

## Holiday Meal Planning



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## **You are welcome to give away this report.**

However, this report may **not** be altered in any way!

## ABOUT THE AUTHOR



Fran's experience in provisioning and meal planning started in 1980 when [Gulf Islands Cruising School Ltd.](#) began teaching new boaters on five day Learn-to-Cruise live aboard courses on board 26' sailboats.

Provisions and a menu were provided for up to four clients plus instructor for a five day period.

The galley on their vessels consisted of a two burner alcohol stove and an icebox. Space was limited making it necessary to plan meals which would use the minimum of cooking utensils and provisions.

Her experience in meal planning has been implemented at home and Fran finds savings in both time and money while providing nutritious meals for her family.

Fran's websites:

[Easy Family Boating Recipes](#)

[Boating – Two Burner Cooking](#)

[Gift Ideas For Boaters](#)

[Save Money By Meal Planning](#)

## **INTRODUCTION**

The purpose of this report is to provide recipes and ideas for Christmas meal planning.

Whether you are cooking on board a boat or at home, making a meal plan is one way to have a more relaxed holiday.

Many boats have stoves with ovens allowing owners to cook a complete turkey dinner on board. Boats with two burner galleys may, instead of using a whole turkey, plan a meal around ground turkey or turkey steaks.

I hope you enjoy this report and are able to use it to help make your holiday time easier.

#1 Bonus: A blank form for writing your meal plan including breakfast, lunch, dinner and snacks.

#2 Bonus: A blank shopping list with categories is included at the end of this report. Add the items from your meal plan to make your Christmas dinner and the list will be a great help when shopping.

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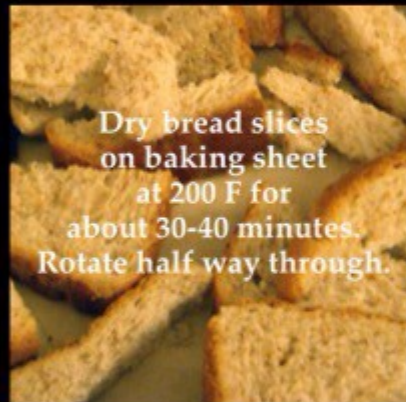
Meal Plan

Shopping List

If you can use more menu and meal planning tips, visit Fran's new site [Save Money By Meal Planning](#)

## How to Make Homemade Turkey Stuffing

- 1 loaf of bread
- 3 stalks celery
  - 1 onion
- 1 cup butter or margarine
- 1 tbsp poultry seasoning
- 1 cup wine or chicken broth
- 1 egg (optional)





**Note: My meat thermometer recommends 180F for internal temperature.**

### **Ground Turkey**

Here are suggestions for using ground turkey if you are not cooking a whole turkey. Turkey meatballs or meatloaf could be served with stuffing, mashed potatoes, vegetables and cranberries for an easy dinner.

1. **Turkey Burgers:** Instead of traditional ground beef, try lean ground turkey. Try some stronger seasonings for your patties to add more flavor as ground turkey tends to have a blander flavor than ground beef on its own.
  
2. **Turkey Chili:** Whipping up a batch of your favorite chili? Try using ground turkey instead of ground beef. Add chili to a sourdough loaf for a hearty and comforting meal.
  
3. **Turkey Meatballs:** While turkey can be leaner (make sure to check the label) than ground beef, it doesn't always have as much flavor. Add garlic and other strong seasonings to your meatball recipe for delicious turkey meatballs.

4. **Turkey Meatloaf:** Ground turkey, egg, oatmeal and a bit of milk can form your loaf. To add more flavor, add tomato paste, basil, oregano, salt and pepper. Serve with mashed potatoes.

5. **Turkey Stroganoff:** An old traditional favorite, usually made with ground beef meatballs, can also be made with ground turkey. Serve over egg noodles and enjoy.

6. **Turkey Tacos:** Taco seasoning goes great with ground turkey because it brings out so much flavor. Serve with soft or hard shells, lettuce, tomato, salsa and sour cream.



**How To Make Cranberry Sauce From Scratch**

**You Need:**

- 3 cups cranberries
- 1 cup water
- 1 cup sugar

**It's so easy and delicious!**

Bring water and sugar to a boil. Boil for a few minutes to dissolve the sugar.

Add cranberries.

Continue to boil, stirring occasionally, for about 4-5 min.

Serve warm or chilled.



## Muffins with Fresh Cranberries

This is a nice classic recipe for cranberry muffins.  
Makes 12 muffins.



### Ingredients Needed:

- ◆ ½ cup soft margarine
- ◆ ¾ cups sugar
- ◆ 2 eggs
- ◆ 1 teaspoon vanilla
- ◆ 1 cup milk
- ◆ 2 cups flour
- ◆ 1 teaspoon baking soda
- ◆ ¼ teaspoon salt
- ◆ 1 cup fresh cranberries (or frozen)

Also, keep on hand large and medium mixing bowls, mixer, whisk and large spoon to add mixture to your muffin tin

### Step 1: Preheat Oven

Preheat oven to 400 F.

### Step 2: Mix Your Wet Ingredients

Add the margarine and sugar to a large mixing bowl.

Cream together with mixer.

Now add the eggs and vanilla and continue to mix together.

Then add the milk

Stir until well combined.

### Step 3: Mix Your Dry Ingredients

Add flour, baking soda and salt to a medium mixing bowl and whisk until well combined

### Step 4: Combine Your Wet and Dry Ingredients

Add your dry ingredients to the large mixing bowl and stir until just combined

### Step 5: Prepare Your Cranberries

Slice the cranberries in half.

Whisk them gently into your batter.

### Step 6: Get Ready to Bake

Pour the batter evenly into 12 muffin cups.

Bake in 400F oven for about 25 minutes. You can tell if the muffin is done by pressing gently on the top and seeing if it springs back. Allow to cool on cooling rack. Serve with Candy Cane Hot Chocolate, if desired.



## How to Make Candy Cane Hot Chocolate

- 3 crushed candy canes
- $\frac{3}{4}$  cup whipping cream (or 1  $\frac{1}{2}$  cup prepared whipped cream)
- 4 cups milk
- 2  $\frac{1}{2}$  squares semi-sweet chocolate
- Sugar, to taste
- 4 whole candy canes for garnish

## What to do with leftover turkey



### What Can You Do with Christmas Leftovers?

With the size of the average Christmas meal, leftovers are to be expected. Don't let them go to waste. Here are some ideas for what to do with them.

♦ **Make soup.** Leftover ham, turkey, pork and beef can all be used to make delicious soups. Look up some recipes, or just cut them up and put them in the slow cooker with some leftover veggies and broth. The possibilities are endless.



♦ **Use them on sandwiches.** Among the easiest post-Christmas meals is the ham or turkey sandwich. Just cut off a slice, put it on some bread, add a piece of cheese and you have an effortless lunch. You don't mind expending a little energy, ham salad and turkey salad are easy ways to change it up.

♦ **Reinvent leftover potatoes.** Plain baked, mashed or boiled potatoes can easily be transformed into a whole new dish. Add baked or boiled potatoes to soups or use them to make potato salad. Use mashed potatoes to make potato pancakes or add them to casseroles.

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♦ **Vegetables go far.** Incorporate leftover vegetables into new meals. From salads to omelets and all the way to shepherd's pie, there are plenty of things to do with your leftover vegetable side dishes.

♦ **Wrap it up.** Tortillas and leftovers go wonderfully together. Just chop up any leftover meat, add lettuce, tomato, cheese and mayonnaise or dressing, and you have a refreshing light lunch. You can also try making burritos or quesadillas out of leftovers.



♦ **Freeze them.** To prevent food poisoning, leftovers should be refrigerated promptly and used within 3 to 4 days. If you won't use your leftovers in that amount of time, freeze them for later use. Place them in freezer containers or plastic bags, label them with the contents and date, and freeze them as soon as possible. If you have specific plans for them, you can go ahead and chop them up or separate them into portions to save time later on.

With the right planning, your Christmas meal could actually help feed your family for several days after the big day...and you don't even have to eat the same thing every day to do it.

More suggestions for [Ways To Use Leftover Turkey](#)

## Tips for Less Stress During Christmas Week

The holidays are supposed to be a joyous time for families. But between the last minute shopping, the gift wrapping, the planning and the cooking, the week of Christmas can get insanely stressful.

Here are some tips to help you keep stress to a minimum so you can enjoy Christmas to the fullest.

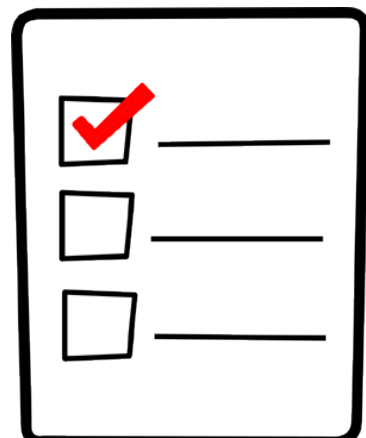
♦ Keep meals as simple as possible. Using a meal plan and preparing ingredients ahead of time can help you keep meals healthy with less stress. But if things are getting too hectic to cook, remember that tossing a frozen pizza in the oven one night won't cause irreparable harm.



♦ Keep plenty of healthy snacks on hand. This will help eliminate worries about your family getting the nutrition they need each day. Popular grab-and-go options include seedless grapes, baby carrots, trail mix and wheat crackers. Vegetables with dip or a meat/cheese platter are handy snacks – **see ideas below**.

♦ Enlist some help from the kids. Ask teens to take over cooking duties from time to time, and give younger kids step by step instructions for making one dish while you work on another. Even preschoolers can be surprisingly helpful – ask them to fetch ingredients and help with the measuring.

♦ Keep your to-do list doable. It's far too easy to overschedule around Christmastime. Planning ahead is key. Sit down and make a list of everything that needs to be done by the 25<sup>th</sup> a couple of weeks ahead of time, then spread it out. That way you won't be rushing around at the last minute.



♦ Make time for yourself. Schedule some time for exercise each day, and make sure you have at least a half hour or so to just relax in the evening. By making sure your own needs are met, you'll be better able to attend to everyone else's.

♦ Be prepared for the unexpected. Not everything will go as planned, so it's important to be flexible. Simple measures such as tidying up the guest room and keeping extra food on hand for unexpected guests can save you some worries.

And most of all, remember you don't have to be a superhero. The best memories you'll create at Christmas are the times you spend together...so do lots of that and let the other worries slide off your back.

## Veggies and Dip: Vegetable Platter Ideas



Veggie plates make the perfect healthy snack or accompaniment to any meal.

The great thing is you can provide plenty of variety, so everyone in your family can have some of their favorites.

You can even have a little fun and add things like cheeses, pickles, fruit and more..

**Veggie Ideas** (Note: some of these are technically fruit, but are commonly accepted as veggies)

- ◆ Carrots
- ◆ Cucumber
- ◆ Celery
- ◆ Cauliflower
- ◆ Broccoli
- ◆ Zucchini
- ◆ Cherry Tomatoes
- ◆ Tomato Wedges
- ◆ Cherry or Grape Tomatoes

- ◆ Snow Peas
- ◆ Snap Peas
- ◆ Green Beans
- ◆ Turnip
- ◆ Kohlrabi
- ◆ Asparagus
- ◆ Colored Peppers
- ◆ Radish
- ◆ Baby Corn
- ◆ Mushrooms
- ◆ Artichoke Hearts



### **Fruits & Berries**

- ◆ Strawberries
- ◆ Blueberries
- ◆ Raspberries
- ◆ Blackberries
- ◆ Oranges
- ◆ Tangerines
- ◆ Mandarins
- ◆ Apples (but don't slice them too early or they'll turn brown)
- ◆ Pears (same caution as apples)
- ◆ Peaches
- ◆ Nectarines
- ◆ Plums
- ◆ Apricots
- ◆ Watermelon
- ◆ Cantaloupe
- ◆ Honeydew
- ◆ Grapes
- ◆ Papaya
- ◆ Pineapple
- ◆ Guava
- ◆ Mango
- ◆ Dragon Fruit
- ◆ Star Fruit





## Creamy Parmesan Dip



This is an easy dip to make and can be used for chips, veggies, wings and more.

Always try to make it a few hours ahead of time, so the flavors and cheese have time to blend. Waiting will be so well worth it.

### Ingredients:

- ◆ 3/4 cup mayonnaise
- ◆ 3/4 cup sour cream
- ◆ 1/2 cup freshly grated parmesan cheese
- ◆ 2 tablespoons Dijon mustard

Makes about 2 cups of dip.

### Preparation

Mix the above ingredients in a bowl or container with a lid. Cover and place in the refrigerator for 2-3 hours or overnight.



## Meat & Cheese Plate Ideas



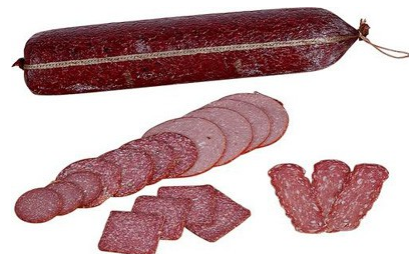
A meat and cheese platter is a great addition to any party, or to have on hand for snacks.

You can use a wide variety of meats and cheese or keep it simple with a smaller crowd. You can provide crackers or bread, so people can assemble their own sandwiches too.

Creating your own meat and cheese platter is all a matter of personal taste, availability and budget. So go Like it and enjoy.

### Meat Ideas

- ◆ Turkey
- ◆ Chicken
- ◆ Ham
- ◆ Salami
- ◆ Pepperoni
- ◆ Roast beef
- ◆ Pastrami
- ◆ Prosciutto



### Cheese Ideas

- ◆ Cheddar
- ◆ Havarti
- ◆ Swiss
- ◆ Gouda
- ◆ Blue cheese
- ◆ Brie
- ◆ Cream cheese
- ◆ Other gourmet cheeses



## Accompaniments

- ◆ Sliced veggies
- ◆ Slice fruits
- ◆ Bread
- ◆ Crackers

## Assembling Your Platter



How you assemble your platter will depend on the meat and cheese you choose and how they're cut. Thinly sliced meats can be rolled up and arranged on the platter. Sliced cheese can be layers from the outside of the platter to the inside. Cubed cheeses can be arranged together.

Garnish with kale or parsley. Add some grapes for more visual appeal and color.

More menu and meal planning tips - [Save Money By Meal Planning](http://www.easy-family-boating-recipes.com)

## MEAL PLAN

**Day/Date:**

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Day/Date:**

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Day/Date:**

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

## **SHOPPING LIST**

**Produce**

**Seasonings and Other Cooking Items**

**Grains**

**From the Butcher**

**Eggs and Dairy**

**Canned and Other Prepared Foods**

**Frozen Food**

**Baked Items**