Thanksgiving Grocery Shopping List

Extra Lean Ground Turkey (1 lb)
  Lettuce (2 cups)
  Green Onion (1/4 cup)
  Cilantro (2 tbsp + garnish)
  8 Stalks of Celery
  1 Jalapeno
  Fresh Ginger (2 tbsp)
  Lemon (1 tbsp + zest + 2 tbsp)
  1 Apple
  4 Melons; cantaloupe, honeydew, or watermelon
  Low Fat Vanilla Greek Yogurt (1 cup)
  Low Fat Monterey Jack Cheese (1 cup)
  Shaved Parmesan Cheese (1/4 cup)
  Pumpkin Pie Puree (1 15oz can)
  Unsweetened Evaporated Milk (1/4 cup)
  Whole Berry Cranberry Sauce (1 15oz can)
  Pineapple Juice (1/4 cup)
  Honey (1 1/2 tbsp)
  Nutmeg (1/4 tsp + 1/2 tsp)
  Ground Ginger (1/4 tsp + 1/4 tsp)
  Cinnamon (1/2 tsp)
  Whole Grain Mustard (1 tbsp)
  Pecans (1 cup)
  Corn Tortillas (8)
  White Rice (1 cup)
  Graham Crackers (6 sheets)