

*Holiday Meals & Dining Out*

# Enjoying the Season Without the Flare

YOUR ENDO-FRIENDLY GUIDE TO FOOD,  
GATHERINGS & FEELING GOOD.





# HOLIDAY MEALS & DINING OUT: ENJOYING THE SEASON WITHOUT THE FLARE

The holidays should feel joyful, not stressful. This guide is here to help you enjoy festive meals, from Thanksgiving to New Year's, while keeping your body supported.

It's not about restriction, but about finding balance, comfort, and confidence at the table.



## CUISINE-SPECIFIC SUGGESTIONS



### THANKSGIVING DINNER (AND SIMILAR HOLIDAY FEASTS)

**Go For:**

- Roasted turkey or chicken, lean, protein-rich, and easy on digestion
- Roasted veggies (carrots, sweet potatoes, Brussels sprouts, squash) with olive oil
- Mashed potatoes made with olive oil or plant-based milk
- Cranberry sauce made from fresh berries or low-sugar versions
- Pumpkin or fruit-based desserts

**Skip or Limit:**

- Heavy gravies and cream-based casseroles
- Processed stuffing or bread-heavy sides
- Too many refined sugars (they can spike inflammation)



### CHRISTMAS DINNER (HAM, SEVEN FISHES, OR FAMILY TRADITIONS)

**Go for:**

- Baked or grilled fish, especially omega-3 rich types like salmon or sardines
- Lean proteins like roasted chicken, shrimp, or turkey breast
- Olive oil-based sides: sautéed spinach, broccoli, or green beans
- Brown rice, quinoa, or roasted potatoes
- Fresh fruit or dark chocolate for dessert

**Skip or limit:**

- Glazed hams or meats high in added sugar
- Creamy sauces or buttery casseroles
- Fried or breaded seafood options



### ITALIAN & MEDITERRANEAN GATHERINGS

**Go for:**

- Tomato-based sauces over cream sauces
- Gluten-free or whole wheat pasta
- Grilled fish, chicken, or shrimp
- Simple salads with olive oil and balsamic vinegar
- Roasted veggies or lentil-based dishes

**Skip or limit:**

- Fried appetizers (arancini, calamari)
- Creamy pasta dishes (Alfredo, carbonara)
- Excess bread or cheese-heavy sides



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### AMERICAN COMFORT FOOD & CASUAL GATHERINGS

**Go For:**

- Grilled burgers, chicken, or salmon (skip the bun if you prefer)
- Sweet potatoes, quinoa, or roasted vegetables
- Simple side salads with healthy fats like avocado or nuts
- Sparkling water, kombucha, or herbal tea

**Skip or limit:**

- Fried sides (fries, onion rings, mac & cheese bites)
- Sugary drinks or cocktails
- Heavy gravies and creamy sauces



### ASIAN OR FUSION HOLIDAY DINNERS

**Go for:**

- Steamed veggies with tofu, shrimp, or chicken
- Broth-based soups like miso or pho
- Stir-fries with brown rice or cauliflower rice
- Sushi rolls with minimal rice (or sashimi!)

**Skip or limit:**

- Tempura, fried rolls, or sugary sauces
- Heavy noodle dishes that can cause bloating



### DESSERTS & SWEET TRADITIONS

**Go for:**

- Fruit-based desserts or dark chocolate
- Dairy-free ice cream or plant-based treats
- Simple cookies made with almond or oat flour
- Herbal teas or warm cider instead of sugary drinks

**Skip or limit:**

- Heavy creams, frostings, and rich dairy-based desserts
- Too much alcohol, it can worsen inflammation and disrupt sleep