

Thanksgiving Grocery Shopping List

- 1 Turkey Breast or Turkey Roast (5 lb)
- Fresh Rosemary (5 sprigs + 2 tsp)
- Fresh Thyme (5 sprigs)
- 1 White Onion
- Green Onion (1/4 cup)
- Garlic (1 tbsp)
- Celery Leaves (2 cups)
- 8 Stalks of Celery
- Cauliflower (2 lb)
- Lemon (zest + 2 tbsp)
- Red Grapes (1/2 lb)
- Shaved Parmesan Cheese (1/4 cup)
- Low Fat Vanilla Greek Yogurt (1 cup)
- Low Fat, Low Sodium Chicken Broth (1 cup)
- Pumpkin Pie Puree (1 15oz can)
- Unsweetened Evaporated Milk (1/4 cup)
- White Rice (1 cup)
- Pecans (1 cup)
- Nutmeg (1/4 tsp + 1/2 tsp)
- Ground Ginger (1/4 tsp)
- Cinnamon (1/2 tsp)
- Whole Grain Mustard (1 tbsp)
- Graham Crackers (6 sheets)