



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 is designed to accommodate this multiplying of 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	3 1/4 Cup 2% Milk
1 Tbsp. Unsalted Butter	1 1/4 Cup Non-Fat Buttermilk
5 Tbsp. Light Spread (like Promise Buttery Spread)	

Meat / Fish

1 – 3 lb. bone in turkey breast

Bakery

3 Ounces Whole Wheat Bread

Pantry Items

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