

<b>MENU 1</b>	<b>Turkey Day!</b>
<b>Breakfast</b>	Maple Silver Dollar Pancakes, 1 tbsp whipped cream, 1/4 C strawberries
<b>Net Carbs</b>	5g
<b>PP</b>	5 points
<b>Lunch</b>	Crustless Spinach Quiche
<b>Net Carbs</b>	2g
<b>PP</b>	5 points
<b>Dinner</b>	Turkey Breast (4 oz), Mock Cornbread Stuffing, Bacon & Cheddar Mock Mashed Potatoes, Cranberry Relish (1/2 serving size), Wine (2 glasses)
<b>Net Carbs</b>	11g
<b>PP</b>	20 points
<b>Dessert</b>	Pumpkin Pecan Streusel Pie with Whipped Cream
<b>Net Carbs</b>	5g
<b>PP</b>	6 points
<b>Total Carbs</b>	<b>22g</b>
<b>Total Points</b>	<b>36 points</b>