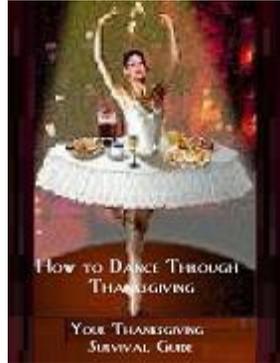


How to Dance Through Thanksgiving



Put out a great dinner

that everyone will love

Be the calm and together hostess

And most important - Enjoy Your Day!

*Written for you by
Carole Stannard-Pagan*

Thanks for downloading this survival report. I hope it helps you have a wonderful Thanksgiving Day.

You are free to pass this report on to anyone you wish, as long as it remains intact. You cannot charge for it though. Let's pass it on in the spirit of giving!

In this report you will find-

- ..Things you can start doing now to take the load off.
- ..Housecleaning plan
- ..Shopping lists
- ..Menu planning
- ..Checklists
- ..Resources

I don't know about you, but I like to work smart, not hard. I don't want to work any harder than the next guy, but, I do like superior results. When it comes to Thanksgiving dinner, I want a memorable day and rave reviews.

The other good news? When it's done right, it really is a pretty healthy meal.

Seasonal favorites like turkey, cranberries, sweet potatoes, carrots, and pumpkin are all very good for you. If I had my way, I'd skip putting out the mashed potatoes, bread and rolls, and corn – but you gotta have them for some people. You can't force anyone to eat better. Just put out the good foods and hope they'll make the right choices. I know you will!

If you would like to learn more about what the 'Super Foods' can do for your health – how to eat healthy even if you're insanely busy, how to eat for optimal health, and steal some of my best recipes - Check out "SaneSuperWomanClub.com" There's a lot of delicious food that's actually good for you!

If you've suffered through too many dry turkeys, or you've never made a turkey before in your life - you're going to learn how to make a great moist turkey. You'll never want to eat anyone else's turkey. Which means like me, you'll be doing Thanksgiving dinner forever more – but it's ok. You'll know how to dance through it!

So let's get started!

Thanksgiving...

Visions of a table full of delicious looking food that looks like it came right out of Better Homes and Gardens. Family and friends gathered around anxiously awaiting the go ahead to dig in to the scrumptious feast that you have put out, and by the way... "You look Great! How do you do it all?"

I'm going to help you breeze through this Thanksgiving. How would that be?

Here is a plan for the 3 weeks before Thanksgiving to help you glide through the holiday stress free.

Oh, don't worry. You know me. We're not going to work hard. We're going to work smart! Little things and a good plan.

Before we get to the plan - I'm here to bust an old myth.

Everyone is always all stressed out over eating Thanksgiving dinner. All that food, all those calories, so much fat, yada, yada, yada.

Baloney! This is one great opportunity to stuff your family with tons of good for you foods, and they won't suspect a thing.

That's right. I'm here to tell you that Thanksgiving dinner is one of the healthiest meals of the year. Now doesn't that ease your guilty conscience a bit?

Don't believe me? OK, lets take a look at the most traditional Thanksgiving dinner foods -

Almonds

Used since the middle ages to relieve heartburn. A one-and-a-half ounce handful of almonds, is a great source of antioxidants, vitamin E and magnesium and contains protein, fiber, potassium, calcium, phosphorus and iron. Almonds and other nuts contain phytochemicals -that have been shown to protect against heart disease, stroke, and other chronic diseases. The following nuts are included in the new claims: almonds, hazelnuts, pecans, pistachios, walnuts and peanuts.

Almonds contain ALA, and can reduce cholesterol as well as prescription drugs and reduce triglycerides. Almonds contain more calcium than any other nut. Nuts also contain LArginine, which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

Vitamin E and C have been shown to reduce your number of colds.

Throw some in your fresh green beans!

Broccoli

High in fiber, vitamin c, vitamin A, carotenoids, calcium, and folic acid. The isothiocyanates stimulate the liver to break down pesticides and other carcinogens. Cruciferous vegetables contain sulforaphane which is said to not only prevent changes that can lead to cancer in breast cells, but also has been found to stop the growth of malignant breast cells by stopping the cancer cell's ability to divide. A famous John Hopkins study in 1992 found that broccoli helped prevent the growth of tumors, and reduced the size of the tumors that did grow by up to 75%. The catch here is that to release the sulforaphane, the broccoli must be lightly steamed for 3 to 4 minutes.

Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts) help to remove excess estrogens from your body. We are exposed to hundreds of estrogen mimicking chemicals every day from the soy in our foods, to the plastics they are packaged in.

Broccoli also contains alpha-lipoic acid, or A.L.A., which strengthens cell metabolism of liver and heart cells making them better able to withstand our abuse.

Broccoli is also high in magnesium. Magnesium deficiency is linked to eyesight problems, bone loss, heart disease, colon cancer, and even MS.

Broccoli also contains indole-3-carbinol, which makes it harder for estrogen to bind to breast tissue, which reduces monthly type breast pain.

With the exception of releasing sulforaphane, broccoli is best eaten raw. It has the most nutrients if you let it sit just a few minutes (not hours) after cutting. Sounds weird, but cutting releases an enzyme. Same is true for garlic.

Carrots

Carrots are famous for Carotenoids for reducing risk of heart disease and skin cancer. New studies show they're not as effective as previously thought in preserving eyesight. Has been used in many cultures to reduce menstrual pain. Carrot juice helps to relieve diarrhea.

Chocolate

Natural mood enhancer, now also thought to help reduce risk of heart disease and high blood pressure (maybe something to do with being in a good mood?). Dark chocolate contains a high amount of Flavonoids - antioxidants that fight heart disease, reduce plaque build up in arteries, reduce blood pressure, and increase good cholesterol.

Dark chocolate also contains trace amount of A, B1, C, D, and E, iron and magnesium. Chocolate also contains L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

Choose higher quality for lower fat and sugar content. 1 ounce of dark chocolate has 10 times more antioxidants than a strawberry.

But strawberries dipped in dark chocolate would cover all the bases, wouldn't it?

Coffee

Good news! Coffee seems to prevent type 2 diabetes, Parkinson's, and Alzheimer's.

It reduces your risk of colon cancer by keeping you regular. Research says it reduces the risk of kidney stones, though my sister who is a heavy coffee drinker still had kidney stones. Coffee contains theophylline which acts as a bronchodilator, which helps asthma symptoms. It may also help prevent cirrhosis of the liver, skin cancer and gallstones.

Coffee contains a multitude of nutrients – riboflavin, potassium, magnesium, zinc, niacin, folate, sodium, thiamin, protein, calcium, and vitamin k. Coffee is full of anti-inflammatory antioxidants, and for many people, coffee is their main source of antioxidants.

Coffee can cause anxiety, headaches, heartburn, high blood pressure, yellow teeth, and possibly heart attacks, so be aware of your sensitivity to caffeine. If caffeine sends you bouncing off the walls, increasing your coffee intake would not be a good idea for you.

Cranberries

One of my favorite Super-Foods! You already know to drink cranberry juice when you have a urinary tract infection. Cranberry juice flushes bacteria that causes urinary tract infections.

But did you know that cranberries reduce cholesterol, help reduce dental plaque, and the bacteria that cause stomach and intestinal ulcers.

Cranberries also contain flavonoids called oligomeric proanthocyanidins or OPCs. These help stop the oxidation of bad cholesterol. They may also help prevent plaque build up in the arteries, which helps ward off heart disease, stroke, and varicose veins. Cranberries have the highest antioxidants of any fruit.

And antioxidants help keep your skin looking great.

Pickles

The vinegar in pickles can reduce your blood sugar spikes after meals. It can also help you lose weight by preventing your body from digesting some carbohydrates.

Potatoes

High in potassium and antioxidants. Because of soil contamination and pesticides, it is best to use organic potatoes. You know, it's what you put on it that makes it unhealthy.

Pumpkin

Pumpkin contains Lutein, which reduces the risk of heart disease and stroke, and age related macular degeneration. And its orange, so you know it contains carotene.

Sage

Improves memory, behavior, and attention. When combined with Lemon Balm it improves memory and mood. Sage is helpful in managing symptoms of Alzheimer's disease.

Sweet Potato

It's orange, so you know it's full of beta-carotene – which you know is converted into vitamin A, which is good for eyes and skin. Also high in vitamin C, carotenoids, potassium, and fiber.

Turkey

Turkey is very high in protein! Turkey is also high in selenium which helps repair DNA damage to your cells, regulates your thyroid, and strengthens your immune system. Its also high in niacin and B6 to help your heart, and helps all of the functions that regulate sugar in your system. And it's low in fat.

Walnuts

A healthy fat source otherwise known as Omega 3 fatty acids. Walnuts are a great source of alpha-lipoic acid, or A.L.A., which strengthens cell metabolism of liver and heart cells making them better able to withstand our abuse, and helps to reduce triglycerides. Nuts also contain L-Arginine, which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system. But only a handful – nuts are high in calories.

Wine

Some varieties contain a cholesterol fighting chemical called saponins. Zinfandel has been found to have the highest saponins. All wines, when limited to about 5 glasses a week, helps raise good cholesterol. Good cholesterol helps your body get rid of the bad cholesterol.

Red Wine also contains resveratrol – a compound that blocks a key protein that cancer cells need to survive – actually starving them to death.

And it does the same thing for colds and flu viruses. I can personally attest to this. If you're feeling like you're coming down with something, have a glass of wine and get 8 hours sleep.

Warning! Drinking alcohol on an empty stomach can raise blood pressure by as much as 40%.

Whew! And that's not to mention onions, parsley, nutmeg, tea, strawberries, blueberries, raspberries, green beans, cinnamon, or many other foods that you might traditionally serve. They're all good for you!

You didn't know healthy eating was so great, did you? You can stuff your family full of vitamins and they won't suspect a thing!

This is just a small taste of what you'll discover in your members area at where SaneSuperWomanClub.com where you will find more recipes, the healthy foods index and more to help you manage a busy, yet healthy lifestyle!

On to the plan - Let's start easing in....

3 Weeks Before – November 1, - November 8

In the next few days you need to:

>Write out your guest list.

>Plan your menu.

>Touch base with people to find out how many are actually coming. Assign them each something to bring. Even if it's pop, wine, napkins, can of whipped cream, coffee, whatever. Every little bit helps.

>Make 2 shopping lists.

The first list is dry goods, canned goods, etc. Stuff that can be bought ahead of time.

The second list will be fresh items, the things that need to be bought just a day or two before.

Don't forget that if you buy a frozen Turkey, you have to let it thaw in the fridge for about 3 days. Plan accordingly.

>Buy the items on the first list now – especially anything on sale ;-)

>Order any other special order stuff. Desserts, etc.

>Do all of the heavy laundry this week. Tablecloths, napkins, etc.

Make sure the sheets and plenty of towels are ready. Even if you don't anticipate out of town guests, this is a good move anyway. You never know when people may end up staying. It gets late. Too much drinking. Bad weather....

>Start doing a thorough cleaning. If you need help getting through this quickly – [Secret Confessions of a Clean Freak](#)

>Do you have enough silverware? Drinking glasses? Chairs? Get what you need now.

There-now. You're off to a good start. Don't you feel better already?

What to serve?

Need help with a menu? Here's my traditional menu -

(average 12 people)

24 lb. Turkey
Stuffing
Gravy
Mashed potatoes
Mashed Sweet Potatoes with Toasted Marshmallow topping
Glazed carrots,
Green bean casserole
Corn casserole
Cranberry Sauce
Cranberry/Walnut jello mold
Croissants (or rolls)
Pickles, olives
Green onions
Radishes
Birthday Cake (my daughter's birthday is on the 25th)
Pumpkin Pie
Lemon Meringue Pie (only if sister comes and brings it)

When else can you load people up on all these healthy foods? And they love it! Turkey, sweet potatoes, cranberries, carrots, green vegetables ... Heck, everything on this dinner plan except the stuffing, gravy, and desserts is good for you.

So here is my shopping list for this week:

Foil Roasting Pan (cook and toss)
Aluminum Foil
2 bags, Brownberry Stuffing (yeah, I cheat here)
4 packages French's Turkey Gravy mix. For homemade gravy- Cornstarch or flour. It's a good idea to have mix on hand, just in case! Laureys is full of icky stuff.
Bag of Marshmallows
Brown Sugar
1 bag slivered almonds
Large bag of Green Beans (for green bean casserole.)
2 packages frozen cranberries
1 can Fried Onion Rings
2 cans mushroom soup
1 cans corn
1 can cream style corn
2 cans Black olives
1 jar green olives
5 lbs. of Butter (I know. Any left can be used for cookies)
Box of Ritz Crackers (for Corn casserole)
Can of Whipped Cream (it will hold up fine)
Lemon Juice for lemonade
Wine
Coffee
Flavored Creamers
Dinner Napkins
Dish Soap
Paper towels
Toilet Paper

I'm also assuming you have the seasonings you need – but you may want to double check your recipes. [You can find all of my recipes here if you need them.](#)

Also check bath soap, shampoo and toothpaste. You don't want to run out of these things if people stay over. I like to have a couple of extra toothbrushes on hand too.

If you want to be a really great host/hostess, go to the sample size aisle and buy small deodorants, mouthwash, etc. for guests to use.

Note: Someone else usually brings the jello mold and pies.
I order the croissants and birthday cake. I used to make all the desserts too, but then I got smarter ;-)

Now if you've been on my list for a few years, this menu looks pretty familiar. Whenever we start talking about Thanksgiving dinner, everyone starts bringing up their favorite dishes. If you don't have it for them, they're going to be upset. They want their favorites, so don't upset the apple cart!

We've had people try trendier things – spicier turkey, weird stuffings, fried turkey, and so on. It doesn't fly. Don't beat yourself up trying to come up with something new and different.

The green bean casserole and the corn casserole call for more canned goods than I would like. I'll actually pick 2 or 3 vegetable dishes depending on how many people are coming.

So what does that leave for the next shopping list? Not much:

Turkey
Bag of baby carrots
4 - 6 Large Sweet Potatoes
5 lb. bag of potatoes
Green onions
Radishes
Milk
Eggnog (not good for you, but ...)

Next week we will go through a day-by-day schedule to keep you on track.

Just think, this year you can actually enjoy dinner!

Week 2

Did you finish everything from part one last week? I didn't think so.

That's OK, but let's recap what needs to be done by next Friday if you are going to keep your stress levels down.

>Finalize your menu.

>Touch base with people to find out how many are actually coming.

>Assign them each something to bring. Even if it's pop, wine, napkins, can of whipped cream, coffee, whatever. Every little bit helps. Just make sure that you can count on the person you've assigned it to.

>Buy dry goods, canned goods, etc. Stuff that can be bought ahead of time.

>Order any other special order stuff. Desserts, etc.

>Finish up housecleaning and laundry. Have house prepared for possible overnight guests. You never know.

>Do you have enough silverware? Drinking glasses? Chairs?
Get what you need now.

>Get all of the good dishes and glass-ware washed.

Don't you feel like you should be running around more?
Seems too easy, doesn't it?

Just make sure you have finished these tasks. The last few days will be a lot easier than you ever imagined, if you just stick with the plan.

Next week we will go through a day-by-day, and even a step-by-step schedule to get that dinner on the table in style

So how are you feeling? In control?

Isn't it great?

Time to dance.

Week 3

The Count Down Begins

The Weekend Before

Finish shopping except for anything that needs to be absolutely fresh. If you are serving any raw vegetables, you want to buy those later. Same goes for breads and rolls.

If you don't have a feather duster, or some pledge Wipes or something like that, get some.

If you haven't ordered bakery items, do it now!

Give the house a really good cleaning so all you have to worry about is picking up and touching up.

Wednesday night-

Cut up any fresh vegetables. Put in the refrigerator in zip lock bags. Or in the case of celery or carrots, put in water. Especially if you make the fancy curly cuts, radish roses and such. The cold water actually makes the curls happen. I know, nobody does this anymore. Not even me. But they are really cool looking.

Vegetables do start to lose nutrients the moment you cut them open. So nutritionally it would be best to not cut the vegetables yet. But unless you are really good at this big dinner stuff, I would suggest getting as much done the night before as you can.

Potatoes can be cut and placed in cold water in the refrigerator too.

Make any salads, jello molds, deviled eggs... stuff like that.

Make sure desserts are completed.

Put tablecloth on the table. Set out dishes and silverware. Cover with a towel to keep clean.

Check to make sure turkey is almost thawed.

Wash turkey roaster. I use a foil roaster and just pitch the whole mess when we're done.

Get a good night's sleep.

We're getting down to the wire! Not to worry though, you have it under control.

The shopping is done.

You've done a thorough housecleaning.

The baking is either assigned, or done

Now we ease into the final stretch

Print out these checklists and keep them handy to keep you on track!

Wednesday night -

____ Finish any baking.

____ Make sure turkey is thawing nicely. If not, put it in the kitchen sink in cold water for a couple of hours. Move it back into the fridge before going to bed. DO NOT leave it out.

____ Wash the good dinner dishes, silverware, and glasses. Put them on the dining room table. Don't forget serving dishes and coffee servers. Cover with towels so they will stay clean.

____ Make any jello molds and cold salads.

____ Cut up any fresh vegetables. Store in zip lock bags.

____ If you make your stuffing from scratch, prepare bread.

____ Do a once over on the house. Vacuum, dust, wipe down the bathroom.

____ Get a good nights sleep.

I know, a lot of people make more ahead and reheat. To me, that's like eating leftovers!

Thursday Morning

Here is the real test of character. Getting the big meal prepared and on the table and still having enough energy to enjoy it!

Here we go-

The time you have to get up depends largely on the size of your turkey. I cook a 24 lb. turkey. It has to be in the oven by 9 for dinner around 4. 15 minutes per lb. If you have dinner earlier, people will be hungry again. Besides, this way, we get to watch the sunset over the lake.

I'm not a morning person, so I get up at 7 so I can putter and wake up. Have to have my coffee and quiet time. Do check to make sure the turkey is thawed. If not, put in a clean sink filled with cool water to finish thawing.

8 am-

___ Turn on oven.

___ Wash turkey inside and out. Clear water only!

___ Prepare stuffing.

___ Stuff Turkey.

___ Put in roasting pan. If you are using a foil pan, place a large cookie sheet under it for support. It will be easier to maneuver.

___ Coat turkey with melted butter. I use at least ½ lb. at this point.

___ Put turkey in oven uncovered. (I know, everyone else tells you to cover it first. Try it my way. You will never have dry turkey again!)

___ Peel potatoes.

___ Put them in pot of water. You don't have to cook them just yet.

___ Peel sweet potatoes.

___ Put them in pot of water.

___ Check Turkey every half hour. Baste. Most of our ovens don't cook evenly. You may have to turn the turkey every so often to brown it evenly.

Geez, it's only 9:30, take a break!

___ Are the wine and pop in the fridge? No room? If you live in a colder climate, put them outside. Otherwise, move them to a cooler.

___ Prepare sweet potato dishes. They will reheat nicely. Don't put the marshmallows on yet.

___ Put carrots in pot of water. (If you use baby carrots, you won't have to peel and cut up.) Boil until tender. Drain.

Glaze with butter and brown sugar.

___ Put Cranberries, olives, and so forth, into their serving dishes. Cover with saran.

___ Check turkey. Only when it is nicely, evenly brown do you cover it. Cover roasting pan with cover, or if you are like me and use a foil pan, cover pan completely and securely with foil.

____ Set table.

____ Wash all of the dishes that have accumulated to this point.

Take a shower. Get yourself ready, except for final clothing change.

1 hour before turkey comes out:

____ Make mashed potatoes.

____ Make Gravy.

____ Make green bean casserole - set aside

____ Make corn casserole - set aside

½ hour before turkey comes out:

____ Change clothes. (an apron comes in handy now)

____ If you are making the mashed sweet potato dish, reheat and top with marshmallows.

____ If you've chosen fresh green beans with almonds instead of the green bean casserole - Steam Green Beans until crisp-tender- about 15 minutes. Watch carefully and do not overcook. Take out of steamer basket and put directly in pot. Melt about 1 table spoon butter and toss to coat well. Toss in almonds. Cover.

The Final Dash

____ Take Turkey out. Set aside for at least 15 minutes before attempting to cut.

____ Put Green bean and corn casseroles in oven

____ Start warming up all of the foods so they will be served hot.

____ Put sweet potatoes in oven to brown marshmallows.

____ Put rolls in the oven. (I like croissants because you don't have to do this!)

Time to start getting it on the table!

Recruit help

- ____ Remove stuffing from turkey. Put in serving dish.
- ____ Have someone carve turkey.
- ____ Have others put warm foods into serving bowls and bring to table.
- ____ Have others take cold items to the table.
- ____ Have someone fill glasses.

Sit Down, Say Thanks. Let's Eat!

You'll have to adjust this schedule according to what you're serving. You might want to copy and paste this checklist into word, make any changes you need according to what you are serving, and print it out. Then you can keep on track. Follow this recipe for a stress free holiday dinner.

Oh, speaking of Recipes – remember, [you can find all of my recipes here](#)

Hey, I want to know: Was this helpful?

I'd love to hear how things turned out. Got any stories you'd like to share? Send them in. Carole@commonsenseliving.com

Have a great holiday weekend.

Carole

SaneSuperWomanClub.com

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