

# Delicious and Healthy Fast Metabolism Diet Thanksgiving Recipes for 2016

Thanksgiving is a time when families come together to cherish each other's company and indulge in a delicious feast. However, for those following the Fast Metabolism Diet, the traditional Thanksgiving spread can be daunting. But fear not! This year, we've got you covered with a selection of mouthwatering and metabolism-boosting recipes that will make your Thanksgiving table the talk of the town.

## The Benefits of the Fast Metabolism Diet

Before we dive into the recipes, let's take a moment to understand why the Fast Metabolism Diet is worth considering. Designed by nutritionist Haylie Pomroy, this diet is all about revving up your metabolism and optimizing your body's fat-burning potential. By rotating specific food groups in different phases throughout the week, you can jumpstart your metabolism, improve digestion, and shed those unwanted extra pounds.

## Recipe 1: Herb-Roasted Turkey Breast

Let's start with the star of the Thanksgiving show – the turkey! This herb-roasted turkey breast is packed with flavor and requires minimal effort. Begin by marinating the turkey breast in a mixture of fresh herbs, garlic, olive oil, and lemon juice. Roast it to perfection, and voila – you have a tender and juicy turkey that will impress your guests and keep you on track with your diet.

## Fast Metabolism Diet Thanksgiving Recipes 2016

by Carla Hale (Kindle Edition)

★★★★☆ 4 out of 5

Language : English



File size : 3324 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 32 pages



## **Recipe 2: Quinoa-Stuffed Acorn Squash**

For a hearty and satisfying side dish, look no further than quinoa-stuffed acorn squash. This dish combines the natural sweetness of acorn squash with the earthy flavors of quinoa, mushrooms, and onions. The result is a delicious and nourishing option that will leave everyone at the table asking for seconds.

## **Recipe 3: Cranberry-Ginger Relish**

No Thanksgiving meal is complete without cranberry sauce. Instead of opting for the traditional sugar-laden version, try making this tangy cranberry-ginger relish. It combines the tartness of cranberries with the warmth of ginger, creating a zesty and refreshing accompaniment that pairs perfectly with turkey.

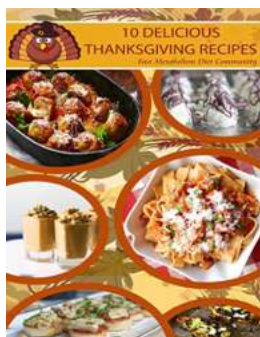
## **Recipe 4: Roasted Brussels Sprouts with Balsamic Glaze**

Brussels sprouts often get a bad rap, but when prepared correctly, they can be a showstopper. These roasted Brussels sprouts with balsamic glaze are crispy, caramelized, and bursting with flavor. The balsamic glaze adds a tangy sweetness that balances out the natural bitterness of the sprouts, making them a delightful addition to your Thanksgiving spread.

## **Recipe 5: Pumpkin Chia Seed Pudding**

No Thanksgiving feast is complete without a delicious dessert. This pumpkin chia seed pudding not only satisfies your sweet tooth but also provides a healthy dose of fiber and omega-3 fatty acids. With its creamy texture and warm spices, it's the perfect way to end your meal on a high note.

So there you have it – a delightful selection of Fast Metabolism Diet Thanksgiving recipes for 2016. With these dishes, you can enjoy the holiday without compromising your health and fitness goals. Whether you're a seasoned Fast Metabolism Dieter or just starting out, these recipes will make this Thanksgiving one to remember. Happy cooking and bon appétit!



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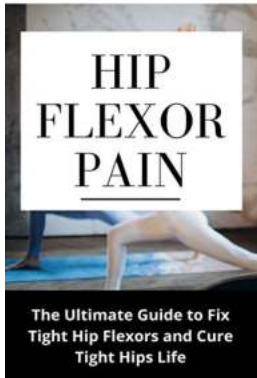
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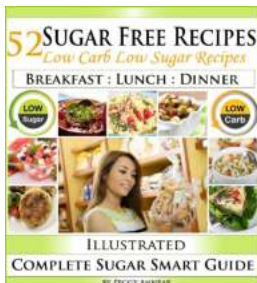


This 2016 Thanksgiving, the Fast Metabolism Diet Community aims to bring joy to our avid followers by providing enjoyable meal options because we believe that choosing to be healthy should not cramp your lifestyle, instead it should be an exciting and fun experience. So satisfy your cheese, meat, or chocolate cravings without being burdened with guilt. Thanksgiving, after-all, is a celebration of life, of family, of fun.



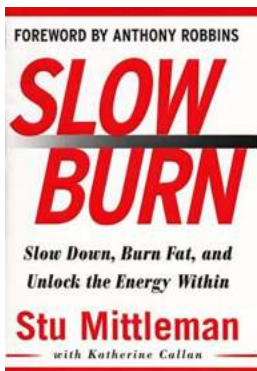
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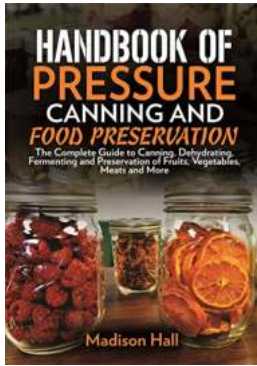
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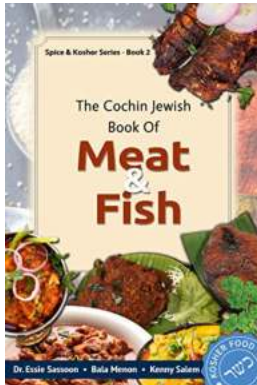
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