

# How Many Calories Does It Really Have?

*I have included a chart for members to use to calculate their anticipated Thanksgiving meal calories. I did it for myself & I would normally eat 2,613 calories for this meal.*

*Very much of an eye opener. Take it yourself, it is thought provoking & may actually cause you to eat less on Thursday because now you are more conscious of the caloric intake.*

**Roasted Turkey: Dark meat without skin 3 oz. 170 calories**

**White meat without skin 4 oz. 183 calories**

**Homemade stuffing 1/2 cup 251 calories**

**Stovetop stuffing 1/2 cup 175 calories**

**Mashed potatoes 1/2 cup without butter 111 calories**

**Candied sweet potatoes 4 oz. 170 calories**

**Cranberry sauce 1/2 cup 209 calories**

**Peas 1/2 cup 60 calories**

**Cornbread 1 piece 2.3 oz. 175 calories**

**Gravy 1 cup 189 calories**

**Pumpkin pie 5.2 oz 270 calories**

## MY THANKSGIVING MEAL PLAN

Menu Item	Portion	Multiply by	Calories per	Equals	Total Calories
Turkey		x		=	
Stuffing		x		=	
Sweet potatoes		x		=	
Mashed potatoes		x		=	
Cranberry sauce		x		=	
Peas		x		=	
Cornbread		x		=	
Gravy		x		=	
Pumpkin Pie		x		=	
			Grand Total		