonds
- Sea salt, plus flaky salt to finish

METHOD

1. Bring a large pot of salted water to a boil. Cook the green beans 3 to 4 minutes, until bright green and crisp-tender, then drain well and pat dry.
2. Heat the avocado oil in a large skillet over medium heat. Add the shallots and fry 6 to 8 minutes, stirring often, until golden and crisp. Lift them out with a slotted spoon onto a paper towel and sprinkle with salt.
3. Add the almonds to the same pan and toast 2 to 3 minutes, stirring, until golden. Scoop them out with the slotted spoon.
4. Add the green beans to the pan and toss 1 to 2 minutes in the shallot oil, until warmed through. Season with sea salt.
5. Move to a platter and top with the fried shallots, toasted almonds, and a pinch of flaky salt.

Kelly's recipe. Grams per 1/6 of the recipe.



THANKSGIVING · SIDE · 1 HR 10 MIN

Gluten-Free Sausage and Sage Stuffing with Greens

PREP 25 MIN · TOTAL 1 HR 10 MIN · SERVES 8

Alex Snodgrass's sausage and sage stuffing was already my kind of stuffing because it starts with a full pound of sausage. I took it to a pound and a half, used less bread and made it gluten-free, and cooked shaved Brussels sprouts and a whole bunch of kale down with the onion and celery so they melt right in.

PROTEIN
~20g per serving
Italian sausage, eggs

FAT
~28g per serving
Sausage, butter or ghee, eggs

FIBER
~3g per serving
Kale, Brussels sprouts, celery, onion

GREENS + COLOR
About 1/2 cup
Dark green · Green
lacinato kale, Brussels sprouts, celery, sage, parsley

GLUTEN-FREE BREAD
Gluten-free bread soaks up liquid differently than sourdough, so add the broth a splash at a time and stop when the bread is moist but not soggy.

FAB FOUR BOOST
The protein and greens are already in the dish. It still goes on the plate after the turkey and the green beans.

Gluten-Free Sausage and Sage Stuffing with Greens

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 6 tbsp butter or ghee, plus more for the dish
- 10 to 11 oz gluten-free bread cubes or breadcrumbs for stuffing (I use Whole Foods gluten-free)
- 2 cups finely diced yellow onion
- 1 cup thinly sliced celery
- 8 oz Brussels sprouts, shaved thin
- 2 garlic cloves, minced
- 2 tsp chopped fresh thyme
- 1 bunch lacinato kale, stems removed, finely chopped
- 1 1/2 lb Italian sausage, mild or hot (no added sugar)
- 10 to 12 fresh sage leaves, finely chopped
- 1/2 cup dry white wine (or more broth with a squeeze of lemon)
- 1/4 cup chicken bone broth
- 3 large eggs, beaten
- 1/4 cup chopped flat-leaf parsley
- 1 tsp dried sage, 1/2 tsp dried thyme
- 1 1/2 tsp kosher salt, 1 tsp black pepper

METHOD

1. Heat the oven to 350°F. If your bread is fresh, spread the cubes on a sheet pan and dry them in the oven about 20 minutes. Packaged dried breadcrumbs can skip this step. Tip the bread into your biggest bowl.
2. Melt most of the butter in a large skillet and cook the onion, celery, garlic, and thyme with half the salt until everything is soft. Add the Brussels sprouts and kale and cook until they wilt down, then add it all to the bowl.
3. In the same skillet, brown the sausage with the fresh sage, crumbling it with The Masher as it cooks. Pour in the wine and let it bubble until it has mostly cooked off.
4. Add the sausage to the bowl with the broth, eggs, parsley, dried herbs, and the rest of the salt and pepper, and toss until the bread has soaked everything up.
5. Butter a 9x13 dish, spread the stuffing in, dot the top with the last of the butter, and bake uncovered 20 to 25 minutes, until the top is golden.

Inspired by Alex Snodgrass, Sausage and Sage Stuffing (thedefineddish.com). Grams per 1/8 of the dish.



THANKSGIVING · SIDE · 1 HR 45 MIN

Chipotle Smashed Sweet Potatoes

PREP 15 MIN · TOTAL 1 HR 45 MIN · SERVES 8

Ina Garten's chipotle smashed sweet potatoes are smoky and a little spicy, and they already skip the marshmallows. I leave out the maple syrup because roasted sweet potatoes don't need it, swap the milk and cream for coconut milk, and smash everything right in the baking dish with The Masher before the pecans go on top.

PROTEIN
~3g per serving
Sweet potatoes, pecans (pair with protein)

FAT
~17g per serving
Coconut milk, butter, pecans

FIBER
~5g per serving
Sweet potatoes, pecans

GREENS + COLOR
A sprinkle
Orange · Green
sweet potatoes, scallions or cilantro

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 4 lb sweet potatoes (about 6)
- 1 cup full-fat coconut milk
- 1 tsp chipotle chile powder, plus more to taste
- 4 tbsp butter, diced
- Kosher salt and black pepper
- 1/2 cup toasted pecans, chopped
- Sliced scallions or cilantro, to finish

METHOD

1. Heat the oven to 350°F. Prick the sweet potatoes and roast them whole 1 to 1 1/4 hours, until completely soft.
2. Whisk the chipotle powder into the coconut milk and warm it in a small pot for about 5 minutes.
3. Peel the potatoes into a baking dish and smash them with The Masher, adding the chipotle coconut milk, butter, salt, and pepper as you go, until creamy with a few chunks left.
4. Bake 30 minutes, until hot, then top with the pecans and scallions.

WHY POWDER
Pure chipotle powder is just smoked, dried jalapeños, with none of the sugar or soybean oil in many canned chipotles.

FAB FOUR BOOST
It's a starch, so it goes on the plate after the turkey and the greens.

Inspired by Ina Garten, Chipotle Smashed Sweet Potatoes (barefootcontessa.com). Grams per 1/8 of the dish.



THANKSGIVING + CHRISTMAS · SIDE · 40 MIN

Masher Mashed Potatoes

PREP 10 MIN · TOTAL 40 MIN · SERVES 8

I made The Masher for ground meat, but it's the best potato masher I own. This is Ina Garten's garlic mash, skins on and mashed right in the pot, with Greek yogurt where she uses cream.

PROTEIN
~5g per serving
Potatoes, Greek yogurt, bone broth

FAT
~14g per serving
Olive oil, yogurt

FIBER
~4g per serving
Potato skins and flesh

GREENS + COLOR
A sprinkle
Green
chives

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1/2 cup peeled garlic cloves (about 1 head)
- 1/2 cup extra-virgin olive oil
- 3 lb Yukon Gold potatoes, scrubbed and quartered, skins on
- Kosher salt, 1 tsp black pepper
- 1/2 cup plain whole-milk Greek yogurt, at room temperature
- 1/2 cup warm bone broth
- Chopped chives
- Optional: swap 1 lb of the potatoes for steamed cauliflower

METHOD

1. Cook the garlic in the olive oil over low heat about 5 minutes, until soft and barely golden.
2. Cover the potatoes with cold salted water, bring to a boil, and cook 15 to 20 minutes, until tender. Drain and return them to the hot pot.
3. Add the garlic cloves and mash right in the pot with The Masher, as smooth or chunky as you like.
4. Let it sit off the heat a minute, then stir in the garlic oil, yogurt, salt, and pepper. Add broth a splash at a time until creamy. Finish with chives.

FAB FOUR BOOST
It's a starch, so it goes on the plate after the protein and greens. Pair it with the tenderloin and a green side.

Inspired by Ina Garten, Garlic Mashed Potatoes (barefootcontessa.com). Grams per about 3/4 cup.



THANKSGIVING · SIDE · 15 MIN

Herby Cauliflower Mash

PREP 5 MIN · TOTAL 15 MIN · SERVES 4

This is by far my favorite cauliflower mash, and it's so easy. Garlic and herb butter does the seasoning for you, and a little parsnip or potato gives it body.

PROTEIN
~3g per serving
Cauliflower (pair with turkey, see tip)

FAT
~10g per serving
Herb butter, olive oil

FIBER
~4g per serving
Cauliflower, parsnip

GREENS + COLOR
About 1 cup
White · Green
cauliflower, parsnip, chives, herbs

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 head cauliflower
- 2 tbsp Kerrygold Garlic & Herb Butter
- 1 tbsp olive oil
- 1/2 cup parsnip or Yukon gold potato (optional)
- Optional toppings: 1/4 cup chopped chives and Kerrygold salted butter

METHOD

1. Roughly chop the cauliflower (and parsnip or potato, if using) and steam 8 to 10 minutes, until fork tender.
2. Blend the vegetables with the herb butter and olive oil in a blender or food processor. Don't add liquid; steamed cauliflower holds enough water to blend.
3. Salt to taste and top with butter (or more herb butter) and chives.

PICK YOUR TEXTURE
Cauliflower alone keeps it keto. A little parsnip keeps it low carb, and a small potato gives the thickest, most classic mash.

FAB FOUR BOOST
A scoop of mash is a side. On the plate, add 5 oz turkey, 1 cup roasted Brussels sprouts, and 1/2 avocado for about 48g protein and 12g fiber.

bewellbykelly.com/blogs/blog/2015-7-9-herb-cauliflower-parsnip-mashpotato · Grams per 1/4 of the mash with parsnip.



THANKSGIVING · SIDE · 35 MIN

Easy Oven-Roasted Cruciferous Veggies

PREP 5 MIN · TOTAL 35 MIN · SERVES 4

Roasted broccoli and cauliflower with olive oil and two seasonings is my go-to side. Serve it next to something raw and crunchy, like arugula or radishes, for an easy upgrade.

PROTEIN
~5g per serving
Broccoli and cauliflower (pair with protein)

FAT
~8g per serving
Olive oil

FIBER
~5g per serving
Broccoli, cauliflower

GREENS + COLOR
About 2 cups
Dark green · White
broccoli, cauliflower

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 head broccoli
- 1 head cauliflower
- 2 tbsp olive oil
- Salt
- Your choice of seasonings (see tip)

METHOD

1. Heat the oven to 400°F.
2. Cut the broccoli and cauliflower into even florets.
3. Spread on a sheet pan, drizzle generously with olive oil, and season with salt and your seasoning pair.
4. Roast 25 to 35 minutes, flipping halfway, until caramelized but not burned.

SEASON IN PAIRS
Garlic and onion powder. Cumin and coriander. Chili and smoked paprika. Cinnamon and nutmeg. Or use all of them.

COOKED PLUS RAW
Serve the roasted veggies next to a raw cruciferous salad of arugula and radishes for the best of both.

FAB FOUR BOOST
Plate it with 5 oz turkey and 1/2 avocado for about 47g protein and 10g fiber.

bewellbykelly.com/blogs/blog/oven-roasted-cruciferious-veggies · Grams per 1/4 of the pan.



THANKSGIVING · SAUCE · 15 MIN

Sugar-Free Chia Cranberry Sauce

PREP 5 MIN · TOTAL 15 MIN · SERVES 6

Skip the canned cranberry sauce this year. Fresh cranberries and orange juice cook down in minutes, and chia seeds thicken it into a jammy, fiber-rich sauce.

PROTEIN
~2g per serving
Chia seeds (it's a sauce, see tip)

FAT
~3g per serving
Chia seeds

FIBER
~5g per serving
Chia seeds, cranberries

GREENS + COLOR
About 1/3 cup
Deep red · Orange · Green
cranberries, orange juice and zest, mint

MAKE IT AHEAD
Make it the day before; it tastes even better the next day. Add extra chia for a thicker, jam-like sauce, or leave some berries whole for texture.

FAB FOUR BOOST
Spoon it over 5 oz turkey with 1 cup roasted Brussels sprouts and 1/2 avocado for a plate with about 47g protein and 13g fiber.

Sugar-Free Chia Cranberry Sauce

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 12 oz fresh cranberries
- 1 cup water
- Juice of 1 orange
- 1/3 cup chia seeds
- Sweetener to taste (optional: raw honey or a monk fruit/allulose blend)
- Fresh mint and orange zest, for garnish

METHOD

1. Add the cranberries, water, and orange juice to a medium pot. Heat over medium-high until the cranberries start to pop, about 4 minutes.
2. Lightly smash the cranberries with a spoon or masher for a chunky sauce.
3. Stir in the chia seeds and let them absorb the liquid and gel, 2 to 3 minutes. Add a little more orange juice or water if the chia is still crunchy.
4. Sweeten with raw honey or a monk fruit/allulose blend, or skip it for a tart, low-sugar sauce.
5. Refrigerate until ready to serve, then top with mint and orange zest.

bewellbykelly.com/blogs/blog/sugar-free-chia-seed-cranberry-sauce · Grams per 1/6 of the sauce, unsweetened.



THANKSGIVING · SIDE · 40 MIN

Sweet & Savory Crispy Roasted Brussels Sprouts

PREP 10 MIN · TOTAL 40 MIN · SERVES 4

Caramelized outside, tender inside, and tossed with bacon, almonds, cranberries, and a splash of balsamic. Save the loose outer leaves, because they roast into crispy little chips.

PROTEIN
~10g per serving
Brussels sprouts, bacon, almonds

FAT
~14g per serving
Avocado oil, almonds, bacon

FIBER
~8g per serving
Brussels sprouts, almonds, cranberries

GREENS + COLOR
About 2 cups
Green · Red · Purple
Brussels sprouts, cranberries, red onion

THE CRISPY-LEAF HACK
Don't add the loose leaves at the start; they'll burn before the sprouts cook through. In the last 5 minutes they turn into crunchy vegetable chips.

FAB FOUR BOOST
Next to 5 oz turkey and 1/2 avocado, a plate lands around 52g protein and 13g fiber.

Sweet & Savory Crispy Roasted Brussels Sprouts

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 to 2 lbs Brussels sprouts
- 2 tbsp Primal Kitchen Pure Avocado Oil
- Sea salt and freshly cracked black pepper
- Optional seasonings: garlic powder, smoked paprika, lemon zest, or Italian seasoning

TOPPINGS

- 2 to 4 slices no-sugar bacon, cooked and chopped
- 4 to 6 tbsp slivered almonds
- 4 to 6 tbsp unsweetened dried cranberries
- 1 small red onion, diced
- 2 tbsp balsamic vinegar

METHOD

1. Trim the ends and halve each sprout. Peel off any loose outer leaves and set them aside.
2. Toss the sprouts with avocado oil, sea salt, pepper, and any seasonings you like.
3. Spread cut-side down on a parchment-lined sheet pan and roast at 425°F for 20 to 25 minutes, until golden and tender.
4. Scatter the saved outer leaves on the pan for the last 5 minutes, until golden and crisp.
5. Transfer to a bowl, add the bacon, almonds, cranberries, and red onion, drizzle lightly with balsamic, and toss.

bewellbykelly.com/blogs/blog/crispy-roasted-brussels-sprouts-be-well-style · Grams per 1/4 of the recipe with 1 1/2 lbs sprouts, 3 slices bacon, 5 tbsp each almonds and cranberries.



THANKSGIVING · SIDE · 35 MIN

Roasted Carrots with Tahini Drizzle & Dukkah

PREP 5 MIN · TOTAL 35 MIN · SERVES 4

Restaurant-quality roasted carrots without the seed oils. A simple lemon tahini drizzle and a sprinkle of dukkah make them special enough for the holiday table.

PROTEIN
~5g per serving
Tahini, dukkah (pair with protein)

FAT
~18g per serving
Avocado oil, tahini

FIBER
~7g per serving
Carrots, tahini

GREENS + COLOR
About 1 1/2 cups
Orange · Yellow
carrots, lemon

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 10 to 12 large carrots
- 2 to 3 tbsp Primal Kitchen Avocado Oil
- 1/4 cup tahini
- 1 lemon
- Dukkah seasoning (check the label for seed oils and sugar)
- Salt to taste

METHOD

1. Heat the oven to 400°F (375°F convection).
2. Rinse and dry the carrots and place them on a baking tray.
3. Drizzle with avocado oil, season with salt, and roast 30 minutes.
4. While they roast, stir 1/4 cup tahini with the juice of 1/2 to 1 lemon, to taste.
5. Drizzle the tahini sauce over the roasted carrots and sprinkle with dukkah.

FAB FOUR BOOST
Serve with 5 oz turkey, a handful of arugula, and 1/2 avocado for about 48g protein and 12g fiber per plate.

bewellbykelly.com/blogs/blog/roasted-carrots-with-tahini-drizzle · Grams per 1/4 of the recipe.



THANKSGIVING · SIDE · 25 MIN

Vegan "Cheesy" Roasted Garlic Green Beans

PREP 5 MIN · TOTAL 25 MIN · SERVES 4

Frozen green beans turn into a side the whole family will love. Garlic, smoked paprika, and nutritional yeast give them a cheesy, nutty flavor with no dairy.

PROTEIN
~3g per serving
Nutritional yeast, green beans (pair with protein)

FAT
~10g per serving
Olive oil

FIBER
~4g per serving
Green beans

GREENS + COLOR
About 1 cup
Green
green beans

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 lb organic frozen green beans
- 3 tbsp olive oil, divided
- 3 garlic cloves, minced
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 to 2 tbsp nutritional yeast

METHOD

1. Heat the oven to 400°F.
2. Spread the frozen green beans on a large parchment-lined tray. Toss with 2 tbsp olive oil and season with salt, garlic powder, and smoked paprika. Bake 10 minutes.
3. Toss with the last 1 tbsp olive oil mixed with the fresh garlic and roast 10 minutes more.
4. Sprinkle with nutritional yeast and toss.

FAB FOUR BOOST
Serve with 5 oz turkey, 1/2 avocado, and 1 cup roasted Brussels sprouts for about 48g protein and 11g fiber per plate.

bewellbykelly.com/blogs/blog/vegan-cheesy-oven-roasted-garlic-green-beans · Grams per 1/4 of the recipe.



PART 5 · DESSERTS

Yes, *dessert*

Holiday sweets with real ingredients and far less sugar. Enjoy them after a Fab Four plate.

- Peppermint Yogurt Bark
- Date Caramel Apple Dip
- No-Bake Pumpkin Pie
- No-Bake Pecan Pie Bites
- Pecan Pie Cookies
- Chocolate Mint Protein Patties
- Chocolate Mint Freezer Fudge



CHRISTMAS · DESSERT · 40 MIN

Peppermint Yogurt Bark

PREP 10 MIN · FREEZE 30 MIN · SERVES 8

My frozen yogurt bark goes full Christmas with peppermint and a dark chocolate shell. Make it chocolate mint with my Chocolate Mint protein, or vanilla with peppermint chunks folded in.

PROTEIN
~11g per serving
Greek yogurt, Be Well protein, almond butter

FAT
~12g per serving
Dark chocolate, almond butter, yogurt

FIBER
~3g per serving
Dark chocolate, almond butter, psyllium

GREENS + COLOR
None
Red
peppermint

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 cups plain whole-milk Greek yogurt
- 1 scoop Be Well protein (Chocolate Mint or Vanilla)
- 1/4 cup almond butter
- 1 tbsp psyllium husk powder (optional)
- 1/2 cup 85% dark chocolate, melted
- Flaky sea salt

CHOCOLATE MINT

- Chocolate Mint protein in the yogurt, crushed peppermint on top

VANILLA PEPPERMINT

- Vanilla protein plus 1/4 tsp peppermint extract in the yogurt, peppermint chunks folded in and on top
- Peppermint: sugar-free candies, or 1 candy cane crushed for the whole pan

METHOD

1. Whisk the yogurt, protein, almond butter, and psyllium until smooth. For vanilla, add the extract and fold in half the peppermint.
2. Spread about 1/2 inch thick on a parchment-lined sheet pan and freeze 15 to 20 minutes, until set.
3. Pour the melted chocolate over the top and spread it fast. Scatter the peppermint and flaky salt right away.
4. Freeze 10 minutes more, then break into pieces. Keeps 2 weeks in the freezer.

OUT OF CHOCOLATE MINT?
Use Chocolate protein plus 1/8 tsp peppermint extract.

A holiday rework of Keto Frozen Yogurt Bark (bewellbykelly.com). Grams per 1/8 of the pan.



THANKSGIVING · DESSERT DIP · 10 MIN

Date Caramel Apple Dip

PREP 2 MIN · TOTAL 10 MIN · SERVES 4

Thanksgiving always makes me think of caramel apples, so I made a version with no refined sugar. Dates, vanilla, sea salt, and a splash of nut milk blend into a thick caramel in about two minutes.

PROTEIN
~2g per serving
Dates and nut milk (pair it, see tip)

FAT
~1g per serving
Nut milk (add almond butter, see tip)

FIBER
~6g per serving
Dates, apple skins

GREENS + COLOR
About 1/2 cup
Red · Green
red apples, green apples

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 10 fresh medjool dates, pitted*
- 1 tsp sea salt
- 1 tsp vanilla extract
- 1/2 cup unsweetened coconut or almond milk

TO SERVE

- 2 apples, sliced

METHOD

1. If your dates are dry and hard, soak them in a bowl of boiling hot water for 20 to 30 minutes, then drain.
2. Add all ingredients to a high-powered food processor and blend until smooth. Add more milk if you like a thinner dip.
3. Serve with fresh sliced apples, and store any extra dip in the fridge.

FAB FOUR BOOST

Dates are sweet, so give this dip company. Swirl 1 tbsp almond butter into each serving and set out 3/4 cup plain Greek yogurt per person for dipping, which takes a serving from about 2g to 20g protein and 8g fiber.

bewellbykelly.com/blogs/blog/date-caramel-apple-dip · Grams per 1/4 of the dip with 1/2 apple.



THANKSGIVING · DESSERT · NO BAKE

No-Bake Pumpkin Pie

PREP 30 MIN · TOTAL 5 HR (WITH CHILLING) · SERVES 8

This is the pie I want at the end of Thanksgiving: a pecan and date crust, a creamy pumpkin cashew filling, no oven, and no refined sugar.

PROTEIN
~5g per serving
Pecans, cashews (see tip)

FAT
~25g per serving
Pecans, coconut, cashews, coconut cream

FIBER
~6g per serving
Pecans, dates, coconut, pumpkin

GREENS + COLOR
About 1/4 cup
Orange
pumpkin

FAB FOUR BOOST
Dessert lands best after a Fab Four plate. To give a serving its own protein, add a protein whip: 1/2 cup plain Greek yogurt whisked with 1/2 scoop Be Well Vanilla Protein and 1 tbsp chia. That brings it to about 29g protein and 10g fiber.

No-Bake Pumpkin Pie

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

CRUST

- 1 1/2 cups (165g) raw pecans (or other nuts)
- 1 cup (125g) soft, pitted dates*
- 1/2 cup (40g) dried, unsweetened coconut
- Pinch of sea salt

FILLING

- 1/2 cup (65g) raw cashews, soaked and well drained
- 1 cup (220g) pumpkin puree (if homemade, make sure it's thick, not watery)
- 1/2 cup (75g) coconut cream
- 1/2 cup (62g) soft, pitted dates*
- 1/2 tsp vanilla extract (optional)
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp sea salt
- 1/8 tsp ground cloves

OPTIONAL TOPPING

- Whipped coconut cream (or unsweetened whipped cream)

METHOD

1. Soak the cashews in cold water overnight or in just-boiled water for 30 minutes, then rinse and drain well. If your dates are hard or dry, soak them in warm water for 20 minutes and drain.
2. Add the crust ingredients to a food processor and pulse until evenly chopped. Process on low, then high, for a few minutes until the mixture pulls away from the sides and gathers in the middle.
3. Press the dough into an even layer over the bottom and sides of a standard 9-inch shallow pie pan (not deep dish).
4. Add the filling ingredients to the food processor (no need to wash it). Pulse to combine, then blend on high until smooth.
5. Spread the filling into the crust and smooth it with a rubber spatula.
6. Cover and refrigerate 4 to 5 hours to chill and set.
7. For the topping, chill a can of unsweetened coconut cream overnight, then whisk the thick cream to the consistency you like.
8. Slice and serve with whipped coconut cream, if you like.

bewellbykelly.com/blogs/blog/no-bake-homemade-pumpkin-pie · Adapted from Sugarproof. Grams per 1/8 of the pie, without topping.



THANKSGIVING · DESSERT · 30 MIN

No-Bake Pecan Pie Bites

PREP 10 MIN · TOTAL 30 MIN (PLUS SOAKING) · MAKES 15

My go-to holiday dessert when I want something quick. A walnut crust, a cinnamon date filling with pecans, and a little whipped coconut cream on top.

PROTEIN
~4g per serving
Walnuts, pecans (see tip)

FAT
~19g per serving
Walnuts, pecans, coconut cream

FIBER
~4g per serving
Dates, walnuts, pecans

GREENS + COLOR
None (it's dessert)

FAB FOUR BOOST

Dessert lands best after a Fab Four plate. To give a bite its own protein, add a protein whip: 1/2 cup plain Greek yogurt whisked with 1/2 scoop Be Well Vanilla Protein and 1 tbsp chia. That brings a bite and the whip to about 28g protein and 8g fiber.

No-Bake Pecan Pie Bites

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 cups raw walnuts
- 1 1/2 cups dry roasted pecans, divided
- 15 medjool dates (3 for the crust, 12 for the filling)
- 1 tsp salt, divided
- 1 tsp vanilla extract
- 1 tbsp cinnamon
- 1 small (5.4 oz) can coconut cream, chilled

METHOD

1. Soak 12 dates in warm water for 20 to 30 minutes, or simmer 10 minutes, to soften.
2. For the crust, pulse the walnuts with 3 dates and a shake of pink salt. Don't over-process.
3. Press 1 tbsp of crust into each cup of a greased mini muffin tin. For easy removal, lay a thin strip of parchment under each one with a tab sticking out.
4. For the filling, drain the soaked dates and add them to the food processor with 1/2 cup pecans, the vanilla, cinnamon, the rest of the salt, and 4 tbsp warm water.
5. Once it's jam-like, fold in 1/2 cup pecan pieces by hand and pipe the filling onto the crusts.
6. Top the mini pies with the last 1/2 cup pecan pieces.
7. For the topping, chill the coconut cream for a few hours or overnight, then whisk until whipped.
8. Lift the bites out of the tin and top with coconut cream.

bewellbykelly.com/blogs/blog/no-bake-pecan-pie-bites · Grams per bite.



HOLIDAY · DESSERT · 20 MIN

Pecan Pie Cookies

PREP 5 MIN · TOTAL 20 MIN · MAKES ABOUT 20 (SERVES 10)

All the flavor of pecan pie in a soft cookie made with pecan butter and one egg. They're perfect for the holiday season, though honestly we make them all year.

PROTEIN
~3g per serving
Pecan butter, egg (see tip)

FAT
~21g per serving
Pecan butter, pecans

FIBER
~3g per serving
Pecans

GREENS + COLOR
None (it's dessert)

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

- ● 1 cup creamy raw pecan butter (or pecans pulsed in a food processor until creamy)
- ○ 3/4 cup coconut sugar or Lakanto Monk Fruit Sweetener
- ● 1 large egg
- ○ 1 tsp baking soda
- ○ 1/4 tsp salt
- ● 3 tbsp chopped pecans, plus 2 tbsp for topping
- ○ Honey, for drizzling (optional)

METHOD

1. Heat the oven to 350°F.
2. Whisk everything except the chopped pecans together in a large bowl, then mix in the 3 tbsp pecans by hand.
3. Roll the dough into 1-inch balls, set them on a lined baking tray, and bake 8 to 10 minutes.
4. Top each cookie with a few chopped pecans and a drizzle of honey, if you like.

ANY NUT BUTTER WORKS
No pecan butter? Pulse a bag of pecans in the food processor until creamy, or use any nut butter you have.

FAB FOUR BOOST
Dessert lands best after a Fab Four plate. To give two cookies its own protein, add a protein whip: 1/2 cup plain Greek yogurt whisked with 1/2 scoop Be Well Vanilla Protein and 1 tbsp chia. That brings two cookies and the whip to about 28g protein and 7g fiber.

bewellbykelly.com/blogs/blog/2015-7-9-pecan-pie-cookies · Grams per 2 cookies, without honey.



CHRISTMAS · NO-BAKE TREAT · 20 MIN

Chocolate Mint Protein Patties

PREP 5 MIN · TOTAL 20 MIN · MAKES ABOUT 12

No-bake chocolate mint cookies with a real snap straight from the freezer. Almond flour and Chocolate Mint protein make the base, and a dark chocolate coating finishes them.

PROTEIN
~6g per serving
Be Well Chocolate Mint Protein, almond flour

FAT
~17g per serving
Dark chocolate, coconut oil, almond flour

FIBER
~3g per serving
Almond flour, dark chocolate

GREENS + COLOR
None (it's a treat)

KEEP A BATCH IN THE FREEZER
The chill makes them extra crisp, and they're easy to grab one at a time. Top with flaky sea salt or mix in cacao nibs for crunch.

OUT OF CHOCOLATE MINT?
Chocolate Mint is a limited run. Use Be Well Chocolate Protein plus 1/8 tsp peppermint extract per scoop and you get the same flavor.

FAB FOUR BOOST
Dessert lands best after a Fab Four plate. To give a patty its own protein, add a protein whip: 1/2 cup plain Greek yogurt whisked with 1/2 scoop Be Well Vanilla Protein and 1 tbsp chia. That brings a patty and the whip to about 30g protein and 7g fiber.

Chocolate Mint Protein Patties

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

COOKIE BASE

- 1 1/2 cups almond flour (or 1 scoop Chocolate Vegan Protein + 1 cup almond flour)
- 1 scoop Be Well Chocolate Mint Protein Powder
- 3 tbsp coconut oil, melted
- 1/4 to 1/2 tsp peppermint extract (optional, for a stronger mint flavor)

CHOCOLATE COATING

- 1 cup dark chocolate (I use Hu Kitchen Dark Chocolate Gems), melted
- 1 tsp coconut oil (optional, for a smoother coating)

METHOD

1. In a medium bowl, stir together the almond flour, Chocolate Vegan Protein (if using), and Chocolate Mint Protein.
2. Pour in the melted coconut oil and mix until a soft dough forms. If it feels dry, add another teaspoon of coconut oil. Mix in the peppermint extract here for a stronger mint flavor.
3. Roll the dough into small balls and flatten each into a thin 1/4-inch disc, or press into the bottom of a mini muffin tin.
4. Freeze 10 to 15 minutes, until firm enough to dip.
5. Melt the dark chocolate (and coconut oil, if using) in the microwave or a double boiler until smooth and glossy.
6. Dip or drizzle each cookie in chocolate, coating both sides, let the excess drip off, and set back on the parchment.
7. Freeze another 10 to 15 minutes, until the chocolate hardens.
8. Eat them straight from the freezer (the best way), or store airtight in the fridge up to 1 week or the freezer up to 2 months.

bewellbykelly.com/blogs/blog/keto-thin-mints-high-protein-no-bake · Grams per patty with all almond flour.



HOLIDAY · FREEZER TREAT · 35 MIN

Chocolate Mint Freezer Fudge

PREP 5 MIN · TOTAL 35 MIN · MAKES 12 CUBES

Three ingredients, five minutes of prep, and a little patience. It tastes like a peppermint patty and it's built on protein and healthy fat. This one is from Body Love.

PROTEIN
~6g per serving
Be Well Chocolate Mint Protein, almond butter

FAT
~24g per serving
Coconut oil, almond butter

FIBER
~1g per serving
Almond butter

GREENS + COLOR
None (it's a treat)

MAKE IT A GIFT
Pour half the mixture, freeze 20 minutes, then pour the rest on top for a clean two-layer fudge. For double chocolate, whisk in 1 to 2 tbsp raw cacao powder; for crunch, fold in a handful of cacao nibs.

OUT OF CHOCOLATE MINT?
Chocolate Mint is a limited run. Use Be Well Chocolate Protein plus 1/8 tsp peppermint extract per scoop and you get the same flavor.

FAB FOUR BOOST
Dessert lands best after a Fab Four plate. To give a cube its own protein, add a protein whip: 1/2 cup plain Greek yogurt whisked with 1/2 scoop Be Well Vanilla Protein and 1 tbsp chia. That brings a cube and the whip to about 30g protein and 5g fiber.

Chocolate Mint Freezer Fudge

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 to 2 scoops Be Well Chocolate Mint Grass-Fed Protein Powder
- 1 cup coconut oil, melted
- 1/2 cup almond butter (or any nut butter)
- Sea salt, to taste

METHOD

1. Melt the coconut oil in a glass bowl, about 30 seconds.
2. Add the almond butter and protein powder and whisk until smooth.
3. Pour into an ice cube tray and sprinkle with salt.
4. Freeze at least 30 minutes before enjoying.

bewellbykelly.com/blogs/blog/chocolate-mint-freezer-fudge-a-3-ingredient-high-protein-treat-from-body-love · Grams per cube with 2 scoops of protein.



PART 6 · HOLIDAY MORNINGS

Don't skip *breakfast*

Smoothies, bowls, and a make-ahead egg bake, plus two cozy protein drinks for the afternoons.

- Christmas Morning Egg Bake
- Cottage Cheese Egg Bites with Bacon, Spinach & Parmesan
- Snickerdoodle Cookie Fab Four Smoothie
- Pumpkin Pie Chia Pudding Parfait
- Caramel Apple Pie Fab Four Smoothie
- Pumpkin Spice Protein Yogurt Bowl
- Creamy Chai Chia Pudding
- Chocolate Mint Fab Four Smoothie
- Pumpkin Pie Fab Four Smoothie
- Double Protein Gingersnap Pancakes
- Be Well Protein Hot Chocolate
- High-Protein Peppermint Mocha



CHRISTMAS · BREAKFAST · MAKE AHEAD

Christmas Morning Egg Bake

PREP 30 MIN · BAKE 45 MIN · SERVES 12

Christmas morning is the easiest day of the year to skip breakfast and graze on cookies until dinner. Alex Snodgrass's casserole puts a dozen eggs and a pound of sausage in one make-ahead dish, so the whole house starts with protein.

PROTEIN
~16g per serving
Eggs, sausage, cheddar

FAT
~23g per serving
Sausage, eggs, cheddar, avocado

FIBER
~5g per serving
Avocado, sweet potato, spinach, pepper

GREENS + COLOR
About 1/2 cup
Green · Red · Orange
spinach, avocado, red bell pepper, sweet potato

WHY SWEET POTATO
Alex uses frozen hash browns, which are often pre-fried in seed oils. Roasted sweet potato adds fiber and color.

Christmas Morning Egg Bake

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 tbsp avocado oil, plus more for the dish
- 2 medium sweet potatoes, diced (about 3 cups)
- 1 tsp garlic powder, 1/2 tsp smoked paprika, 1 tsp dried marjoram or thyme
- 1 lb bulk breakfast sausage (no sugar added)
- 3/4 cup diced red bell pepper
- 1/2 cup diced yellow onion
- 8 cups packed baby spinach
- 12 large eggs
- 1/2 cup milk
- 1 1/2 tsp kosher salt, 1/2 tsp black pepper, 1/2 tsp garlic powder
- 1 cup shredded sharp cheddar
- 3 avocados, sliced, to serve

METHOD

1. Heat the oven to 400°F. Toss the sweet potato with the oil and spices and roast 20 minutes. Lower the oven to 350°F and spread it in an oiled 9 by 13 inch dish.
2. Brown the sausage, breaking it up. Drain and layer it over the sweet potato.
3. Cook the pepper and onion until soft, add the spinach in handfuls until wilted, and spread it over the sausage.
4. Whisk the eggs, milk, seasoning, and cheddar and pour it over everything. Cover and refrigerate overnight if making ahead.
5. Bake 40 to 50 minutes, until set in the center. Rest 10 minutes and serve with avocado.

Inspired by Alex Snodgrass, Old Fashioned Breakfast Casserole (thedefineddish.com). Grams per 1/12 with 1/4 avocado.



HOLIDAY MORNING · MAKE AHEAD · 30 MIN

Cottage Cheese Egg Bites with Bacon, Spinach & Parmesan

PREP 5 MIN · TOTAL 30 MIN · MAKES 12 CUPS (SERVES 4) · FREEZER FRIENDLY

Blend the eggs with cottage cheese and they bake up soft and souffle-like. Make a batch before a busy holiday week and breakfast is handled, even with a full house.

PROTEIN
~32g per serving
3 egg cups: eggs, cottage cheese, bacon, parmesan

FAT
~34g per serving
Egg yolks, bacon, parmesan, plus 1/2 avocado on the side

FIBER
~9g per serving
Avocado and berries on the side, spinach

GREENS + COLOR
About 1 cup
Dark green · Green · Red
spinach, avocado, raspberries

FAB FOUR BOOST
Egg cups alone have almost no fiber. Three cups with half an avocado and a handful of berries is what gets this plate to about 9g. Swap in any vegetables you have: peppers, tomatoes, and zucchini all work.

Cottage Cheese Egg Bites with Bacon, Spinach & Parmesan

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 10 large eggs
- 1 cup cottage cheese
- 1/2 cup cooked bacon, chopped
- 1 cup fresh spinach, chopped (or double it)
- 1/2 cup grated parmesan cheese
- Salt and black pepper, to taste
- Cooking spray or a little oil for the pan

MAKE IT A FAB FOUR PLATE

- 1/2 avocado per person
- 1/2 cup raspberries or blueberries per person

METHOD

1. Preheat your oven to 350°F. Grease a 12-cup muffin tin.
2. In a blender, combine eggs, cottage cheese, salt, and pepper. Blend until smooth.
3. Pour into a bowl and stir in the spinach, bacon, and most of the parmesan.
4. Divide between the muffin cups, filling about 3/4 full. Sprinkle the remaining parmesan on top.
5. Bake 20 to 25 minutes, until puffed and set in the center.
6. Cool slightly, then run a knife around each cup to remove. Refrigerate up to 5 days and reheat as needed.

bewellbykelly.com · Cottage Cheese Egg Cups w/ Bacon, Spinach & Parmesan. Grams per plate: 3 egg cups + sides.



HOLIDAY MORNING · SMOOTHIE · 5 MIN

Snickerdoodle Cookie Fab Four Smoothie

PREP 2 MIN · TOTAL 5 MIN · SERVES 1

Chai protein tastes like a snickerdoodle with nothing added. Frozen cauliflower rice makes it thick and creamy, and you will not taste it.

PROTEIN
~33g per serving
1 scoop Be Well Chai Protein (23g), almond butter, chia, cauliflower

FAT
~16g per serving
Almond butter, almond milk

FIBER
~10g per serving
Chia or flax, cauliflower rice, almond butter, banana

GREENS + COLOR
About 1 cup
○ White ● Yellow
cauliflower, banana

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

- 1 scoop Be Well Chai Protein Powder
- 1 cup frozen cauliflower rice
- 1 tbsp almond butter
- 1 tbsp chia seeds or flaxseeds
- 1/2 banana
- 1 to 1.5 cups unsweetened almond milk

METHOD

1. Place all ingredients into a high-speed blender and blend until smooth.

MAKE IT HOLIDAY
Top with a sprinkle of cinnamon and nutmeg, and add a handful of spinach for greens. You won't taste it.

bewellbykelly.com/blogs/blog/snickerdoodle-cookie-fab-four-smoothie · Grams per smoothie.



HOLIDAY MORNING · MAKE AHEAD · OVERNIGHT

Pumpkin Pie Chia Pudding Parfait

PREP 10 MIN · TOTAL OVERNIGHT · SERVES 2

I had a serious craving for pumpkin pie, so I turned it into a Fab Four breakfast. It's pumpkin chia pudding over a crunchy base with whipped coconut cream, and it doubles as meal prep for busy holiday mornings.

PROTEIN
~21g per serving
1 scoop Be Well Pumpkin Spice Protein, chia (split 2 ways)

FAT
~55g per serving
Coconut milk, coconut cream, chia

FIBER
~10g per serving
Chia seeds, granola, pumpkin

GREENS + COLOR
About 2 tbsp
Orange
pumpkin

FAB FOUR BOOST
Whisk in a second scoop of Pumpkin Spice Protein with the first to bring each jar from about 21g to 33g protein.

Pumpkin Pie Chia Pudding Parfait

INGREDIENTS

● Protein ● Fat ● Fiber ● Greens + Color

CHIA PUDDING

- 2 tbsp organic pumpkin puree
- 1 tsp organic vanilla
- 1 tbsp pumpkin pie spice (optional)
- 1 to 1 1/2 cups canned coconut milk
- 1 scoop Be Well Pumpkin Spice Grass-Fed Protein Powder
- 4 tbsp chia seeds

CRUNCHY BASE

- 2 tbsp grain-free, low-sugar granola (or the toasted nut crunch in step 5), plus a sprinkle for topping

TOPPING

- 4 tbsp full-fat coconut milk or coconut cream
- 1 tsp organic vanilla

METHOD

1. Pour the coconut milk into a pot with the pumpkin, pumpkin pie spice, and vanilla, and whisk while it simmers over medium heat for 3 to 4 minutes.
2. Turn off the heat, whisk in the protein powder until there are no clumps, and let it cool. Transfer to a mason jar or lidded cup.
3. Stir in the chia seeds and refrigerate overnight. For the smoothest pudding, pull it out after 20 to 30 minutes and break up any clumps with a fork, then put it back to set.
4. For the topping, chill a can of full-fat coconut milk or coconut cream overnight. In the morning, scoop out about 4 tbsp of the thick cream, add the vanilla, and whisk until smooth.
5. Add the granola to the bottom of a jar. For a sugar-free base, crush walnuts and pecans and toast them in a pan with a little pumpkin pie spice and 1/2 tsp coconut oil for 3 to 5 minutes.
6. Spoon the chia pudding over the base and top with coconut cream, a sprinkle of granola, and a dash of cinnamon.

bewellbykelly.com/blogs/blog/sugar-free-pumpkin-pie-chia-parfait · Grams per jar (1/2 of the recipe) with 1 1/4 cups coconut milk.



HOLIDAY MORNING · SMOOTHIE · 5 MIN

Caramel Apple Pie Fab Four Smoothie

PREP 2 MIN · TOTAL 5 MIN · SERVES 1

A dessert-for-breakfast kind of smoothie. Half a date and a quarter of a green apple make it taste like caramel apple pie, and protein, fat, and fiber keep it balanced.

PROTEIN
~31g per serving
1 scoop Be Well Protein (23g), almond butter, flax

FAT
~17g per serving
Almond butter or MCT oil, flax

FIBER
~8g per serving
Flax, apple, date, spinach

GREENS + COLOR
About 1 cup
Green
spinach, green apple

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 scoop Be Well Vanilla or Chai Protein Powder
- 1/2 large or 1 small date
- 1/4 green apple
- 1 tbsp MCT oil or almond butter
- 1 tbsp flaxseeds
- 1 handful spinach
- 1 to 1 1/2 cups unsweetened nut milk or water

METHOD

1. Add everything to a high-speed blender and blend until smooth.

FAB FOUR BOOST
Add 1 tbsp chia seeds to take it from about 8g to 12g fiber.

bewellbykelly.com/blogs/blog/2015-11-15-apple-pie · Grams per smoothie with almond butter.



HOLIDAY MORNING · BOWL · 5 MIN

Pumpkin Spice Protein Yogurt Bowl

PREP 2 MIN · TOTAL 5 MIN · SERVES 1

For the mornings you're racing out the door with coffee in one hand and keys in the other. Whisk pumpkin spice protein into Greek yogurt and breakfast is ready in two minutes.

PROTEIN
~51g per serving
Greek yogurt + 1 scoop Be Well Pumpkin Spice Protein

FAT
~12g per serving
Pumpkin seeds, almond butter, granola

FIBER
~4g per serving
Psyllium, granola, pumpkin seeds

GREENS + COLOR
A sprinkle (see tip)
Green
pumpkin seeds

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 cup organic nonfat Greek yogurt
- 1 scoop Be Well Pumpkin Spice Protein
- 1 tsp psyllium husk powder

OPTIONAL TOPPINGS

- 1 to 2 tbsp grain-free, low-sugar granola
- Pumpkin seeds
- Cinnamon
- A drizzle of almond butter

METHOD

1. Whisk the yogurt, protein, and psyllium together in a small bowl until smooth and fluffy.
2. Top with granola or your favorite toppings.

FAB FOUR BOOST
Stir in 1 tbsp chia and top with 1/4 cup pomegranate seeds for color. That takes the bowl from about 4g to 10g fiber.

bewellbykelly.com/blogs/blog/two-ingredient-pumpkin-spice-protein-yogurt-bowl · Grams per bowl with 1 tbsp granola, 1 tbsp pumpkin seeds, and 1 tsp almond butter.



HOLIDAY MORNING · MAKE AHEAD · OVERNIGHT

Creamy Chai Chia Pudding

PREP 5 MIN · TOTAL OVERNIGHT · SERVES 2

A high-protein, low-maintenance breakfast for busy holiday mornings. Make it the night before with all the warming chai spices, and it's ready when you are.

PROTEIN
~33g per serving
2 scoops Be Well Chai Protein (split 2 ways), chia

FAT
~57g per serving
Coconut milk, chia, walnuts

FIBER
~10g per serving
Chia seeds, blueberries, walnuts

GREENS + COLOR
About 1/4 cup
Blue
blueberries

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 can coconut milk
- 1 to 2 scoops Be Well Chai Grass-Fed Protein Powder
- 3 to 5 tbsp chia seeds

TOPPINGS (PER SERVING)

- 1/4 cup blueberries
- 1 to 2 tbsp chopped walnuts
- Cinnamon

METHOD

1. Blend the protein and coconut milk with a handheld mixer or high-speed blender until smooth.
2. Put the chia seeds in a glass container, pour the liquid over, stir, and refrigerate overnight.
3. In the morning, stir again and top with blueberries, walnuts, and a sprinkle of cinnamon, or with berries, cacao nibs, coconut flakes, nuts, or hemp seeds.

A MIDDAY BRIDGE
It doubles as a blood sugar balancing snack between lunch and dinner. Make a double batch on Sunday.

bewellbykelly.com/blogs/blog/cozy-fall-breakfast-creamy-chai-chia-pudding-recipe · Grams per 1/2 of the recipe with 2 scoops protein, 4 tbsp chia, and full-fat coconut milk.



CHRISTMAS MORNING · SMOOTHIE · 5 MIN

Chocolate Mint Fab Four Smoothie

PREP 2 MIN · TOTAL 5 MIN · SERVES 1

A creamy chocolate mint smoothie that tastes like the holidays and still covers all four: protein, fat, fiber, and greens.

PROTEIN
~28g per serving
1 scoop Be Well Chocolate Mint Protein (23g)

FAT
~12g per serving
Avocado, almond milk

FIBER
~12g per serving
Psyllium, avocado, banana, cauliflower

GREENS + COLOR
About 1/2 cup
White · Green
cauliflower, avocado (or spinach)

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 scoop Be Well Chocolate Mint Grass-Fed Protein Powder
- 1/2 cup frozen cauliflower rice (or spinach)
- 1/2 frozen banana
- 1/4 avocado
- 1 tbsp psyllium husk powder
- 1 1/2 cups unsweetened almond milk (or your favorite milk)

METHOD

1. Add everything to a high-speed blender and blend on high until smooth and creamy.

OUT OF CHOCOLATE MINT?
Chocolate Mint is a limited run. Use Be Well Chocolate Protein plus 1/8 tsp peppermint extract per scoop and you get the same flavor.

bewellbykelly.com/blogs/blog/chocolate-mint-fab-four-smoothie · Grams per smoothie.



HOLIDAY MORNING · SMOOTHIE · 5 MIN

Pumpkin Pie Fab Four Smoothie

PREP 2 MIN · TOTAL 5 MIN · SERVES 1

Pumpkin pie for breakfast, without the sugar crash. Real pumpkin, almond butter, and flax make it more nourishing than any pumpkin drink you can order.

PROTEIN
~32g per serving
1 scoop Be Well Pumpkin Spice Protein (23g), almond butter

FAT
~16g per serving
Almond butter, flax, almond milk

FIBER
~9g per serving
Pumpkin, flax, almond butter, cauliflower

GREENS + COLOR
About 1 cup
Orange · White
pumpkin, cauliflower

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 scoop Be Well Pumpkin Spice Protein Powder (or Vanilla, see tip)
- 1 tbsp almond butter
- 1 tbsp flax meal
- 1/2 cup pumpkin puree
- 1/2 cup frozen cauliflower (or ice)
- 1 tbsp sugar-free pumpkin spice seasoning (optional)
- 1 to 1 1/2 cups unsweetened almond milk or water

METHOD

1. Add everything to a high-speed blender and blend until smooth.

NO PUMPKIN SPICE PROTEIN?
Use 1 scoop Be Well Vanilla Protein with the 1/2 cup pumpkin and 1 tbsp sugar-free pumpkin spice seasoning.

FAB FOUR BOOST
Add 1 tbsp chia seeds to take it from about 9g to 13g fiber.

bewellbykelly.com/blogs/blog/2015-12-27-pumpkin-pie-be-well-smoothie · Grams per smoothie with cauliflower.



HOLIDAY MORNING · PANCAKES · 20 MIN

Double Protein Gingersnap Pancakes

PREP 5 MIN · TOTAL 20 MIN · SERVES 2

These taste like a warm gingersnap cookie and carry two scoops of protein, so a cozy holiday breakfast keeps you full for hours.

PROTEIN
~29g per serving
2 scoops Be Well Protein + 2 eggs (split 2 ways)

FAT
~10g per serving
Eggs, butter or ghee

FIBER
~0g per serving
Add raspberries and chia (see tip)

GREENS + COLOR
Add berries (see tip)
Red
raspberries, in the boost

THE SHORTCUT
Use your favorite paleo pancake mix, plus 1 scoop Be Well Chai Protein and 1/2 tsp blackstrap molasses for the gingersnap flavor.

FAB FOUR BOOST
Stir 1 tbsp chia and 1 tbsp flax meal into the batter (add a splash more water) and serve each stack with 1/2 cup raspberries to reach about 10g fiber.

Double Protein Gingersnap Pancakes

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 scoop Be Well Unflavored Plant Protein
- 1 scoop Be Well Chai Grass-Fed Beef Protein Powder
- 2 large eggs
- 1/4 tsp baking soda
- 1/2 tsp blackstrap molasses
- 1/2 tsp organic vanilla extract
- About 1/4 cup water or nut milk, added a tablespoon at a time
- Butter or ghee, for the pan and on top
- Keto syrup, for topping (about 2 tbsp)

METHOD

1. In a small bowl, whisk the eggs, vanilla, and molasses until smooth.
2. In another bowl, whisk the plant protein, chai protein, and baking soda together.
3. Pour the wet into the dry and stir, adding water or nut milk a tablespoon at a time until the batter is thick but pourable (about 1/4 cup total).
4. Heat a cast-iron pan over medium-low with a little butter or ghee.
5. Pour in 2 to 3 small pancakes and cook until bubbles form and the edges look set, then flip and cook through.
6. Serve warm with a pat of butter and keto syrup.

bewellbykelly.com/blogs/blog/double-protein-gingersnap-pancakes · Grams per 1/2 of the batch, protein counted at 23g per scoop.



HOLIDAY NIGHT · WARM DRINK · 15 MIN

Be Well Protein Hot Chocolate

PREP 5 MIN · TOTAL 15 MIN · SERVES 2

When I find myself in the pantry after dinner, I make this instead. It's warm and frothy, and it gives you something to slow down with on a holiday night.

PROTEIN	FAT	FIBER	GREENS + COLOR
~25g per serving	~5g per serving	~1g per serving	None (it's a drink)
1 scoop Be Well Chocolate Protein per mug	Nut milk	Nut milk (see tip)	

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 scoops Be Well Grass-Fed Chocolate Protein
- 4 cups nut milk of choice

OPTIONAL

- Cinnamon
- 1/2 packet Chocolate LMNT

METHOD

1. Bring the nut milk to a boil in a medium pot, then lower to a simmer.
2. Transfer to a blender with a vented lid so the steam can escape.
3. Add the protein and blend on high for 10 to 20 seconds, until frothy.
4. Pour into two mugs and sprinkle with cinnamon.

DOUBLE CHOCOLATE

Stir in 1/2 packet of Chocolate LMNT for more chocolate flavor and a little hydration.

FAB FOUR BOOST

After a Fab Four dinner, the mug is enough. Having it as breakfast instead? Pair a mug with a serving of the Creamy Chai Chia Pudding (made without the protein) for about 35g protein and 11g fiber.

bewellbykelly.com/blogs/blog/protein-hot-chocolate · Grams per mug.



CHRISTMAS · HOT OR ICED · 5 MIN

High-Protein Peppermint Mocha

PREP 2 MIN · TOTAL 5 MIN · SERVES 1

The holiday peppermint mocha, made with protein instead of syrup. Hot or iced, it takes five minutes.

PROTEIN
~24g per serving
1 scoop Be Well Chocolate Mint Protein (23g)

FAT
~3g per serving
Almond milk

FIBER
~0g per serving
Almond milk (see tip)

GREENS + COLOR
None (it's a drink)

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- ○ 2 shots espresso (or 1/2 cup strong brewed coffee)
- ● 1 scoop Be Well Chocolate Mint Protein Powder
- ● 1 cup unsweetened almond milk (or milk of choice)
- ○ Ice, for the iced version
- ○ Optional: keto marshmallows or sugar-free coconut cream

METHOD

1. Hot: brew the espresso. Warm the almond milk in a small saucepan over medium heat (don't boil).
2. Hot: blend or froth the protein with the warm milk until smooth and frothy, then pour over the espresso. Top with keto marshmallows or coconut cream if you like.
3. Iced: brew the espresso and let it cool slightly. Blend or froth the protein with 1/2 cup almond milk until smooth.
4. Iced: pour it over ice in a tall glass, then add the espresso and the rest of the almond milk.

OUT OF CHOCOLATE MINT?
Chocolate Mint is a limited run. Use Be Well Chocolate Protein plus 1/8 tsp peppermint extract per scoop and you get the same flavor.

FAB FOUR BOOST
It's a protein coffee, not a full breakfast. Pair it with a serving of the Creamy Chai Chia Pudding (made without the protein) for about 34g protein and 10g fiber.

bewellbykelly.com/blogs/blog/protein-peppermint-mint-mocha · Grams per drink.

Merry, full, and steady

Pick one recipe from each section and you have a whole Fab Four holiday table. Make the egg bake the night before Christmas, put the salad on half your plate, and save room for the dessert you love, not the one that happens to be there.

The goal was never perfection. It's one balanced plate, then the next one.

Want more Fab Four?

Find all of these recipes and dozens more at bewellbykelly.com.

Grab my other free guides: Fab Four Breakfast, Sheet Pan Dinners, Slow Cooker & Instant Pot, and Masher Made Bowls.

be well, kelly

Nutrition values are per-serving estimates based on USDA FoodData Central and manufacturer labels, and will vary with brands and portions. This guide is for education and is not medical advice. Talk with your doctor about your individual needs. Recipes and photos © Be Well by Kelly.