FUNCTIONAL MEDICINE HOLIDAY GUIDE

The Root-Cause Thanksgiving Recipe Pack

Simple, everyday-ingredient holiday recipes crafted to keep blood sugar steady, digestion calm, and energy high—without feeling deprived.

100% Gluten-Free • Dairy-Free & Vegan Options • Zero Refined Sugar • Seed-Oil Free

You should never have to choose between savoring a warm, comforting Thanksgiving feast and waking up the next morning feeling clear-headed, light, and energized. Most traditional holiday spreads rely on refined wheat, heavy dairy, inflammatory seed oils, and hidden sugars that spike insulin and trigger afternoon fatigue.

Every recipe in this pack uses straightforward ingredients found at your neighborhood grocery store, straightforward prep steps, and natural sweetness from whole fruit, warm spices, and pure monk fruit.

THE METABOLIC PLATING ORDER (HOW TO EAT WITHOUT THE CRASH)

Before diving into the recipes, use this simple sequence on Thanksgiving Day to flatten post-meal glucose spikes naturally:

1. **Fiber First:** Start with the Crisp Kale & Apple Salad and Crispy Brussels Sprouts to coat the digestive tract with soluble fiber.
2. **Protein & Healthy Fats Second:** Enjoy your Garlic-Herb Roasted Turkey Tenderloins or One-Skillet Tuscan Lentil Bake next to anchor satiety and slow gastric emptying.
3. **Whole-Food Starches & Dessert Last:** Savor your Wild Rice Pilaf and No-Sugar-Added Dessert at the end of the meal, followed by a relaxed 10-to-15-minute family walk.

1. STARTERS & PRE-MEAL PRIMERS

Vegan Main #1: Herb-Roasted Cauliflower Steaks with Crispy Chickpeas

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 10 mins | **Cook:** 25 mins | **Yield:** 4 servings

INGREDIENTS

- 1 large head cauliflower, sliced into 4 thick (1-inch) slabs
- 1 can (15 oz) chickpeas, drained, rinsed, and patted dry
- 3 tbsp pure avocado oil, divided • 1 tsp garlic powder • 1 tsp Italian seasoning • 1 tsp sea salt • ½ tsp black pepper
- 3 tbsp roasted pumpkin seeds (pepitas) or hemp hearts • 2 tbsp chopped fresh parsley

INSTRUCTIONS

1. Preheat oven to 425°F and line a large sheet pan with parchment paper.
2. Brush both sides of the cauliflower steaks with 2 tbsp avocado oil and season with half the garlic powder, Italian seasoning, salt, and pepper. Toss the chickpeas in the remaining 1 tbsp oil and spices, then scatter them around the cauliflower on the same pan.
3. Roast 25 minutes, flipping the cauliflower halfway through, until golden and tender. Serve topped with pumpkin seeds, fresh parsley, and warm mushroom gravy.

Vegan Main #2: One-Skillet Tuscan White Bean, Lentil & Kale Bake

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 10 mins | **Cook:** 15 mins | **Yield:** 4 servings

INGREDIENTS

- 1 can (15 oz) cannellini white beans, drained and rinsed
- 1 pouch or can (15 oz) pre-cooked brown or green lentils, drained and rinsed
- 1 cup marinara sauce (no sugar added) • ½ cup vegetable broth
- 2 cups chopped kale or baby spinach • 1 tbsp olive oil • 1 tsp dried Italian herbs • ½ tsp garlic powder • ½ tsp sea salt

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add white beans, lentils, marinara sauce, vegetable broth, Italian herbs, garlic powder, and salt; stir well and bring to a gentle simmer.
2. Fold in the chopped kale or spinach and simmer uncovered for 8–10 minutes until thickened and bubbling. Spoon directly into bowls or serve alongside the garlic cauliflower mash.

5-Minute Whipped White Bean & Roasted Garlic Dip

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 5 mins | **Yield:** 6 servings

INGREDIENTS

- 1 can (15 oz) cannellini white beans, drained and rinsed well
- 3 tbsp cold-pressed extra-virgin olive oil (plus 1 tsp for drizzling)
- 2 tbsp fresh lemon juice
- 1 tsp garlic powder (or 1 small fresh garlic clove), ½ tsp dried thyme, ½ tsp sea salt, ¼ tsp black pepper
- 2–3 tbsp water as needed for blending

INSTRUCTIONS

1. Add the rinsed beans, olive oil, lemon juice, garlic, thyme, sea salt, and pepper to a food processor or high-speed blender.
2. Blend for 60 seconds, adding 1 tablespoon of water at a time until velvety smooth. Transfer to a shallow bowl, drizzle with olive oil, and serve with cucumber rounds, bell pepper strips, and gluten-free seed crackers.

2. CENTERPIECE MAINS (OMNIVORE & VEGAN)

Sheet-Pan Garlic, Lemon & Herb Roasted Turkey Tenderloins

Tags: GF, DF, No Sugar Added | **Prep:** 5 mins | **Cook:** 25–30 mins | **Yield:** 6 servings

INGREDIENTS

- 2 lbs boneless, skinless turkey breast tenderloins (usually sold 2 per package), patted dry
- 2 tbsp pure avocado oil • Juice of ½ fresh lemon • 1 tbsp Dijon mustard
- 1½ tsp Italian seasoning • 1 tsp garlic powder • ½ tsp smoked paprika • 1 tsp sea salt • ¼ tsp black pepper

INSTRUCTIONS

1. Preheat oven to 400°F and line a sheet pan with parchment paper for easy cleanup.
2. Whisk avocado oil, lemon juice, Dijon mustard, Italian seasoning, garlic powder, smoked paprika, salt, and pepper in a small bowl, then coat the turkey tenderloins all over.
3. Roast 25–30 minutes until a meat thermometer reads 165°F. Rest 5 minutes, slice into thick medallions, and serve drizzled with warm savory mushroom gravy.

Vegan Main #1: Lentil & Wild Rice Stuffed Acorn Squash

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 15 mins | **Cook:** 35 mins | **Yield:** 4 servings

INGREDIENTS

- 2 medium acorn squash, halved lengthwise and seeds scooped out
- 2 tbsp avocado oil, divided • 1 tsp sea salt • ½ tsp black pepper
- 1 cup cooked wild rice (or pre-cooked microwaveable wild rice pouch)
- 1 cup cooked brown or green lentils (canned, drained and rinsed works great)
- 2 stalks celery, finely diced • 1 small yellow onion, diced • 2 cloves garlic, minced
- ⅓ cup chopped pecans • ⅓ cup unsweetened dried cranberries • 1 tsp dried sage

INSTRUCTIONS

1. Preheat oven to 400°F. Brush cut sides of squash with 1 tbsp avocado oil, season with half the salt and pepper, and place cut-side down on a parchment-lined baking sheet. Roast 25–30 minutes until fork-tender.
2. Meanwhile, heat remaining 1 tbsp avocado oil in a skillet over medium heat. Sauté onion, celery, and garlic for 5 minutes until soft. Stir in cooked wild rice, lentils, pecans, cranberries, sage, and remaining salt and pepper; warm through for 3 minutes.
3. Flip squash halves upright, mound the lentil-rice filling inside each half, and bake 5 more minutes before serving.

Vegan Main #2: Easy Herb Chickpea & Lentil Holiday Loaf

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 15 mins | **Cook:** 40 mins | **Yield:** 6 slices

INGREDIENTS

- 1 can (15 oz) chickpeas, drained, rinsed, and roughly mashed with a fork
- 1 cup cooked brown or green lentils, drained
- 1 cup certified gluten-free rolled oats • 3 tbsp ground flaxseed mixed with 6 tbsp warm water
- 1 small onion, finely diced • 1 medium carrot, finely grated • 2 cloves garlic, minced
- 1 tbsp avocado oil • 2 tsp Italian seasoning • 1 tsp smoked paprika • 1 tsp sea salt
- **Glaze:** 3 tbsp unsweetened tomato paste, 1 tbsp balsamic vinegar, 1 tsp Dijon mustard, 1 tbsp water

INSTRUCTIONS

1. Preheat oven to 375°F and line a standard loaf pan with parchment paper. Let the flaxseed and water sit 5 minutes to thicken.
2. Sauté onion, carrot, and garlic in avocado oil for 5 minutes until softened. Transfer to a large bowl with mashed chickpeas, lentils, oats, thickened flax mixture, herbs, paprika, and salt; mix thoroughly until cohesive.
3. Press firmly into the loaf pan. Whisk glaze ingredients together and spread over the top. Bake uncovered for 35–40 minutes until firm and golden. Cool 10 minutes before slicing.

Pour-Over Side: Simple Savory Mushroom Gravy

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 5 mins | **Cook:** 12 mins | **Yield:** 2 cups

INGREDIENTS

- 2 tbsp avocado oil • 8 oz cremini (baby bella) mushrooms, thinly sliced
- 2 cloves garlic, minced • ½ tsp dried thyme • ¼ tsp black pepper
- 2 cups low-sodium vegetable broth • 1 tbsp gluten-free tamari (or coconut aminos)
- 1½ tbsp arrowroot starch (or non-GMO cornstarch) whisked with 2 tbsp cold water

INSTRUCTIONS

1. Heat avocado oil in a saucepan over medium-high heat. Cook mushrooms for 6–7 minutes until browned. Add garlic, thyme, and pepper; stir 1 minute.
2. Pour in vegetable broth and tamari; bring to a simmer. Slowly whisk in the arrowroot slurry and simmer 2 minutes until glossy and thick.

3. CROWD-PLEASING SIDES (ALL GF, DF & VEGAN)

Garlic & Olive Oil Whipped Cauliflower Mash

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 5 mins | **Cook:** 12 mins | **Yield:** 6 servings

INGREDIENTS

- 1 large head cauliflower (about 2 lbs), cut into florets
- 3 tbsp extra-virgin olive oil • ¼ cup warm vegetable broth
- ¾ tsp garlic powder • ¾ tsp sea salt • ¼ tsp black pepper • 2 tbsp chopped fresh chives

INSTRUCTIONS

1. Steam cauliflower florets over boiling water for 10–12 minutes until completely fork-tender. Drain well and pat dry with a clean towel so the mash stays thick.
2. Transfer hot cauliflower to a food processor with olive oil, warm broth, garlic powder, salt, and pepper. Blend until creamy and smooth, then fold in fresh chives.

Sheet-Pan Crispy Brussels Sprouts with Pomegranate & Walnuts

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 10 mins | **Cook:** 22 mins | **Yield:** 6 servings

INGREDIENTS

- 1½ lbs Brussels sprouts, trimmed and halved lengthwise
- 2 tbsp avocado oil • ¾ tsp sea salt • ¼ tsp black pepper
- ⅓ cup chopped walnuts • ⅓ cup pomegranate arils • 1 tbsp aged balsamic vinegar

INSTRUCTIONS

1. Preheat oven to 425°F. Toss Brussels sprouts with avocado oil, salt, and pepper, and arrange cut-side down on a large sheet pan.
2. Roast 18–20 minutes until deeply browned and crisp. Add walnuts to the pan for the final 3 minutes to toast. Transfer to a serving dish, drizzle with balsamic vinegar, and scatter pomegranate arils over top.

Savory Herbed Wild Rice & Mushroom Pilaf

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 10 mins | **Cook:** 40 mins | **Yield:** 6 servings

INGREDIENTS

- 1 cup wild rice blend, rinsed • 2¼ cups vegetable broth
- 2 tbsp avocado oil • 8 oz mushrooms, diced • 1 medium yellow onion, diced • 2 stalks celery, diced
- 1 tsp fresh thyme leaves (or ½ tsp dried) • ½ tsp dried sage • ¾ tsp sea salt
- ⅓ cup roasted pumpkin seeds (pepitas) • ¼ cup chopped fresh parsley

INSTRUCTIONS

1. Bring wild rice, vegetable broth, and salt to a boil in a covered saucepan; reduce heat to low and simmer 35–40 minutes until tender, then fluff with a fork.
2. Meanwhile, sauté onion, celery, and mushrooms in avocado oil over medium heat for 8 minutes until browned. Stir in thyme and sage, fold into the cooked wild rice, and top with pumpkin seeds and fresh parsley.

Crisp Kale, Honeycrisp Apple & Pumpkin Seed Salad

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 10 mins | **Yield:** 6 servings

INGREDIENTS

- 1 large bunch lacinato (Tuscan) kale, stems removed and leaves thinly sliced
- 1 large Honeycrisp apple, cored and thinly sliced • ⅓ cup roasted pumpkin seeds
- **Dressing:** 3 tbsp extra-virgin olive oil, 1½ tbsp fresh lemon juice, 1 tsp Dijon mustard, ¼ tsp sea salt, pinch of black pepper

INSTRUCTIONS

1. Whisk dressing ingredients together in a large salad bowl. Add sliced kale and massage gently with clean hands for 60 seconds until the leaves soften and turn bright green.
2. Toss in sliced Honeycrisp apple and pumpkin seeds right before serving so everything stays crisp.

---

4. NO-SUGAR-ADDED DESSERTS (ALL GF, DF & VEGAN)

5-Minute Pumpkin Pie Chia Pudding

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 5 mins (+ 2 hrs chill) | **Yield:** 4 servings

INGREDIENTS

- 1 cup 100% pure pumpkin purée • 1 can (13.5 oz) full-fat unsweetened coconut milk
- ⅓ cup chia seeds • 2–3 tbsp pure monk fruit sweetener (to taste)
- 1½ tsp pumpkin pie spice • 1 tsp pure vanilla extract • Pinch of sea salt
- Optional garnish: toasted chopped pecans & a sprinkle of cinnamon

INSTRUCTIONS

1. Whisk pumpkin purée, coconut milk, monk fruit sweetener, pumpkin pie spice, vanilla, and sea salt together until completely smooth.
2. Stir in chia seeds, let rest 5 minutes, and stir once more to prevent clumping. Divide into 4 small jars or glasses and refrigerate at least 2 hours (or overnight) until thick and pudding-like. Top with toasted pecans before serving.

Warm Cinnamon-Roasted Pears with Coconut Whip

Tags: GF, DF, Vegan, No Sugar Added | **Prep:** 8 mins | **Cook:** 22 mins | **Yield:** 4 servings

INGREDIENTS

- 2 ripe but firm Bosc or Anjou pears, halved lengthwise and cores scooped out
- 1 tbsp avocado oil • 1 tsp ground Ceylon cinnamon • ¼ tsp ground nutmeg
- **Coconut Whip:** 1 can (13.5 oz) full-fat coconut cream chilled overnight, 1 tbsp monk fruit sweetener, ½ tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 375°F. Brush pear halves with avocado oil, sprinkle with cinnamon and nutmeg, and place cut-side up in a baking dish. Bake 20–22 minutes until tender and caramelized.
2. Scoop the hardened white coconut cream from the top of the chilled can (reserve liquid for smoothies) and whip with monk fruit and vanilla until fluffy. Serve warm pears topped with a dollop of coconut whip.

5. CONSOLIDATED GROCERY SHOPPING LIST

Department	Ingredients Needed for Full Menu
Produce	2 large heads cauliflower, 1½ lbs Brussels sprouts, 1–2 bunches lacinato kale, 16 oz cremini mushrooms, 1 yellow onion, 1 bunch celery, 1 head garlic, 1 organic orange, 2 lemons, 1 Honeycrisp apple, 2 Bosc/Anjou pears, 1 pomegranate, fresh sage, rosemary, thyme, chives, parsley
Protein & Refrigerated	2 lbs boneless turkey breast tenderloins (omit for 100% vegan menu)
Pantry & Canned	2 cans (15 oz) cannellini beans, 1 can (15 oz) chickpeas, 1 can/pouch pre-cooked brown or green lentils, 1 jar no-sugar-added marinara sauce, 1 can (15 oz) pure pumpkin purée, 2 cans (13.5 oz) full-fat unsweetened coconut milk/cream, wild rice blend, chia seeds, vegetable broth, Dijon mustard, GF tamari, arrowroot starch
Oils, Vinegars & Spices	Pure avocado oil, extra-virgin olive oil, raw apple cider vinegar, aged balsamic vinegar, 100% tart cherry or pomegranate juice, pure monk fruit sweetener, pure vanilla extract, Ceylon cinnamon sticks & ground cinnamon, pumpkin pie spice, Italian seasoning, garlic powder, sea salt, black pepper
Nuts, Seeds & Extras	Pecans, walnuts, roasted pumpkin seeds (pepitas), gluten-free seed crackers

Wishing you a joyful, nourishing Thanksgiving!

Want personalized support balancing holiday meals, labs, and your metabolic health goals? Many clients qualify for **$0-copay insurance-covered 1-on-1 consultations** through my practice partnership with Fay Nutrition.

Mitali Kapila, MS, RDN, LDN, CLT • Functional Medicine Dietitian • Founder & CEO, Vitality Nutrition • Co-Founder & Chief Clinical Director, Arogeva