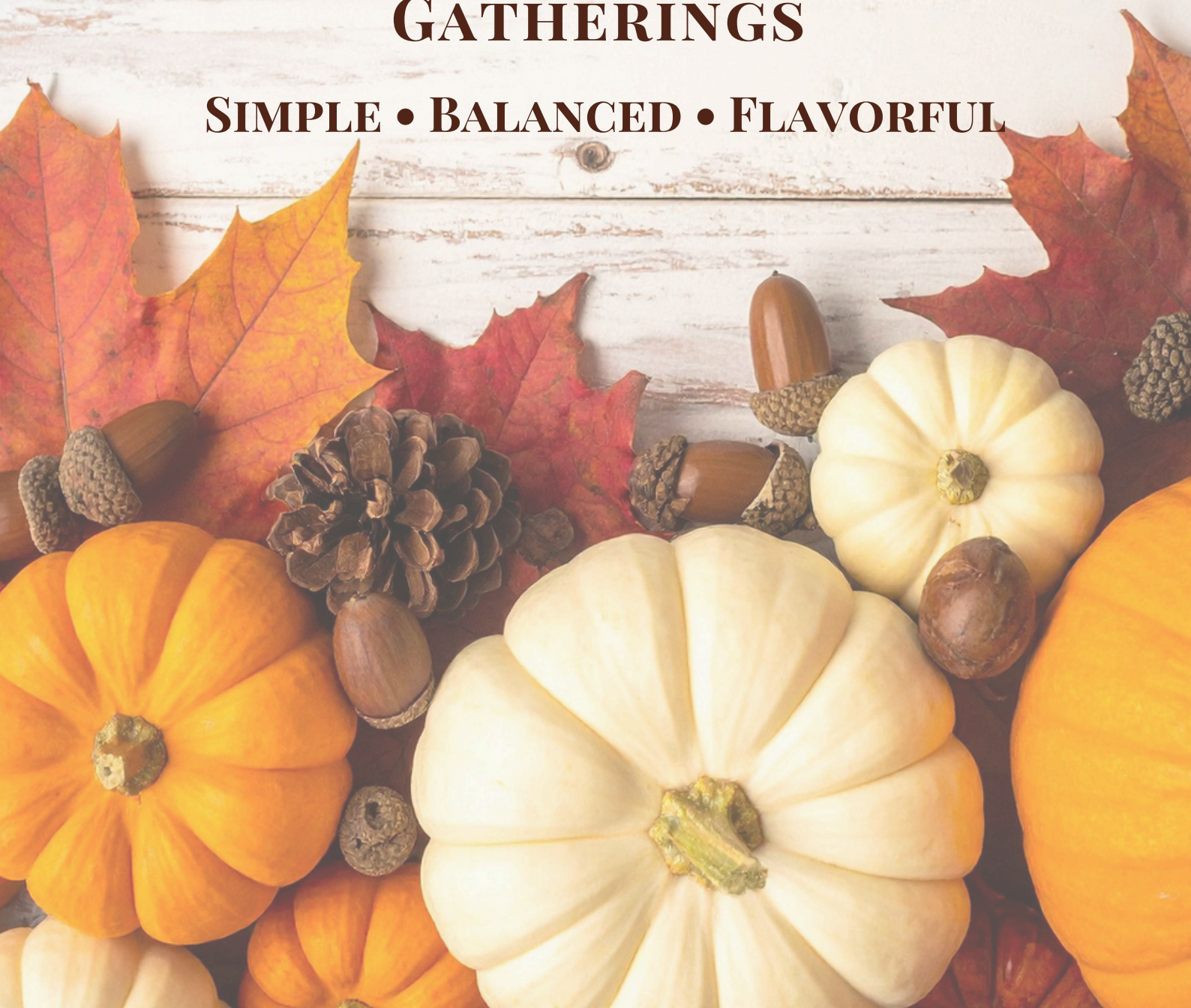


NUTRITION BY SIGAL

A JOYFUL THANKSGIVING

**15 PLANT-FOCUSED RECIPES
FOR NOURISHED
GATHERINGS**

SIMPLE • BALANCED • FLAVORFUL



A Joyful Thanksgiving

15 Plant-Focused Recipes for Nourished Gatherings

✦ Simple • Balanced • Flavorful ✦

By Sigal - Nutrition Coach for Calm, Confident Eating

Dear Friend,

The holidays can be a mix of joy and pressure – celebrations filled with love, but often tangled with old habits, food rules, and “shoulds.”

I created this guide to help you rewrite that story.

Each recipe in A Joyful Thanksgiving is designed to nourish both your body and your peace of mind. You’ll find comforting classics with a plant-forward twist, foods that steady your energy instead of spiking it, and dishes that remind you that eating well can still feel warm, joyful, and deeply satisfying.

This isn’t about swapping your family’s traditions or giving up the foods you love.

It’s about creating balance — the kind that lets you enjoy every bite and feel good afterward.

So light your candles, take a deep breath, and let your kitchen fill with the scent of gratitude.

You deserve to celebrate food that truly supports you – body and soul.

With warmth and joy,

Sigal





The Joyful Thanksgiving Grocery List

Simple, Plant-Focused Staples for a Calm, Nourished Holiday

By Sigal - Nutrition Coach for Calm, Confident Eating

Produce

- ☐ Butternut squash
- ☐ Sweet potatoes
- ☐ Carrots
- ☐ Green beans
- ☐ Brussels sprouts
- ☐ Acorn squash
- ☐ Spinach or kale
- ☐ Mushrooms
- ☐ Onions & garlic
- ☐ Apples
- ☐ Pomegranate seeds
- ☐ Fresh herbs: rosemary, thyme, parsley, sage
- ☐ Lemons

Pantry Staples

- ☐ Quinoa
- ☐ Lentils (green or brown)
- ☐ Wild rice
- ☐ Chickpeas (canned or cooked)
- ☐ Rolled oats
- ☐ Almond flour
- ☐ Whole-grain or sourdough bread
- ☐ Olive oil
- ☐ Maple syrup
- ☐ Coconut oil
- ☐ Tahini
- ☐ Balsamic vinegar
- ☐ Dijon mustard
- ☐ Nutritional yeast
- ☐ Cashews (for blending into cream sauces)
- ☐ Pecans, walnuts, almonds, pumpkin seeds

Refrigerated / Frozen

- ☐ Coconut milk or almond milk (unsweetened)
- ☐ Tofu or tempeh (for added protein)
- ☐ Coconut yogurt (for parfaits + desserts)
- ☐ Frozen berries (for crumble)
- ☐ Frozen veggies (great backups if prep time is short)

Sweet Touches + Baking Essentials

- ☐ Dark chocolate (70%+ cacao)
- ☐ Cinnamon, pumpkin spice, nutmeg
- ☐ Vanilla extract
- ☐ Maple syrup or coconut sugar
- ☐ Chia seeds
- ☐ Almond butter
- ☐ Sea salt

Optional Joyful Extras

- ☐ Herbal teas (peppermint, ginger, or chamomile)
- ☐ Candles or essential oils (for that cozy table vibe)
 - ☐ Linen napkins or reusable serveware
 - ☐ Gratitude journal card for each guest



A Calm Thanksgiving: Your Simple Prep Timeline

Because a peaceful holiday starts with a plan – not perfection. 🌿
Use this gentle roadmap to spread out your preparation, simplify your kitchen,
and stay calm throughout.

2–3 Days Before Thanksgiving

Goal: Prep smart, not fast. Get your foundation ready.

Grocery shop using your Joyful Thanksgiving list

🔪 Chop veggies that store well (carrots, Brussels sprouts, squash, onions)

🥜 Toast nuts + seeds for salads and toppings

🌶️ Cook lentils, quinoa, and wild rice (store in glass containers)

🍰 Prepare dessert bases:

- Pumpkin chia pudding
- No-bake energy balls

🥄 Make sauces and dressings ahead (tahini maple drizzle, balsamic-Dijon, cashew cream)

1 Day Before Thanksgiving

Goal: Assemble, season, and simplify.

🥖 Assemble lentil loaf mixture (keep unbaked in fridge)

🥕 Prepare mashed sweet potatoes + stuffing mix

🍚 Toss wild rice + pomegranate salad (dressing last-minute)

🍰 Pre-chill desserts (pumpkin chia parfaits, crumble base)

Morning Of Thanksgiving

Goal: Warm, roast, relax.

🔥 Preheat oven early — get one batch in, one resting.

🥬 Roast veggies (Brussels sprouts, carrots)

🥞 Bake lentil loaf or Wellington

🌶️ Reheat sweet potatoes gently on low heat

🥗 Dress salad right before serving

🍷 Assemble dessert toppings (nuts, yogurt, drizzle)

Just Before Guests Arrive

Goal: Shift from cooking mode » connection mode.

🕯️ Light candles

🎵 Play gentle background music

💧 Pour yourself a drink (sparkling water, tea, or wine — your choice)

🙏 Take one minute of gratitude for yourself

You've done the work. Now let go and enjoy the joy you've created — both on the table and in yourself.

A Joyful Thanksgiving

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MAINS

Lentil + Walnut "Meatloaf" with Maple Glaze



Ingredients:

- ☐ 1 cup cooked green or brown lentils
- ☐ ½ cup chopped walnuts
- ☐ 1 cup oats
- ☐ 1 small onion, finely diced
- ☐ 2 tbsp tomato paste
- ☐ 1 tbsp soy sauce or tamari
- ☐ 1 tbsp olive oil
- ☐ 1 tsp smoked paprika
- ☐ Salt + pepper to taste
- ☐ 2 tbsp maple syrup + 2 tbsp tomato paste (for glaze)

Instructions:

- 1) Preheat oven to 375°F (190°C).
- 2) Pulse all ingredients (except glaze) in a food processor until combined but textured.
- 3) Press into the loaf pan, top with glaze.
- 4) Bake 35–40 minutes until edges are crisp.

This loaf tastes like comfort - proof that 'healthy' can still feel like home.

MAINS

Stuffed Acorn Squash with Quinoa, Cranberries & Pecans



Ingredients:

- ☐ 3 acorn squash, halved + seeds removed
- ☐ 2 cups cooked quinoa
- ☐ ¼ cup dried cranberries
- ☐ ¼ cup chopped pecans
- ☐ ½ diced onion
- ☐ 2 garlic cloves
- ☐ 2 tbsp olive oil
- ☐ 1 tsp thyme
- ☐ Salt + pepper

Instructions:

- 1) Split squashes in half lengthwise, remove the seeds, brush with olive oil, and bake at 400°F (200°C) for 25 minutes.
- 2) Mix quinoa, cranberries, pecans, garlic, and seasonings.
- 3) Fill squash halves and bake for 10 more minutes.

Option: garnish with parsley

Balance the sweet and savory — just like the holidays themselves

MAINS

Creamy Mushroom & Spinach Wellington



Ingredients:

- ☐ 2 cups mushrooms, chopped
- ☐ 2 cups spinach
- ☐ 1 onion, diced
- ☐ 2 cloves garlic, minced
- ☐ ½ cup cashew cream or coconut milk
- ☐ 1 sheet puff pastry (plant-based)
- ☐ Salt + pepper

Instructions:

- 1) Sauté onion + garlic in olive oil, add mushrooms + spinach.
- 2) Stir in cashew cream; cool mixture.
- 3) Wrap in puff pastry, bake 25–30 mins at 400°F.

Decadent doesn't have to mean heavy – this dish proves it.

MAINS

Butternut Squash Risotto

RECIPE INSPIRED BY MOLLYSHOMEGUIDE.COM



Ingredients:

For the roasted squash:

- ☐ 1 medium butternut squash (peeled and cut into 1-inch cubes)
- ☐ 1 tbsp olive oil
- ☐ Salt and black pepper

For the risotto:

- ☐ 1 tbsp olive oil.
- ☐ 2 tbsp plant-based butter.
- ☐ 1 lemon (zest and juice).
- ☐ 1/2 cup white wine.
- ☐ 4 minced garlic cloves.
- ☐ 4 tbsp nutritional yeast.
- ☐ Salt and black pepper
- ☐ 1 finely diced onion.
- ☐ 1 1/2 cups risotto rice (or any short rice)
- ☐ 8 fresh chopped sage leaves.
- ☐ 4 to 5 cups vegan broth.
- ☐ 1/2 cup plant-based milk

Instructions:

Preheat your oven to 200°C (390°F).

- 1) Spread the butternut squash cubes in an oven dish, drizzle with olive oil, and season to taste. Roast for 25 minutes until tender.
- 2) Heat the broth in a saucepan over low heat. In a separate pan, heat olive oil, and sauté diced onion for 3-4 minutes.
- 3) Add minced garlic and chopped sage, season to taste, and cook until soft and fragrant.
- 4) Stir in the rice and cook for about a minute, until it becomes slightly translucent. Add white wine and lemon juice, let it absorb.
- 5) Gradually add simmering broth to the rice, stirring regularly.
- 6) Cook for about 15 minutes, then stir in nutritional yeast, lemon zest, and plant-based milk. Cook for an additional 5 minutes, adding stock as needed.
- 7) Mix in both mashed and cubed squash, adjusting consistency with hot water or broth as needed.

- For added richness, stir in plant-based butter and cover the pan for a few minutes before serving. Garnish the risotto with extra-virgin olive oil, vegan parmesan, roasted squash seeds, or crispy sage leaves if desired.

Decadent doesn't have to mean heavy - this dish proves it.

MAINS

CHICKPEA & VEGGIE SHEPHERD'S PIE

A FLAVORFUL TWIST ON TRADITIONAL SHEPHERD'S PIE



Ingredients:

I used a 9 x 13 casserole dish ([link here](#))

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion, finely chopped
- ☐ 2 cloves minced garlic
- ☐ 1 stalk chopped celery
- ☐ 1 medium diced carrot
- ☐ 1 teaspoon dried parsley flakes
- ☐ A few basil leaves
- ☐ 1/2 teaspoon oregano
- ☐ 1/2 teaspoon dried thyme leaves
- ☐ 1/2 teaspoon cumin powder
- ☐ 1 tablespoon tomato paste
- ☐ 2 cans of cooked chickpeas.
- ☐ 1 1/2 cups vegetable broth
- ☐ 1 tablespoon organic cornstarch/ tapioca flour
- ☐ 2 tablespoons coconut liquid aminos/ soy sauce
- ☐ 1/4 teaspoon salt or more to taste
- ☐ 2-3 cups of Mashed potatoes

Instructions:

Preheat your oven to 390°F (200 °C).

- 1) In a large skillet, heat olive oil over medium heat. Add the onion and cook, stirring, until it is soft, about 3 minutes. Add garlic, celery, and carrots and cook, stirring, until softened, another 3-5 minutes.
- 2) Stir in parsley, basil, oregano, thyme, and cumin, and cook for 1 minute. Add the tomato paste and chickpeas, stirring to coat.
- 3) Mix cornstarch with vegetable broth and liquid aminos and add to chickpeas; bring to a boil. Reduce the heat to a simmer for about 5 more minutes, or until the cornstarch has thickened and the vegetables are tender.
- 4) Spread chickpea stew at the bottom of the casserole dish, spread mashed potatoes on top, bake for 20 minutes, and broil for 5 minutes for the top to be golden brown.

Hearty, grounding, and deeply satisfying — this is comfort that lasts.

SIDES

ROASTED CARROTS WITH MAPLE TAHINI DRIZZLE



Ingredients:

- ☐ 18 Baby Carrots (try to find multi-color carrots, if you can), peeled.
- ☐ 3 tbsp olive oil
- ☐ 3 tbsp maple syrup
- ☐ 5 tbsp tahini
- ☐ 3 tbsp lemon juice
- ☐ 1 tsp. Kosher Salt
- ☐ Fresh Ground Black Pepper
- ☐ 2 tsp. Chopped Fresh Mint
- ☐ 2 tsp. Chopped Fresh Parsley
- ☐ 1 tbsp. Chopped Dry Roasted Pistachios
- ☐ Flaky Finishing Salt

Instructions:

Preheat the oven to 400°F (200°C). Lightly oil a sheet pan with olive oil and set aside

- 1) Roast carrots for 25 mins at 400°F.
- 2) Mix tahini, lemon juice, maple, and spices. Drizzle on top. Finish with parsley, mint, and pistachios before serving.

Sweet, savory, and simple — this side always disappears first.

SIDES

Garlic Green Beans with Toasted Almonds



Ingredients:

- ☐ 1 lb fresh green beans
- ☐ 2 garlic cloves, minced
- ☐ 1 tbsp olive oil
- ☐ $\frac{1}{3}$ cup raw sliced almonds
- ☐ 1 tablespoon lemon juice
- ☐ $\frac{1}{4}$ teaspoon salt
- ☐ $\frac{1}{4}$ cup water

Instructions:

- 1) Toast the almonds over medium/low heat for about 8-10 minutes or until the almonds are a light golden/brown color.
- 2) Stir in the olive oil and garlic, and let it cook for a couple of minutes
- 3) Transfer the almond mixture to a bowl and stir in 1 tbsp lemon juice.
- 4) Add the beans, $\frac{1}{4}$ cup water, and salt to the same skillet, cover with the lid, and cook for about 5-8 minutes or until almost tender. Don't forget to stir occasionally, so the beans don't get burnt.
- 5) Remove the lid and continue cooking for a few more minutes, or until the water has evaporated.
- 6) Add the almond mixture back to the pan and toss.

Quick wins like this remind you — nourishing food can be easy.

SIDES

Mashed Sweet Potatoes with Coconut Milk



Ingredients:

- ☐ 4 medium sweet potatoes, peeled and cubed.
- ☐ $\frac{1}{4}$ cup coconut milk
- ☐ 4 tbsp olive oil or vegan butter
- ☐ $\frac{1}{2}$ teaspoon salt
- ☐ pinch of black pepper
- ☐ fresh thyme (optional)

Instructions:

1) Place sweet potatoes in a large pot, cover with water, and boil over medium-high heat for 8–10 minutes until tender. Drain and return to the pot.

2) Add the vegan butter and coconut cream, then mash the sweet potatoes until they become light and fluffy. Gently stir in the salt and pepper.

If desired, serve with extra melted butter and fresh thyme on top. Enjoy!

Sweetness from nature — your body knows what to do with that.

SIDES

Wild Rice + Pecans, Pomegranate, Feta Salad



Ingredients:

- ☐ 2 cups cooked wild rice
- ☐ ½ cup pomegranate seeds
- ☐ ~3 handfuls baby rocket/arugula, roughly chopped
- ☐ ¾ cup roughly chopped toasted pecans
- ☐ 1 cup green onions

Dressing:

- ☐ 2 tbsp olive oil
- ☐ 1 tbsp lemon juice

Topping:

- ☐ ¼ cup vegan feta (I like Follow Your Heart Dairy-Free Feta Crumbles)

Instructions:

- 1) Place all ingredients (except feta, pomegranate, and dressing) in a bowl.
- 2) Add the feta and pomegranate. Pour the dressing over the Salad, then toss gently.

How to cook Wild Rice:

Just cook it like pasta, then drain and leave to steam and cool. If you prefer your rice to be firm, then 35 minutes will do the trick. I like mine tender but not overly soft, so 40–45 minutes is my preferred cooking time.

A burst of color = a burst of nutrients. Eat the rainbow, even in November.

SIDES

Roasted Brussels Sprouts with Balsamic + Dijon



Ingredients:

- ☐ 1 lb Brussels sprouts, halved
- ☐ 2 tbsp olive oil
- ☐ 4 tbsp balsamic vinegar
- ☐ 1 tsp Dijon mustard
- ☐ 2 garlic cloves
- ☐ 2 tbsp honey (or maple for vegan)
- ☐ 1/2 tsp Black pepper, freshly ground

Instructions:

Preheat your oven to 400°F (200°C).

1) Slice the Brussels sprouts in half and lay them all out, cut side down. Add them to a large baking sheet.

2) Toss the sprouts with olive oil and season with sea salt and pepper.

3) Roast for 20–25 mins at 400°F.

2) Make the sauce: Set a small saucepan over medium heat and add olive oil, honey, balsamic vinegar, Dijon mustard, and grated garlic. Use a whisk to mix well together. Simmer the mixture on medium-low heat for 5 minutes. Be careful, it may rise quickly when stirred.

Take off from the heat and set aside until ready to use. It will thicken as it cools.

Remove the Brussels sprouts from the oven and toss them with the balsamic vinegar sauce.

Simple, bold flavor — proof that plants don't need dressing up.



DESSERTS

Pumpkin Chia Pudding Parfaits



(4 servings) Ingredients:

- ☐ ½ cup pumpkin purée
- ☐ 2 cups almond milk (or soy milk for more protein)
- ☐ 1/2 cup chia seeds
- ☐ Non-Dairy whipped Cream
- ☐ 2 tbsp maple syrup
- ☐ 1 tsp pumpkin spice
- ☐ 1 tsp vanilla extract
- ☐ ½ tsp cinnamon + cinnamon sticks for decoration

Instructions:

- 1) Mix well the chia seeds with the pumpkin purée and the almond/soy milk
- 2) Add the maple, pumpkin spice, and vanilla and mix again. -
- 3) Transfer into four individual serving jars.
- 3) Chill in the fridge for at least 4 hours (mix again after an hour)
- 4) Layer with whipped cream on top and cinnamon. (Add cinnamon stick for decor (optional)

This tastes like dessert but feels like self-care.

DESSERTS

Dark Chocolate Almond Clusters



Ingredients:

- ☐ 1 cup dark chocolate chips
- ☐ 1 cup almonds
- ☐ Pinch sea salt

Instructions:

1. Melt the chocolate and incorporate the almonds.
2. Sprinkle with sea salt.
3. Form clusters on parchment paper and refrigerate to set.

Chocolate can absolutely be part of a healthy life — it's all in the intention.

DESSERTS

Baked Apples with Oats + Walnuts



Ingredients:

- ☐ 2 lbs apples (peeled, cored, and sliced thinly)
- ☐ 2 tsp cinnamon
- ☐ 1/4 tsp nutmeg
- ☐ 1/4-1/2 cup monk fruit sugar. (or coconut sugar)
- ☐ 2 tsp vanilla extract
- ☐ 1 lemon, juiced
- ☐ 3 Tbsp tapioca or arrowroot powder

Crisp Topping

- ☐ 1/4 cup Monk Fruit / Coconut sugar
- ☐ 1 cup rolled oats
- ☐ 1/2 cup oat flour
- ☐ 1/2 cup chopped pecans
- ☐ 1/2 cup almond flour
- ☐ 1 1/2 tsp ground cinnamon
- ☐ 1/4 tsp sea salt
- ☐ 1/4 cup maple syrup
- ☐ 1/4 cup melted coconut oil (or melted vegan butter)

Instructions:

Preheat oven to 350°F and grease a skillet, pie pan, or 9×9 pan.

- 1) In a bowl, combine apples with cinnamon, nutmeg, coconut sugar, vanilla, lemon juice, and tapioca starch.
- 2) Mix well and pack the mixture into the greased pan.
- 3) Using the same bowl, mix the topping ingredients, sprinkle them over the apples, and press down gently.
- 4) Bake for 50-60 minutes, until the apples are tender and the topping is golden. Allow it to cool for at least 1 hour before serving. Store leftovers in the fridge for up to 3-4 days and reheat as needed.

This is comfort that nourishes, not numbs

DESSERTS

No-Bake Pumpkin Energy Balls



Ingredients:

- ☐ 1 cup oats
- ☐ ½ cup raw unsalted almond butter
- ☐ ¼ cup pumpkin purée
- ☐ 2 tbsp maple syrup
- ☐ ½ tsp pumpkin spice

Instructions:

Mix all, roll into balls, chill 30 mins. Enjoy!

Keep these handy for calm energy — your 3PM savior

DESSERTS

Yogurt Berry Crumble



Ingredients:

- ☐ 4 cups mixed berries
- ☐ 1 cup almond flour
- ☐ ½ cup walnuts
- ☐ 4 tbsp coconut oil
- ☐ 2 tbsp maple syrup
- ☐ Plant-based Greek Yogurt for topping (Im using Kite Hill)

Instructions:

Preheat your oven to 375°F (190°C).

- 1) Mix the berries and walnuts in an oven-safe dish.
- 2) Combine flour, oil, and maple syrup; then crumble the mixture on top.
- 3) Bake for 20 minutes at the specified temperature.
- 4) Top with Greek yogurt before serving

Sweetness from real food — your body knows how to celebrate that.

A Joyful Thanksgiving

15 Plant-Focused Recipes for Nourished Gatherings

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By Sigal - Nutrition Coach for Calm, Confident Eating

Thank You for Joining Me at the Table

You made space for something beautiful this season —

to slow down, cook with intention, and bring more calm nourishment to your holidays.

Every recipe, tip, and mindful choice in this guide was designed to remind you:

✨ You don't need perfection — you need presence.

✨ You don't need restriction — you need rhythm.

✨ And you don't need to start over — you just need to start gently.

Whether you make one dish or all fifteen, you've already chosen a different kind of health: one that celebrates connection, gratitude, and peace of mind.

So pour a warm drink, light a candle, and take in the joy you've created — for yourself and those you love.

From my kitchen to yours,

Happy Thanksgiving

Sigal

Certified Nutrition Coach & Founder of The Joyful
Plate Method™



✻ Stay Connected

If you loved this guide and want more calm, practical wellness support:

✨ Join my community newsletter — for monthly recipes, mindset shifts, and seasonal balance tips at my new [website](#)

✨ Follow along on Instagram [nutrition_by_sigal](#) — where I share simple nutrition swaps, food freedom stories, and peaceful living inspiration.

✨ Explore 1:1 Nutrition Coaching — if you're ready to rebuild your relationship with food in a way that feels freeing, not forced.

Because nourishment isn't just what's on your plate — it's how you care for yourself every day. ✻

