

**TRADITIONAL HOLIDAY FEAST****BREAKFAST****CALORIES**

2 pieces of toast with butter	260
1 scrambled egg	90
2 cups coffee w/cream and sugar	150

**APPETIZERS**

2 mixed holiday drinks	500
3 handfuls of nuts	800
5 celery sticks w/ cream cheese	225
10 crackers w/cheese	700

**DINNER**

8 ounces white and dark turkey (2 servings)	480
1 cup mashed potatoes	300
1 cup stuffing	600
3-4 ladles of gravy	800
1/2 cup sautéed green beans	50
3/4 cup candied sweet potatoes	300
1/2 cup cranberry sauce	200
1 roll w/ butter	180
1 piece pumpkin pie w/ whipped cream	540
1 cup coffee w/ sugar	50

**LEFTOVERS SUPPER**

1 turkey sandwich w/ mayo, dressing and Cranberry sauce	450
1 piece pecan pie	700
1 small chocolate chip cookie	150

**TOTAL CALORIES****7525****THANKSGIVING HOLIDAY MAKEOVER****BREAKFAST****CALORIES**

2 pieces of toast with sugar free jelly	170
1 scrambled egg	90
2 cups coffee w/skim milk and artificial sweetener	20

**APPETIZERS**

2 wine spritzers (1/2 wine, 1/2 sparkling water)	240
3 handfuls of popcorn	30
5 celery sticks stuffed w/ low-fat cheese spread	50

**DINNER**

4 ounces white and dark turkey	240
1/2 cup mashed potatoes	150
1/2 cup stuffing	300
2 ladles of gravy	400
1 cup sautéed green beans	100
1 baked sweet potato	150
1/2 cup cranberry sauce	200
1 roll w/ butter	180
1 piece pumpkin pie w/ fat-free whipped topping	320
1 cup black coffee	0

**LEFTOVERS SUPPER**

1 turkey sandwich w/ fat-free mayo, lettuce and Cranberry sauce	315
1 piece one crust apple pie	320
1 small chocolate chip cookie	150

**TOTAL CALORIES****3425**