

Maria Makes Muffins

Thanksgiving 2011 Grocery Shopping List

Spicy and Smoky Turkey Spice Rub
Roast Turkey with Herby Gravy
Cherry, Apple and Mushroom Stuffing
Spiced Cranberry and Apple Sauce
Roasted Brussels Sprouts and Pecans

Green Bean, Beet & Goat Cheese Salad
Souffléd Sweet Potato Bake
Homestyle Mashed Potatoes
Whole Grain Bread
Pumpkin Brownie Pie

Produce

7 carrots
8 celery ribs
1 ½ lb green beans
2 lbs Brussels sprouts
1 lb portabella or baby bella mushrooms
2 bunches beets with greens
1 leek
1 red onion
2 white onions
1 head garlic
4 lbs sweet potatoes
1 bunch fresh rosemary
1 bunch fresh sage
1 bunch fresh mint
4 organic apples
12 ounces cranberries, fresh or frozen
1 organic lemon
1 bag organic Yukon gold or red potatoes

Grocery

2 loaves whole grain sprouted or gluten-free bread
Dried cherries/cranberries unsweetened (1 cup)
Pecans (1¼ cup)
Pomegranate juice, optional
Organic apple juice, optional
15 ounce can pumpkin puree
16 ounce pkg brown rice flour
16 ounce pkg almond flour
1 bag organic dark chocolate chips
15 ounce can light coconut milk
2 - 32 ounce packages chicken stock

Dairy & Meat

4 ounces goat cheese
Orange juice
½ dozen organic eggs
½ gallon unsweetened soy or almond milk
Whipping cream, optional
1 tub earth balance margarine
10-14 lb free-range turkey
1 stick organic pastured butter
½ gallon organic low-fat milk
1 tub original flavor hummus

Pantry Staples

Extra virgin olive oil
Apple cider vinegar
Balsamic vinegar
Raw honey
Sea salt
Black pepper
Poultry seasoning
Chile powder
Cumin
Paprika
Dried minced garlic
Dried thyme
Dried rosemary
Onion powder
Pumpkin pie spice
Cinnamon
Cream of tartar
Arrowroot powder
Baking soda
Nutritional Yeast
Vanilla extract
Sucanat or turbinado sugar
Cocoa powder