

Thanksgiving for Two: Grocery List

Produce		Baking	
1 package frozen peas and carrots	<input type="checkbox"/>	2 tsp cinnamon	<input type="checkbox"/>
Handful walnuts (optional)	<input type="checkbox"/>	2 tsp vanilla extract	<input type="checkbox"/>
4 Yukon Gold Potatoes	<input type="checkbox"/>	Salt and Pepper	<input type="checkbox"/>
2 clamshells hardy herbs (sage, thyme, or rosemary)	<input type="checkbox"/>	Milled flax (optional)	<input type="checkbox"/>
1 lb brussels sprouts	<input type="checkbox"/>	Maple syrup (~1/2 cup)	<input type="checkbox"/>
2 12 oz packages fresh cranberries	<input type="checkbox"/>	1 TBS nutritional yeast	<input type="checkbox"/>
1 yellow onion	<input type="checkbox"/>	1.5 cups sugar	<input type="checkbox"/>
3 stalks celery	<input type="checkbox"/>		
1 head kale, any kind	<input type="checkbox"/>	Proteins	
5 apples	<input type="checkbox"/>	1 cup lentils	<input type="checkbox"/>
1 pomegranate (optional)	<input type="checkbox"/>	2 cups pecans	<input type="checkbox"/>
1 orange	<input type="checkbox"/>		
1 head garlic	<input type="checkbox"/>	Fats	
1 bunch parsley	<input type="checkbox"/>	2 sticks vegan butter	<input type="checkbox"/>
1 package button mushrooms	<input type="checkbox"/>	Olive oil (about 3/4 cup)	<input type="checkbox"/>
2 shallots	<input type="checkbox"/>	1 can coconut milk	<input type="checkbox"/>
1 lemon	<input type="checkbox"/>	Vanilla ice cream(optional)	<input type="checkbox"/>
Starches/Premades			
1 TBS soy sauce	<input type="checkbox"/>		
1 package pie crust (2 crusts)	<input type="checkbox"/>		
1 loaf country bread	<input type="checkbox"/>		
2 boxes low sodium veggie broth	<input type="checkbox"/>		
1 TBS Balsamic vinegar	<input type="checkbox"/>		

