

Wellness Mama's Thanksgiving Shopping List

NOTE: This menu plan was designed to serve 8-10 people. Adjust up or down depending on how many you are serving.

Legend for recipes (cross off ones you aren't using): ST=stuffing; GBC=green bean casserole; MP=Mashed potatoes; SPC=sweet potato casserole; CS=cranberry sauce; RBS=roasted brussels sprouts; BSS=butternut squash soup; A=asparagus; PP=pumpkin pie, PC=pumpkin cheesecake; CC=carrot cake; PEC=pecan pie

Produce:

- 2 large turnips (ST)
- 5 lb bag of onions (ST, GBC, BSS, inside turkey)
- 14 medium sweet potatoes or more (ST, SPC)
- 1 head of celery (ST)
- 2 packages button mushrooms (ST,GBC)
- 1 apple (ST)
- 2 lbs fresh green beans (or canned or frozen, GBC)
- 2 (12 ounce) bags of fresh cranberries (CS)
- 1 orange (CS)
- 1.5-2 lbs of Brussels Sprouts (RBS)
- 1 medium butternut squash (BSS)
- 2 bunches of asparagus (A)
- 1 small bag of carrots (CC)
- 10 Mejjool dates (PEC)
- 1 lemon (for inside turkey-optional)
- Salad ingredients (if you are also serving a salad)

Meat:

- The Turkey!!!
- 1 pound tube of sage breakfast sausage (optional-ST)
- 1 package of bacon (RBS)

Frozen:

- 3 bags of frozen green beans (GBC or fresh or canned)
- 4 bags of frozen cauliflower (MP)

Dairy:

- 2 lbs butter (GBC, SPC, ST, BSS, PP etc)
- 2 dozen eggs (GBC, SPC, PP, PC, PEC) + 1 dozen more if making Pecan pie (PEC)
- 1 pint of heavy cream (GBC)
- Coconut milk (BSS, PP, CC)
- Parmesan cheese (optional-A)
- 4 packages cream cheese (PC and CC)

Middle of the Store:

- a can of crushed pineapple (CC)
- 5 cans of green beans (GBC or fresh, frozen)
- 2 cans pumpkin puree (PP, PC)
- 2 lbs almonds or pecans (PP, PC, PEC, CC)
- Pineapple juice (CC-optional)

Other If You Don't Already Have at Home:

coconut flour, coconut oil, honey, molasses, cinnamon, vanilla, sea salt, maple syrup, applesauce, chicken broth, nutmeg, raisins, baking soda, baking powder, shredded coconut, thyme, garlic, basil, oregano, rosemary,

Other for Thanksgiving: food for breakfast and appetizers or snacks, drinks,