Holiday Recipe Collection

A balanced, blood-sugar-friendly holiday menu for healthy habits year-round

RENEWRX

Side Dish

Pair all side dishes with a lean protein like turkey or chicken for a balanced meal.

Pumpkin & Brussel Sprouts with Bacon

Serves 6 (1 cup per serving)



Ingredients

1½ lb pumpkin or butternut squash, cubed
20 Brussels sprouts, halved
2–4 strips cooked bacon (reserve 2–3 Tbsp rendered fat)
½ cup toasted walnuts or pecans
1 cup reduced-sugar dried cranberries
¼ cup maple syrup (optional)
1 tsp garlic powder
1 tsp onion powder
Salt & pepper to taste

Directions

1. Preheat oven to 400°F.
2. Toss squash and Brussels sprouts with bacon fat, garlic powder, onion powder, salt, and pepper.
3. Spread on a baking sheet and roast 30 minutes, tossing halfway through.
4. Transfer to a bowl and toss with nuts, bacon, and cranberries.
5. Drizzle with maple syrup if desired and serve warm.

Nutrition Note

High in fiber and healthy fats to support steady blood sugar & fullness

Storage	Vegetarian	Nut Free	Flavor Boost
Keeps 2–3 days refrigerated	Omit bacon and substitute with olive oil	Use roasted pumpkin seeds instead	Add a squeeze of lemon juice before serving

Side Dish

Pair all side dishes with a lean protein like turkey or chicken for a balanced meal.

Crispy Purple Potatoes

Serves 6-8 (~½ cup per serving)



Ingredients

2 lbs purple potatoes, cubed
2–3 Tbsp olive oil
Juice of 1–2 lemons
1 bunch chopped rosemary
Salt & pepper to taste

Directions

1 Preheat oven to 415°F.
2 Toss potatoes with oil, lemon juice, rosemary, salt, and pepper.
3 Spread on a baking sheet and roast 1 hour, tossing halfway, until crispy.

Nutrition Note

Fiber & antioxidant-rich; moderate portions support balanced blood sugar

Storage	Swap	Add Ons	Oil Free
Best enjoyed fresh, reheat in the oven to crisp	Use sweet potatoes for a lower glycemic alternative	Sprinkle Parmesan or garlic powder before roasting	Roast with broth spray and herbs for lighter prep

Side Dish

Pair all side dishes with a lean protein like turkey or chicken for a balanced meal.

Harissa Maple Glazed Rainbow Carrots

Serves 6 (~½ cup per serving)



Glaze

12–15 rainbow carrots
3½ Tbsp maple syrup
1 Tbsp harissa
1 tsp smoked paprika
½ tsp garlic powder
½ tsp onion powder
1 Tbsp olive oil
¼ tsp kosher salt

Spread

½ cup ricotta
½ cup cottage cheese
1 Tbsp honey
Sea salt and white pepper to taste

Directions

1. Preheat oven to 400°F.
2. Whisk glaze ingredients; toss with carrots.
3. Roast 20–30 minutes until tender.
4. Blend spread ingredients until smooth.
5. To serve, spread mixture on plate, arrange carrots on top, and garnish with pistachios and parsley.

Nutrition Note

Naturally sweet, fiber-rich & balanced with protein for steady blood sugar

Storage	Spice Level	No Ricotta	Optional Toppings
Keeps 2–3 days refrigerated	Adjust harissa to taste or replace with paprika for mild flavor	Use Greek yogurt for extra protein	3 Tbsp crushed pistachios, 1 Tbsp parsley

Main Dish

Pumpkin Chili

Serves 4-6 (~1½ cups per serving)

Ingredients

1 lb ground turkey
1 can pumpkin purée
1 can diced tomatoes, drained
1 jalapeño, chopped (optional)
1 sweet onion, chopped
2 garlic cloves, minced
1 can beans of choice
1 Tbsp each smoked paprika, cumin, chili powder
1 cup chicken or vegetable broth
Salt & pepper to taste

Directions

1 Heat 2 Tbsp avocado oil in a pot over medium heat.
2 Cook onion 6–8 minutes until softened.
3 Add garlic and turkey; cook until browned.
4 Stir in jalapeño and spices.
5 Add pumpkin and broth; bring to a simmer.
6 Cover 30 minutes, then uncover and cook 10 minutes more.
7 Serve warm with herbs or yogurt.



Nutrition Note
A hearty, fiber-rich chili with lean protein for blood sugar stability

Storage	Vegan	Spice Control	Add Ons
Keeps 4 days refrigerated or 2 months frozen	Substitute lentils for turkey	Add jalapeño seeds for heat or omit for mild	Top with avocado or chopped cilantro

Main Dish

Superb Meatballs

Serving Size: 3–4 meatballs (~4 oz protein) with 2 Tbsp sauce



Ingredients

1½ lbs ground beef & pork (or turkey/chicken)
⅓ cup grated onion
⅓ cup chopped parsley
1 tsp oregano
2 tsp tomato paste
1 egg
½ tsp granulated garlic
Salt & pepper to taste

Directions:

1 Combine ingredients; mix gently.
2 Form 1½-inch balls.
3 Cook in a skillet with avocado oil over medium heat until browned and cooked through.
4 Drain on paper towels and serve with sauce.

Nutrition Note
A lean protein with flexible sauces;
pair with veggies or salad for balance

Storage	Egg Free	Low Sodium	Serve With
Keeps 4 days refrigerated or 1 month frozen	Use flax egg (1 Tbsp flaxseed + 3 Tbsp water)	Choose low-salt tomato paste	Cauliflower mash or spiralized zucchini

Main Dish

Perfectly Simple Holiday Turkey

Serving Size: 3–4 oz cooked turkey

Ingredients

1 whole turkey (12–14 lbs)
4 Tbsp olive oil or melted butter
1 Tbsp salt
1½ tsp black pepper
1 Tbsp garlic powder
1 Tbsp onion powder
2 tsp paprika
2 tsp thyme
1 onion, quartered
1 lemon, halved
4 garlic cloves, smashed
1 cup broth

Directions

1 Preheat oven to 325°F.
2 Pat turkey dry and set on roasting rack.
3 Mix seasonings with oil or butter; rub over turkey.
4 Stuff with onion, lemon, and garlic.
5 Pour broth into pan and roast 13–15 min per pound until 165°F.
6 Rest 20–30 minutes before carving.



Nutrition Note
A lean, high-quality protein that fits perfectly into a balanced holiday plate

Storage	Lower Fat	Flavour Tip	Leftovers
Keeps 3 days refrigerated or 2 months frozen	Remove skin before serving	Add orange slices or rosemary sprigs in cavity	Use in soups, wraps, or grain bowls

Salad

Winter Salad

Serving Size: ~1½ cups (serves 2–4)



Ingredients

5 oz arugula
2–3 roasted beets, cubed
½ avocado
2 Tbsp cranberries
½ cup toasted walnuts
4 small scoops goat cheese
Drizzle balsamic vinegar

Directions

1 Layer arugula, beets, avocado, cranberries, and walnuts.
2 Add goat cheese and drizzle with vinegar.

Nutrition Note
Light, fiber-rich salad for post-meal blood sugar balance

Storage	Dairy Free	Nut Free	Add Protein
Assemble fresh; store ingredients separately	Omit cheese or use vegan feta	Replace walnuts with sunflower seeds	Pair with turkey or salmon

Salad

Apple & Gorgonzola Chicken Salad

Serving Size: ~2 cups (serves 2–3)



Ingredients

1 grilled chicken breast, sliced
4 cups mixed greens
½ Granny Smith apple, julienned
2 Tbsp cranberries
¼ cup toasted walnuts
2 Tbsp Gorgonzola

Vinaigrette

⅓ cup olive oil
2 Tbsp honey (reduce for lower carbs)
1 Tbsp Dijon mustard
2 Tbsp vinegar
1 Tbsp lemon juice
Salt & pepper

Directions

1. Whisk vinaigrette ingredients.
2. Toss greens, apples, cranberries, walnuts, and cheese.
3. Top with chicken and drizzle dressing before serving.

Nutrition Note
Lean protein, fiber & healthy fats for steady blood sugar

Storage	Nut Free	Swap Protein	Extra Fiber
Keeps 2 days if dressing is separate	Use roasted chickpeas for crunch	Try salmon or tofu	Add quinoa or lentils

Sauces

For meatballs or any protein.
Each recipe makes ~6 servings
and is designed to be low
in added sugar, rich in flavor,
and blood-sugar-friendly.

Savory Cranberry Herb Glaze (Low-Sugar)

Serving Size: 2 Tbsp per serving (makes ~1 cup)



Ingredients

1 cup fresh cranberries
½ cup water
2–3 Tbsp orange juice (for brightness)
1–2 Tbsp maple syrup or monk fruit sweetener
1 tsp minced rosemary
½ tsp thyme
Pinch of salt

Directions

1 Combine all ingredients in a saucepan over medium heat.
2 Simmer 10–12 minutes, stirring occasionally, until cranberries burst and sauce thickens.
3 Mash lightly or blend smooth.
4 Spoon over turkey or chicken meatballs before serving.

Nutrition Note
A tangy, antioxidant-rich sauce
with natural sweetness & fiber

Storage	Make Ahead	No Fresh Cranberries	Flavor Boost
Keeps up to 1 week refrigerated	Prepare up to 3 days early, flavor deepens over time	Use frozen (no need to thaw)	Add a pinch of cinnamon or orange zest

Sauces

For meatballs or any protein.
Each recipe makes ~6 servings
and is designed to be low
in added sugar, rich in flavor,
and blood-sugar-friendly.

Garlic Parmesan Cream Sauce (Low-Sugar)

Serving Size: 2 Tbsp per serving (makes ~1 cup)



Ingredients

1 Tbsp butter or ghee
3 cloves garlic, minced
¾ cup heavy cream
½ cup grated Parmesan cheese
Pinch of black pepper
Optional: squeeze of lemon or dash of nutmeg

Directions

1 Melt butter in a saucepan over medium heat.
2 Add garlic and sauté 1–2 minutes until fragrant.
3 Stir in cream and bring to a gentle simmer.
4 Whisk in Parmesan until melted and smooth.
5 Add pepper and optional lemon or nutmeg to taste.
6 Pour over beef, turkey, or pork meatballs.

Nutrition Note
Creamy, low-carb, with healthy fats
for steady blood sugar

Storage	Dairy Free	Thicker Textures	Add Greens
Refrigerate up to 3 days, reheat gently over low heat	Substitute coconut cream and nutritional yeast	Simmer longer or add extra cheese	Stir in spinach or kale for extra nutrients

Sauces

For meatballs or any protein.
Each recipe makes ~6 servings and is designed to be low in added sugar, rich in flavor, and blood-sugar-friendly.

Holiday Balsamic Mustard Glaze (Low-Sugar)

Serving Size: 2 Tbsp per serving (makes ~¾ cup)



Ingredients

¼ cup balsamic vinegar
1 Tbsp Dijon mustard
1 Tbsp coconut aminos
1 tsp monk fruit or ½ tsp honey (optional)
1 Tbsp butter
Salt & pepper to taste

Directions

1. Combine all ingredients in a small saucepan over medium heat.
2. Simmer 4–6 minutes, stirring occasionally, until glossy and slightly thickened.
3. Adjust seasoning to taste.
4. Drizzle over beef, pork, or roasted vegetables.

Nutrition Note
Sweet-savory with healthy fats & minimal sugar

Storage	Vegan Option	Tangier Flavor	Serving Idea
Keeps 1 week refrigerated	Use olive oil instead of butter	Add 1 tsp apple cider vinegar	Brush on roasted turkey or drizzle over brussels sprouts

Dessert

Holiday treats that nourish body and spirit.
Rich in fiber, healthy fats, and lower sugar
to support blood sugar balance.

Pecan Date Bars (Gluten-Free)

Serving Size: 1 Bar (makes 12–16)



Filling Ingredients

2 eggs
¼ cup melted coconut oil
½ cup maple syrup
¼ cup coconut sugar
1 tsp vanilla extract
1–1½ cups toasted pecans, chopped
½–1 cup chopped dates

Crust Ingredients

1 cup almond flour
¼ cup melted butter
1–2 Tbsp maple syrup
1 tsp vanilla extract

Directions

1. Preheat oven to 350°F; line an 8x8-inch pan with parchment.
2. Mix crust ingredients into a dough; press into pan and bake 10 minutes.
3. In another bowl, whisk eggs, coconut oil, maple syrup, sugar, and vanilla.
4. Stir in pecans and dates, then pour over crust.
5. Bake 22–28 minutes until set and golden.
6. Cool completely, drizzle with chocolate or honey, then slice.

Nutrition Note

Naturally sweetened with fiber and healthy fats to moderate sugar release

Storage	Nut Free	Lower Sugar	Add Crunch	Sweet Toppings
Keeps 5 days in the fridge or 2 months in the freezer	Swap sunflower seeds and seed butter	Use half maple syrup and half monk fruit	Sprinkle coconut flakes or chopped almonds before baking	Drizzle of melted dark chocolate or light drizzle of honey

Dessert

Holiday treats that nourish body and spirit.
Rich in fiber, healthy fats, and lower sugar
to support blood sugar balance.

Zucchini Bread with Choc Chips, Walnuts & Hemp Seeds (Gluten-Free)

Serving Size: 1 Slice (~1 inch thick, makes 10–12 slices)

Dry Ingredients

2 cups almond flour
½ cup gluten-free oat flour (or more almond flour)
2 tsp cinnamon
1 tsp baking soda
½ tsp baking powder
¼ tsp salt
3 Tbsp hemp seeds
½ cup chopped walnuts
½ cup dark chocolate chips

Wet Ingredients

2 large eggs
¼ cup melted coconut or avocado oil
¼ cup maple syrup or honey
⅓ cup coconut sugar (optional)
2 tsp vanilla extract
½ cups grated, squeezed zucchini



Directions

1. Preheat oven to 350°F and line a loaf pan.
2. Whisk dry ingredients; stir in walnuts and chocolate chips.
3. In a separate bowl, whisk wet ingredients and fold in zucchini.
4. Combine wet and dry mixtures gently.
5. Pour into pan and bake 50–60 minutes, until a toothpick comes out clean.
6. Cool 15 minutes, then transfer to a rack to cool fully before slicing.

Nutrition Note
Protein- & fiber-rich with balanced carbs & healthy fats

Storage	No Hemp Seeds	Topping Ideas	Sweeter Option
Best eaten within 3 days. Refrigerate or freeze slices	Replace with chia or flaxseeds	Add nuts, oats, or berries before baking	Add extra chocolate chips or drizzle with maple syrup

Dessert

Holiday treats that nourish body and spirit.
Rich in fiber, healthy fats, and lower sugar
to support blood sugar balance.

Apple Bake with Almond Crust (Low-Sugar)

Serving Size: 1 Square (makes 9)



Crust Ingredients

1½ cups almond flour
2 Tbsp melted coconut oil
2 Tbsp maple syrup

Apple Layer Ingredients

3 medium apples, peeled and diced
3 tsp cinnamon
1 Tbsp water

Directions

1. Preheat oven to 350°F.
2. Mix crust ingredients, press into an 8x8-inch pan, and bake 8–10 minutes.
3. Toss apples with cinnamon and water; spread over crust.
4. Bake 25–30 minutes until apples are tender.
5. Cool before slicing.

Nutrition Note
Fiber-rich, naturally sweetened dessert
for steady blood sugar

Storage	Nut Free	Fruit Swap	Serving Ideas
Keeps 4 days refrigerated	Substitute oat flour and olive oil	Try pears or berries	Top with Greek yogurt or a dollop of nut butter