

Thanksgiving Meal Plan

Simplify your Thanksgiving Meal Planning and shopping! This meal plan includes appetizers, turkey, side dishes, and dessert. All recipes can be found at GoodCheapEats.com and LifeasMOM.com. Click on the link in this PDF to go directly to the online recipe.



Appetizers

- [Mom's Relish Tray](#) (suggestions are given but edit the list to include what your family likes)
- [Healthier Spinach Dip](#) (serve with crackers and vegetable dippers)

Main Meal

- **Main Dish, Option 1:** [Roast Turkey](#) — a traditional way to cook a 20lb bird. If you want to make the pan gravy from this recipe, add those ingredients to your shopping list.
- **Main Dish, Option 2:** [Herb-Roasted Turkey Breast](#) — a great choice for those who don't like dark meat)
- **Stuffing:** [Herbed Stuffing](#)
- **Potatoes:** [Mashed Potatoes](#) — can be made ahead and frozen
- **Sweet Potatoes:** [Mashed Sweet Potatoes with Olive Oil and Garlic](#)
- **Vegetable:** [Easy Green Bean Casserole](#) (using [Homemade Cream of Celery Soup](#))
- **Salad:** [Pear and Blue Cheese Salad with Maple Spiced Toppings](#) (shopping list includes double the amounts to serve 8 — adjust as necessary)
- **Gravy:** [Mushroom and Onion Gravy](#)
- **Cranberry Sauce:** [Easy Cranberry Sauce](#)
- **Bread:** [Whole Wheat Cranberry Rolls](#)

Desserts

- [Streusel Topped Pumpkin Pie](#)
- [Pretzel Berry Dessert](#)
- [Homemade Chocolate Pie](#)

Notes:

- This meal includes the ingredients for a traditional turkey and a turkey breast. Choose your preferred recipe and adjust your shopping list as needed.
- Need some help cooking a whole bird? Check out this post [How to Cook a Turkey](#).
- Because you may not choose to follow this plan 100%, we suggest that you print out the recipes and then cross-reference the list and delete the items from the shopping list that you don't want to use.
- We've left additional space for you to add other items to the shopping list for your family's favorite beverages, dishes, and desserts.
- In all cases except the salad, the shopping list includes ingredients for one batch of a recipe (salad ingredients are doubled). Check the recipes individually to see if you need to adjust the amounts for your gathering.
- If you choose to roast a turkey breast instead of a whole turkey, you won't have giblets to make the giblet broth used in the stuffing. Just use your favorite stock instead.

Shopping List

Equipment Needed for Turkey:

- roasting pan with roasting rack (for whole turkey) OR baking pan (for turkey breast)
- skewers (for whole turkey, to close turkey cavity)
- cooking twine (for whole turkey, to tie turkey legs together)
- turkey cooking bag (for whole turkey)

Produce:

- carrot sticks (for relish tray)
- celery sticks (for relish tray)
- sliced bell peppers — red, green, and/or yellow (for relish tray)
- radishes or turnips (for relish tray)
- cut-up vegetable assortment such as carrots, celery, broccoli, sugar snap peas, grape tomatoes, bell peppers, etc. (for spinach dip)

- 8 cloves garlic
- 2 lbs onions (for stuffing) plus 1 onion (for turkey breast if making) plus 1/2 cup chopped (for gravy), about 5 to 6 total
- 4 cups chopped celery (about 7 ribs)
- 1 cup chopped fresh parsley
- sprigs of thyme and sage (optional for turkey breast)
- 8 ounces mushrooms
- 8 russet potatoes
- 3 lbs sweet potatoes
- 12 cups mixed baby greens
- 1/2 cup chopped scallions
- 4 ripe pears
- 12 ounce package whole cranberries (can use frozen if preferred)
- enough oranges for 1/4 cup fresh juice (for cranberry sauce) and zest reserved from 1 orange (for rolls)

Dairy:

- 1 cup plain yogurt
- 3 (8 ounce) packages cream cheese
- about 3 1/2 to 4 cups butter (about 2 lb) — salted butter is fine
- 4 cups milk plus extra for brushing rolls
- 2 eggs
- 2 tablespoons Parmesan cheese
- 1/3 cup grated Asiago cheese (can substitute Parmesan)
- 1/2 cup sour cream
- 1 cup blue cheese crumbles
- 1 cup whipping cream

Butcher / Deli Case:

- 20 lb turkey (if making a whole turkey)
- 3 lb turkey breast half (if making breast rather than a whole turkey)

Frozen Foods:

- 1 package frozen chopped spinach
- 16 ounce bag frozen green beans
- 1 large container Cool Whip
- 20 ounces frozen raspberries or boysenberries

Dry / Canned Goods:

- olives (for relish tray)
- pickles (for relish tray)
- pickled cherry peppers, pepperoncinis, and / or roasted red bell peppers (for relish tray)
- crackers of your choice (for spinach dip)
- 2 2/3 cups crushed pretzels
- 7 1/2 cups chicken broth
- 2 cups turkey, chicken, beef, or vegetable stock (for gravy)
- 12 cups herb-seasoned cubed bread stuffing (about 1 1/2 10-ounce pkgs)

- 2/3 cup panko bread crumbs
- 2 cups white whole wheat flour
- about 3 1/2 cups unbleached all-purpose flour
- 1 tablespoon vital wheat gluten (optional)
- 2 1/4 teaspoons (1 packet) yeast
- about 2 cups sugar
- 1 cup dark brown sugar
- 1/4 cup firmly packed brown sugar (light or dark)
- 1/4 cup cornstarch
- 1/4 cup honey
- 1/4 cup maple syrup
- 1/4 cup cocoa powder
- 15 ounce can solid pack pumpkin
- 14 ounce can sweetened condensed milk
- 1 graham cracker pie crust
- 2 small packages cranberry or raspberry Jell-O
- 1/2 cup chocolate chips
- 1/2 cup dried cranberries
- 1 1/2 cups pepitas or whole almonds
- 3/4 cup chopped preferred nuts
- 1/2 cup balsamic vinegar
- 2 teaspoons Dijon mustard
- olive oil

Spices & Extracts:

- black pepper
- kosher salt
- salt
- onion flakes
- dried celery flakes
- dried thyme
- dried rosemary
- dried tarragon
- rubbed sage
- dried parsley

