



Holiday meal 1

- 2 glasses (2½ fl oz each) Scotch **400** calories
- ½ cup mixed nuts **440** calories
- 3 oz pastry hors d'oeuvres **380** calories
- 2 oz cheese **220** calories
- 2 oz pâté **240** calories
- 5 crackers **80** calories
- 6 oz turkey (light and dark meat with skin) **360** calories
- 4 Tbsp gravy **120** calories
- 1 cup sausage stuffing **400** calories
- 2 small candied yams **200** calories
- ½ cup buttered green beans **60** calories
- 6 fl oz wine **130** calories
- wedge pecan pie **680** calories

TOTAL 3,710 calories



Holiday meal 2

- 2 cups champagne punch (made with champagne and low-cal punch) **40** calories
- 7 grilled shiitake mushrooms **30** calories
- 2 Tbsp soy dipping sauce **10** calories
- 2½ oz scallops **80** calories
- 5 cherry tomatoes **10** calories
- 2 cups assorted vegetables **30** calories
- 3 Tbsp onion/chive dip (low-fat) **30** calories
- 4 oz white-meat turkey (or vegetarian substitute) **200** calories
- 6 oz baked yam **150** calories
- 1 cup green beans with herbs **40** calories
- ¾ cup ginger-fruit stuffing (low-fat) **80** calories
- 2 Tbsp cranberry relish **20** calories
- 3 fl oz wine **60** calories
- 1 cup pumpkin custard **150** calories

TOTAL 930 calories