



# Thanksgiving Day Menu Shopping List

This shopping list is based on 6 persons (with leftovers of Roast Turkey Breast). You will need to triple the Holiday Gravy recipe and double the Pumpkin Crème Brulee recipe; the shopping list includes the right amounts of ingredients for multiplying the recipes.

It does not, however, include your choice of vegetable, so be sure to add it to your list!

## Produce

5 Tbs. Fresh Rosemary leaves	2 Cloves Garlic	1 Tbsp. Fresh Sage	1 Lb. Yams
1 Medium White Onion	3 Ribs Celery	1/2 Cup Flat Leaf (Italian) Parsley	1 Large Shallot
	8 Ounces Mushrooms		

## Dairy

- 6 Large Eggs
- 1 Tbsp. Unsalted Butter
- 5 Tbsp. Light Spread (like Promise Buttery Spread)
- 3 1/4 Cup 2% Milk
- 1 1/4 Cup Non-Fat Buttermilk

## Meat / Fish

- 1 – 3 lb. Bone In Turkey Breast

## Bakery

- 3 Ounces Whole Wheat Bread

## Pantry Items

3/4 Cup Yellow Cornmeal	1 Tsp. Extra-Virgin Olive Oil
1 1/8 Cup All-purpose Flour	1/4 Tsp. Dried Rosemary
2/3 Cup Sugar	1 Cup Non-Fat Dry Milk Powder
1 Tbsp. Baking Powder	2 Tsp. Pure Vanilla Extract
2 Tsp. Salt	1 Tsp. Ground Nutmeg
Spray Olive or Grapeseed Oil	3/4 Cup Splenda
Fresh Ground Black Pepper	1 Cup Canned Pumpkin (No Salt Added)
3 Cups Low-Sodium Chicken Stock	
3/4 Cup White Wine	