

**KICK IN THE TUSH CLUB™ KICK IN THE TUSH CLUB**



### A Sinfully Satisfying "Tasting" Guide to Thanksgiving Food / Approximate calorie count

- Eggnog, 1 cup / 343 calories
- Candied Sweet Potatoes, 1/2 cup / 150 calories
- Turkey, 6 ozs. (dark & white meat) / 340 calories
- Stuffing, 1/2 cup / 180 calories
- Cranberry Sauce, 1/2 cup / 190 calories
- Gravy, 1/2 cup / 150 Calories
- Green Bean Casserole, 1/2 cup / 250 calories
- Dinner Roll, one / 110 calories
- Pecan Pie, 1 slice (1/8 of 9-in pie) / 480 calories
- Apple Pie, 1 slice (1/8 of 9-in pie) / 410 calories
- Pumpkin Pie, 1 slice (1/8 of 9-in pie) / 340 calories

from Janice Taylor, Weight Loss Coach,  
author of *Our Lady of Weight Loss*  
and *All Is Forgiven, Move On* ... (new book this spring)

[www.OurLadyofWeightLoss.com](http://www.OurLadyofWeightLoss.com)  
Home of the Kick in the Tush Club  
"kooky genius . . . ." *O, The Oprah Magazine*