CLEAN®

November Thanksgiving Meal Guide

Curated by our Certified Functional Medicine Health Coach using the principles of functional nutrition and seasonal ingredients to help you nourish your body all month long.



Smoothie

Persimmon Smoothie

SEE RECIPE

Appetizer

Brussels Sprouts Salad

SEE RECIPE





Side

Butternut Squash Apple Casserole

SEE RECIPE

Meal

Oven-Roasted Chicken with Mushroom and Leek Gravy

SEE RECIPE





Dessert

Pumpkin Bars

SEE RECIPE

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