

Your low-stress Thanksgiving

Thanksgiving is about slowing down, sharing a meal, and being with the people who help give your life meaning and joy. You don't need rules or restrictions to feel good through the holiday; a few gentle habits can help you stay present and enjoy the day on your own terms.

Try these simple resets:

- **Pick your real favorites.** Make space for the dishes and moments you actually care about, not the ones you feel obligated to take part in.
- **Pause halfway.** Take a short break in the middle of the meal to chat, breathe, and check in with how you're feeling before diving back in.
- **Slow the pace.** Put your fork down between bites, enjoy the conversation, and let the day unfold without rushing.
- **Check in with yourself.** Notice how you're feeling. Give it a name. Are you tired? Energized? Overwhelmed? Content? Give yourself permission to address your emotions.
- **Give yourself space.** Step outside, take a few breaths, or head out for a short walk if you need a moment away from the noise.
- **Find one thing you're grateful for.** This could be a moment, a person, a small win, or anything that brings you back to what the day is really about.

Thanksgiving isn't a test. Enjoy what you love, take your time, and let the day be about connection more than anything else.

Stuffing Breakfast Fritters



Got leftover stuffing (some call it "dressing")? Repurpose it into crisp, savory fritters topped with an egg or tofu scramble the next morning.

Ingredients:

- Olive oil for frying (just enough to lightly coat the pan throughout cooking)
- Leftover stuffing
- Eggs or scrambled tofu
- Leftover cranberry sauce
- Leafy greens

Instructions: Heat a little oil in a pan over medium heat. For each fritter, pack about $\frac{1}{4}$ cup of cold stuffing into a small patty using your hands. Cook on one side for about 5 minutes, moving them around the pan to keep from sticking. When golden brown, flip and cook the other side until done. Place 2-3 fritters on a plate and top each with eggs (cooked your favorite way) or scrambled tofu. Add a spoonful of cranberry sauce and a handful of greens on the side if you have them.

Happy Thanksgiving,
The Diet ID Team