

A Paleo Thanksgiving Shopping List



Produce

Onions (3 large plus ½ medium) (R1,R2)
Red onions (4 medium) (R4)
Carrots (1 large plus ½ medium) (R1)
Celery (1 large plus 5 ½ medium stalks) (R1,R2)
Sweet Potatoes (8 medium) (R4)
Green beans (2 to 2 1/3 lbs) (R5)
Oranges (1 cup juice plus 1 Tbsp. & optional grated peel) (R3)
Cranberries (1 lbs) (or buy frozen) (R4)
Green Apples (2) (R2)
Mushrooms (8 oz) (R2)
Brussels Sprouts (1 lb) (R6)
Lemon (1 large) (R6)

Meat

1 (15-lb.) turkey R1
1 lb. breakfast sausage (no casings) (R2)
10 strips of bacon, chopped (R2)
Eggs, 10 (R2) (R7)

Spices

Sea salt (R1,R2, R4,R5,R6)
Black peppercorns (R2, R2, R5 R6)
Thyme (R1)
Rubbed sage (R1)
Lemon pepper (R4)
Ground nutmeg (R5)
Vanilla (R 7, R8)
Cinnamon (R7, R8)
Cardamom (R7, R8)
Vanilla extract (R8)
Pumpkin Pie Spice (R 7)

Dry Goods

Bob's Red Mill Almond Flour (R7)
Coconut Oil (R7)
Raw honey (R7)
Coconut sugar (R8)
King Arthur Gluten Free Multipurpose Flour (R1)
Dried cranberries, 1 cup (R2)
Pecans, (R2)
Slivered almonds (R6)

Condiments

Ghee (3/4 cup, 2 Tbsp.) (R1,R4)
Grass-fed butter (4 Tbsp) (R6, R7)
Apple Cider Vinegar (R2)
Maple Syrup (R8)

Freezer

Cranberries (1-lb bag) (if not using fresh) (R3)

Canned Goods

Low Sodium chicken broth (we like Imagine)- watch for gluten and MSG (R1,(R2)
1 (14.5 oz) can of pumpkin puree (R7)
2 (14.5 oz) can of full fat coconut milk (R7, R8)

Other

Stevia or other sweetener (R3)
Aluminum foil wrap (R1)
Meat Thermometer (R1)

*(R#) = Recipe that the ingredient or product is used in