

A GIFT

just for you

Holidays Made Whole

A complete resource to find balance and enjoy the holidays. Mindset. Shopping Guide. Made Whole recipe guide, blog recipes and five **EXCLUSIVE** brand new recipes!

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Healthy Holiday Guide

A Delicious Real Food Guide To The Holiday Season

Mindset Matters

Real Food Holiday Pantry

Foodie Gifts

Recipes

- From Made Whole (list, page number, ingredients)
- From The Blog (live links)
- Exclusive Recipes (full, keto-paleo recipes)

Mindset Matters

Real talk, don't go into the holidays thinking it's a free pass. We have the culture of overconsumption when it comes to special occasions. Like thinking that being pregnant is the perfect time to binge eat junk food, when it's the opposite. Think of the Holiday's as any other time of the year, you're not a bear preparing to hibernate for winter. Remember that our brains are wired to eat tons of sugar because back in the paleolithic days ripe/sweet fruit was scarce and calorie dense so we would gorge on it to store that energy for later. But newsflash, you're not starving, there is no shortage of food and you don't need to put on weight to keep you warm for winter.

Keep calm and carry on as usual. Think of ways to turn your everyday, healthy food choices into festive options. Real food can be just as fun! No need to turn to sugar, food coloring and chemical laden treats. There are a lot of ways to embrace the season without sugar and gluten (especially if you react to it).

For example, eat seasonally! Yes, even if that includes a little extra pumpkin or even **gasp** an apple! I'm looking at you my hardcore keto fam.... 'Tis the time of the year to truly focus on REAL FOOD and relax just a little with the macros. We can't pick apart every single food choice, we can't be perfect all the time, we're not going full on grinch here. I mean, baking is fun, cookies are delicious and there are just so many parties. Find paleo or keto swaps for your holiday favorites. Find ways to indulge in the season while not wrecking your emotional health, blood sugar regulation or gut health.

So how do you navigate the festivities without being militant or running straight off a cliff into a vat of sugar and bad habits....

Actionable Tips

- Self-assessment. Where are you on your journey? Be honest with yourself. Are you highly addicted to sugar and prone to binge eating? Will abstaining be better than moderation?
- Don't under eat, starve yourself or do weird food reward math where you fast all day just to eat cake or you only eat salad for the days leading up to Thanksgiving. Remember you're not a bank and calories don't work that way.
- Stick to real foods! Lots of great options to enjoy, like all the recipes linked, tagged and listed here. Fill up on succulent proteins and veggies. Enjoy colorful seasonal foods. Enjoy yourself!
- If you have a sweet tooth, and know that you will be partaking, bake your own desserts and show up ready to share. That's me. The control freak. I just cook for everyone so I know I can eat and if they want to bring other kinds of food to the party, that's on them. But my contributions will be delicious and healthy and I will partake without repercussions of inflammation or digestive distress.
- So what if it happens.... You do eat a cookie or cake or ingest the gluten... guess what... You deal with it. The world didn't end. Stop at one cookie, one piece of cake. One decision does not need to snowball into a binge. A good way to help blood sugar come back down after eating refined sugar is going for a brisk 10-minute walk. If you ingest a trigger food take activated [charcoal pills](#) and/or [digestive enzymes](#).
- Stick to normal portions. As you know, I like food. I know all of us (women included) need substantial amounts of food to thrive, we're not birds. So, by all means, EAT. But like no more than you usually would. Chronically overeating will mess up your hunger signals and you'll just feel yuck. So stick to your routine as much as possible.
- If you're active, stay active. It can be hard to go on walks or hikes if you live somewhere cold, but try at home workouts, or walking on a treadmill. Keep moving your body. Don't let the holiday season unravel a healthy routine you worked so hard to build.
- Have fun! Enjoy your loved ones, enjoy the decoration and music, the gatherings an human connection. Hug a lot! Laugh a lot! Love a lot!

Okay, so what are these amazing, magical foods that will make the holiday's fun? Trick questions. Food doesn't make the holiday's fun. Connection, community and experiences do. But you need to eat, and it might as well be delicious! So here are my must have ingredients to festive fall cooking. I like to keep a pantry stocked so I can bake up healthy treats or throw together a delicious recipe without having to run out to the store every 5 minutes because we know how nuts the stores get!

Shopping List:

Thrive Market has been awesome enough to create a special page with MY holiday picks just for YOU! You can check out my Holiday's Made Whole Pantry Shop [HERE](#).

Shopping Guide

While you can find these items at a Whole Foods, Trader Joe's etc too... I will say, the [Thrive brand Coconut Aminos](#) are the BEST I have ever tasted, and worth ordering from them, just for that. Actually all their brand name items, which have the best price are great quality. But also, you get a free trial, plus an [extra 25% off!](#) So that's pretty rad. Just click [here](#), and once you click through "[get started today](#)" my personalized holiday list will appear.

If you don't have Thrive where you live, you can take a look at the list, and jot down the essentials and find them in a store near you. Try not to stress, just find the best ingredients you can, no need to get super fancy. Spending loads of extra money around the holiday's just contributes to more stress. Less is more.

Shopping for the Foodies and Health Aficionados in Your Life

I'm a fan of gifting things that people will use daily! Really, they might not be the most exciting gifts but over time, they are surely the most appreciated. In time of over consumption, so many useless things being gifted, which will find their way to the back of the closet or the donation pile before the next year, I like to give people really useful gifts. So if you have someone who needs any of the following things, these are products I use regularly, I love and I trust!

Okay, shameless plug: **My Cookbook!** If someone you know needs a new cookbook or will benefit from a diet and lifestyle change, Made Whole is a one stop shop resource packed with lots of yum! [Get Made Whole Here.](#)

For the **skin care lover** your life, or anyone who really needs to get away from chemical and phytohormone laden products, Primally Pure products are beautiful, they smell amazing and best of all their work. My favorites are the cleansing oil, the Everything Spray and the deodorants. [Shop Primally Pure Here.](#)

Affordable non-toxic cookware, look no further than **Cast Iron!** Bonus, have cast iron care info in my cookbook. I use mine daily. They will last forever. Literally. This is a great duo to get anyone started using cast iron. Lodge is my brand, [shop HERE.](#)

MEATER a **digital bluetooth meat thermometer** that practically teaches you to cook meat. It works with your phone and guides you through the internal cooking temperature. It's super cool for any techy who likes to cook, or anyone scared to cook meat. [Get MEATER Here.](#)

For a Big gift! Perhaps your parents or your spouse! The Big Berkey is a family item that is not only attractive but an affordable long-term solution for top quality filtered water when you're not spending money each month replacing crappy filters. This **The Royal Berkey filter** is what I use and I love it! Save 5% with code CASTAWAY5 [Learn more and purchase HERE.](#)

Holiday Recipes From Made Whole

I have listed the page numbers for quick reference and listed the ingredients here so you can plan your shopping without having to open the book! *Blog recipes linked below and exclusive recipes in full at the end :)*

If you don't have a copy of Made Whole you can get on via [Amazon Prime HERE](#).
At your local book store or Costco.



Appetizers

Croquetas de Jamon, page 112

Perfect for grazing tables, appetizers and potlucks!

Ingredients:

- 1 pound boneless ham steak
- ½ cup full fat coconut milk
- 3 large eggs
- 1 teaspoons dried parsley
- 1 teaspoons onion powder
- Pinch of ground nutmeg
- 2/3 cup coconut flour
- Coconut oil

Zucchini Latkes, Page 120

A great low carb and nightshade free latke option, because sometimes potato isn't worth it.

Ingredients:

Healthy Holiday Guide

- 2 medium zucchinis
- 1 teaspoon fine salt
- 2 tablespoons grated onion
- 2 large eggs
- 2 tablespoons coconut flour
- Coconut oil

Crab Cakes! Page 156

In the book these are part of a salad, but crab cakes make an excellent appetizer or side dish and these are wonderful!

Ingredients:

- 8 ounces crab meat, jumbo lump or claw meat
- ¼ cup minced onions
- 2 tablespoons minced celery
- 2 tablespoons minced fresh parsley
- 1 tablespoon Dijon mustard
- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- 1 large egg
- 2 tablespoons flax meal
- Fat for frying

Fried Calamari, page 298

My favorite finger food! Perfect with color sauces!

Ingredients:

- Coconut oil for frying
- ½ cup coconut flour
- 1 teaspoon fine salt
- 1 teaspoon black pepper
- 3 large eggs
- 1 tablespoon red wine vinegar
- 1 cup unsweetened, fine shredded coconut
- 1-pound calamari tubes sliced into ½ inch rings

Cristina's Roast Chicken, page 202

A humble yet delicious roast. No need for fancy birds, a plump chicken or hen is perfect for a small family celebration and this recipe is anything but basic. Flavors definitely worth celebrating!

Made Whole Recipes Con't

Ingredients:

- 1 4-5 pound whole chicken
- 3 tablespoons coconut oil or ghee
- 2 teaspoons fine salt
- 2 teaspoons black pepper
- ¼ cup minced fresh cilantro
- 2 tablespoons minced garlic
- 2 teaspoons peeled and grated fresh ginger
- 2 tablespoons minced lemongrass
- Juice of 2 lemons
- 2 teaspoons sesame oil
- 1 tablespoon coconut aminos
- 1 tablespoons fish sauce

Savory Meat Pie, page 234

Yes, it's ground beef, but this pie is colorful and flavorful and absolutely delicious! Perfect for a celebration!

Ingredients:

- 1 pie crust, page 92*
- 1 tablespoon avocado oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 1-pound ground beef
- 1 teaspoons fine Himalayan salt
- 1 teaspoon ground black pepper
- ½ teaspoons ground cumin
- ½ cup Cheesy Yellow Sauce, page 68*
- 2 cups rainbow slaw

Cheesy Sauce:

- 1 ½ cups cauliflower
- ½ cup full fat coconut milk
- ½ cup nutritional yeast
- 1 tablespoons lard
- 1 ½ teaspoon vinegar
- 1 teaspoon fine salt
- 1 teaspoons garlic powder

Pie Crust:

Made Whole Recipes Con't

- 4 large eggs, cold
- ½ cup coconut oil
- ¼ teaspoons salt
- 1/3 cup + 1 tablespoons coconut flour

Party Meatballs, page 260

Tiny little meatballs that are festive and delicious! Basically ranch flavored, fried beef meatballs! Party on Darth!

Ingredients:

- 2 pounds ground beef
- 3 large egg whites, beaten
- 2 tablespoons red wine vinegar
- 1 tablespoons nutritional yeast
- 2 teaspoons dried dill weed
- 2 teaspoons dried parsley
- 2 teaspoons fine Himalayan salt
- 2 teaspoons garlic powder
- Oil for frying

Berry Bliss Slow Cooker Pork Chops, page 278

These are divine and you can use seasonal fruit instead of berries! Blood orange, persimmons or even apples!

Ingredients:

- 4 thick cut boneless pork chops
- 1 teaspoon fine salt
- ½ teaspoons black pepper
- 2 tablespoons avocado oil
- 2 cups raspberries (or other fruit)
- ½ cup bone broth
- ¼ cup chopped fresh parsley
- ¼ cup red wine vinegar
- 1 teaspoon minced ginger
- Pinch of ground nutmeg
- Dash of ground cinnamon

Sides, treats and more!

Keto Gravy, from Loco Moco, page 268

A simple gravy that's easy to make. Dairy and nut free!

Ingredients:

- 3 tablespoons ghee or lard
- 2 tablespoons coconut flour
- 1 cup bone broth
- 1 tablespoons coconut vinegar
- 3 sprigs rosemary
- ½ teaspoons salt
- ½ teaspoons black pepper

Creamy Cauliflower Mash, page 318

Who needs potatoes?

Ingredients:

- 1 medium head of cauliflower cut into 1 inch pieces
- 5 clove garlic,
- 2 sprigs fresh rosemary
- 2 tablespoons bacon fat
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ¼ cup coconut cream
- 2 large egg yolks

Crispy Bacon Green Beans, page 322

These are addictive, make extra!

Ingredients:

- 1 pound fresh green beans
- 5 cloves garlic
- ½ teaspoons salt
- 5 slices bacon

Spiced Broccoli with Cool Cilantro Sauce, 336

No one will object to these crispy veggies and delicious sauce on the table!

Ingredients:

Healthy Holiday Guide

- 18 ounces broccolini, trimmed
- 3 tablespoons butter or bacon grease
- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- ½ teaspoons fine salt

For the sauce:

- 2/3 cup coconut yogurt
- 2/3 cup mayo
- 1 cup fresh cilantro
- Juice of 2 lemons

Garlicky Golden Cauliflower, page 350

It's just so damn pretty!

Ingredients:

- 1 medium head of cauliflower, whole
- ½ cup garlic confit
- 1 tablespoon fish sauce
- 1 teaspoon dried rosemary
- 1 teaspoon fine salt
- 1 ½ cup bone broth
- 1 teaspoon turmeric powder
- ½ teaspoon ground black pepper

Coconut Citrus Tart, Page 366

A delicious and elegant dessert that holds up really well on the serving table! Bonus stores well in the fridge so you can make it ahead of time!

Ingredients:

- 2 tablespoons ghee or lard
- 2 tablespoons granulated sweetener
- 1 13.5 ounce can of full fat unsweetened coconut milk
- 1 teaspoon pure vanilla extract
- Grated zest of one lemon
- Pinch of salt
- 1 tablespoon gelatin
- 1 pie crust (same as Savory Meat Pie)
- 2 tablespoons unsweetened shredded coconut

Egg Free Vanilla Spice Cookies

Exclusive Recipes

Perfect Santa, especially if he's developed an egg allergy

- 1 ½ cups raw pumpkin seeds
- 2 tablespoons coconut flour
- 1 tablespoons flaxseed meal
- 1 tablespoons water
- 1/3 cup granulated sweetener (lakanto, swerve etc)
- 3 tablespoons coconut oil
- 2 teaspoons pure vanilla extract
- 2 tablespoons gelatin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger (holiday addition!)
- ½ teaspoon Himalayan salt
- ½ teaspoon ground cardamom
- 1/3 cup full fat coconut milk

Holiday Recipes from TheCastawayKitchen.com ... LINKS BELOW



Last year I put together quite the holiday menu. The most popular dish of the bunch was hands down my Crispy Creamy Green Bean Casserole (which is dairy and nut free).

Other favorites, Bacon Wrapped Turkey Roast, Low Carb Sweet Potato Casserole and my Pumpkin Tahini Swirl Muffins. You can find this post with all the links to recipes you need [HERE](#).

Other great holiday recipes are my Nut Free Keto Buns (also paleo), recipe [HERE](#).

Nut free keto snickerdoodle cookies, recipe [HERE](#). Paleo Apple Pie [HERE](#). Paleo Pumpkin Pie [HERE](#).

Exclusive Recipes



Dijon Pomegranate Salmon

This recipe is ridiculously easy to make yet elegant, delicious and beautiful! Add some green herbs for a red and green theme! Perfect for holiday brunch or party of any spread for versatility!

Serves 4

Prep: 20 minutes | Cook Time: 8 minutes

Ingredients:

- 1.5lb side (whole filet) of wild caught salmon
- 1 teaspoon fine salt
- 1 teaspoon onion powder
- 1 tablespoons Dijon mustard
- 2 tablespoons coconut aminos
- 2 tablespoons avocado oil
- ½ cup pomegranate arils

Lay your salmon on a parchment paper lined sheet pan and sprinkle with salt.

In a small bowl mix the onion powder, Dijon, coconut aminos and avocado oil.

Exclusive Recipes

Spread this mix all over the salmon and let it rest for 10-15 minutes at room temperature before cooking.

Set to cook on the top rack of your oven at 550F. Cook for 7-8 minutes or until thickest part of the salmon easily flakes.

Remove from the oven, transfer to your serving platter or tray, spoon the pomegranate arils over the salmon. You may also add fresh dill or parsley.

Butterflied Leg of Lamb and Spiced Pumpkin



Even if you don't love lamb, you'll love this easy recipe! So delicious and it pairs perfectly with the sweet and warm pumpkin!

Serves 4-6

Prep Time: 30 minutes | Cook Time 35 minutes

Ingredients

Exclusive Recipes

- 1.5 lb. butterfly leg of lamb
- 1 teaspoon fine salt
- 1 teaspoon ground black pepper
- ½ onion slices
- 1 lemon sliced
- 3 tablespoons avocado oil
- 2 pumpkins (I used 1 kabocha squash, 1 sugar pumpkin)
- 1 teaspoons garam masala
- 1 teaspoon cinnamon
- 1 teaspoon fine salt
- 2 teaspoons coconut aminos
- 3 tablespoons avocado oil

First marinate the lamb ahead of time, I recommend 4 hours to overnight.

Toss the lamb with onion, lemon, salt, pepper and oil in a large bowl and store in the fridge overnight.

When you're ready to begin cooking the pumpkin remove the lamb from the fridge so it comes to room temperature.

Pre-heat the oven to 400F.

In the meantime, halve your pumpkins carefully and use a spoon to scoop out the seeds. Then but the cut side down on the cutting board and slice them into thin arches, 1/8-1/4 inch thick.

Distribute the pumpkin over two sheet pans. Sprinkle the seasonings evenly over all of them, the coconut aminos and the oil. Toss well to coat all the pieces then lay them flat on the sheet pans again, making sure the pieces are not overlapping.

Place in the oven on the middle and bottom rack. Roast for 35 minutes.

When there is 15 minutes left on the timer, begin cooking your lamb.

Heat a large cast iron skillet over medium heat, when it comes to temperature add in 1 tablespoon of fat. Add the butterfly leg of lamb and sear 2 minutes. Then flip over. Add the lemon and onion to the skillet too. Sear another two minutes.

Open the oven, move on of the sheet pans to the top rack, and put your skillet with the lamb on the middle rack. (If your oven doesn't have 3 racks, let the pumpkin finish cooking before making the lamb).

Cook everything in the oven for 12-15 minutes, or until the lamb reads 145F internal temp.

Remove from the oven and let the lamb rest for 5 minutes before slicing.

Exclusive Recipes

Salsa Verde

This tangy salty salsa is perfect with the sweet pumpkin and lamb! A delicious sauce for all occasions and a great way to add color to a meal!

Makes 2 cups | Prep Time: 10 minutes

Ingredients:

- 1 bunch parsley (washed and dried)
- ½ large onion
- 3 cloves garlic
- 1 teaspoon anchovy paste or 1 tablespoon fresh anchovies
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons apple cider vinegar
- ¼ cup olive oil

Combine all of the ingredients together in your food processor and pulse to combine until it's all minced and mixed. Taste, add more salt if desired.

Store in the fridge in an airtight container for up to a week.

Exclusive Recipes



Silky Hot Chocolate

The perfect warm beverage for the winter months! This keto recipe skips the sugar and the crap and packs in lots of anti-oxidant goodness and chocolately flavor without dairy!

Serves 2

Prep Time: 10 minutes

Ingredients:

- 1 bar, 2.5 ounces 90% dark (I used Tazo Wicked Dark) chocolate or you can use Lily's Stevia Sweetened chocolate- **CHOPPED UP**
- 1 teaspoon vanilla extract
- Pinch of salt
- 16 ounces unsweetened almond milk (I use Elmhurst), you can also use Light Canned Coconut Milk
- 10-20 drops liquid stevia (optional)

In a small sauce pot over medium low heat, melt the chopped-up chocolate until it's mostly liquid. Add in the vanilla and pinch of salt. Stir well.

You may need to move the sauce pot on and off the heat to make sure the chocolate melts without burning.

Exclusive Recipes

Stir in the milk, 2 tablespoons in at a time for 1 cup, making sure the mix is smooth again before adding in more milk. Use a whisk to mix it. It's like making ganache!

Then keep adding in the second cup, little by little, now $\frac{1}{4}$ cup at a time, whisking the chocolate milk mix slowly until all of the milk is incorporated and the mix is silky.

Heat gently until warm. Pour into cups and enjoy!

Crustless Pumpkin Pie



This easy, blender batter pie is perfect for Thanksgiving and beyond, and if you REALLY want a crust, you can use the same filling in the pie crust listed above from Made Whole!

Prep Time: 5 minutes | Cook Time: 1 hour

Serves 8

Ingredients:

1 can unsweetened pumpkin puree (13.5 ounces)

1 can full fat, unsweetened coconut milk or coconut. Cream (13.5 ounces)

Exclusive Recipes

2 tablespoons ghee, lard or coconut oil

½ tablespoon lemon juice

2 teaspoons vanilla extract

2 teaspoons pumpkin pie spice

½ teaspoon salt

2 large eggs

¾ cup confectioner's swerve or granulated lakanto sweetener (coconut sugar or maple sugar for paleo)

Pre-heat oven to 325F.

Blend the coconut cream and pumpkin in the blender until almost smooth. This will help breakdown the coconut cream if it has solidified.

Add in the fat, lemon juice, vanilla, pumpkin pie spice, salt and eggs.

Blend until smooth.

Add in the sweetener and blend again until smooth.

Great a 9" pie pan and use a spatula to scrape all of the pie filling into the pan. Bake on the center rack for 1 hour or until the center is set, and a toothpick inserted in the center comes out clean or mostly clean.

Remove and let it cool for 2 hour at room temp on a wire rack, then serve right away or store in the fridge.

I like to serve it with a dollop of coconut yogurt and some flake salt!