

# 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 ½ tbsp)

Nutmeg (1/4 tsp + ½ tsp)

Ground Ginger (1/4 tsp + ¼ tsp)

Cinnamon (1/2 tsp)

Whole Grain Mustard (1 tbsp)

Pecans (1 cup)

Corn Tortillas (8)

White Rice (1 cup)

Graham Crackers (6 sheets)