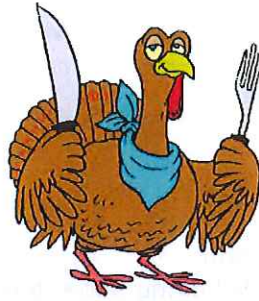


# Surviving Thanksgiving while on Ideal Protein



*Happy Thanksgiving! Want to be Thankful your weight didn't go up this Thanksgiving?  
Follow these tips to help you stay on program!*

## Preparation:

Failure to plan in planning to fail! Being prepared with your foods is the key to success during the holidays. Going to Thanksgiving dinner? Plan out what you will eat ahead of time so that you are not tempted to cheat!

Need to bring an item to a potluck? Bring a veggie tray with IP veggies & WF ranch dip, or the IP deviled eggs, your family and friends won't even notice the swap!

Using these great Ideal Protein swaps and your turkey for the 8oz of dinner protein Thanksgiving can be a very IP friendly meal!

## Recipes to try for Thanksgiving swaps:

### Mashed Potatoes—Try IP Mashed "Potatoes"

1 head of fresh cauliflower  
Onion powder, to taste  
Garlic powder, to taste  
Sea salt, to taste  
1/2 to 1 packet of Ideal Protein Leek Soup or Ideal Protein Chicken Soup

#### Preparation:

Boil the cauliflower until it is very, very soft. Drain the water. Add the seasonings and 1/2 of any of the soup mixes, or more, to taste. Mash well and serve steaming hot.

### Traditional Deviled Eggs—Try IP Deviled Eggs:

Hard Boiled Eggs Cut in Half Mix the yolks with Walden Farms Mayo add onion salt & Mustard to taste. Mix and spoon back into the egg halves. Garnish with Paprika (optional)