

SHOPPING LIST

THANKSGIVING DAY: THE PLANT BASED WAY

The 'Quantity' is for the current recipe servings adjust as needed.

Ingredients	Have it	Quantity	Servings
Acorn Squash	<input type="checkbox"/>	2	
Agave	<input type="checkbox"/>	1/2 cup	
Almond Flour	<input type="checkbox"/>	3/4 cup	
Almonds	<input type="checkbox"/>	7oz	
Apple Cider Vinegar	<input type="checkbox"/>	1 tsp	
Apple: Granny Smith Apple	<input type="checkbox"/>	1	
Apple: Red Delicious	<input type="checkbox"/>	1	
Baking Powder	<input type="checkbox"/>	1 1/2 tblspn	
Baking Soda	<input type="checkbox"/>	1 1/4 tsp	
Black Sesame Seeds	<input type="checkbox"/>	TASTE	
Brown Sugar	<input type="checkbox"/>	4-8 tbsp	
Brussels Sprouts	<input type="checkbox"/>	2-3 cups	
Can Beet	<input type="checkbox"/>	Can	
Can Chickpease	<input type="checkbox"/>	1 can	
Carrots	<input type="checkbox"/>	4oz	
Carrots	<input type="checkbox"/>	4 cups	
Cauliflower	<input type="checkbox"/>	1 head	
Celery	<input type="checkbox"/>	3 cups	
Chickpeas	<input type="checkbox"/>	1 can 16 oz	
Chili Powder	<input type="checkbox"/>	2 tbsp	
Chopped Apples	<input type="checkbox"/>	3 apples	
Chopped Broccoli	<input type="checkbox"/>	4oz	
Chopped Pecans	<input type="checkbox"/>	1/2 cup	
Cinnamon	<input type="checkbox"/>	TASTE	
Cocoa Powder	<input type="checkbox"/>	1/3 cup	
Cumin	<input type="checkbox"/>	1 tbsp	
Curry Powder	<input type="checkbox"/>	1 tsp	
Dates	<input type="checkbox"/>	3 cups	
Dried Cranberry	<input type="checkbox"/>	1 cup	
Fresh Ginger	<input type="checkbox"/>	- -	
Garlic	<input type="checkbox"/>	2-3 cloves	
Garlic Powder	<input type="checkbox"/>	TASTE	
Ginger	<input type="checkbox"/>	1 tsp	
Green Beans	<input type="checkbox"/>	3 cups	
Ground Black Pepper	<input type="checkbox"/>	TASTE	
Kale	<input type="checkbox"/>	4oz	
Lemon Juice	<input type="checkbox"/>	1 tsp	
Lime	<input type="checkbox"/>	1	
Low Sodium Tamari	<input type="checkbox"/>	1 tblspn	
Maple Sugar (or dry sweetner)	<input type="checkbox"/>	2/3 cup	
Maple Syrup	<input type="checkbox"/>	4 1/4 cup	
Miso	<input type="checkbox"/>	1 tblspn	
Mushrooms	<input type="checkbox"/>	44 oz	
Mustard/Dijon	<input type="checkbox"/>	1/4 cup	
Non-Dairy Chocolate	<input type="checkbox"/>	2oz	
Nut Milk	<input type="checkbox"/>	4 1/2 cup	
Nutritional Yeast	<input type="checkbox"/>	2 to 4 tblspn	
Onion	<input type="checkbox"/>	2	
Orange Juice	<input type="checkbox"/>	2 tsp	
Oregano	<input type="checkbox"/>	1tblspn	
Peanut Butter	<input type="checkbox"/>	1/2 cup	
Pecans	<input type="checkbox"/>	1 1/2 cups	
Pumpkin Puree'	<input type="checkbox"/>	8 oz	
Purple Potato	<input type="checkbox"/>	8	
Sage	<input type="checkbox"/>	2-3 tbsp	
Salt	<input type="checkbox"/>	TASTE	
Sherry	<input type="checkbox"/>	2 tbsp	
Spinach	<input type="checkbox"/>	4oz	
Tawty Port (optional) or Sherry	<input type="checkbox"/>	1/2-1 cup	
Thyme	<input type="checkbox"/>	2 tsp	
Turmeric	<input type="checkbox"/>	1 tsp	
Unsweetened Applesauce	<input type="checkbox"/>	1/4 cup	
Vanilla Extract	<input type="checkbox"/>	3 tsp	
Vegetable Broth	<input type="checkbox"/>	6-8 cups	
Walnut	<input type="checkbox"/>	1 2/3 cup	
Water	<input type="checkbox"/>	2-5 tsp	
Wheat Pastry Flour	<input type="checkbox"/>	3-4 cups	
White Potato	<input type="checkbox"/>	6	
Whole Grain Bread	<input type="checkbox"/>	15 Pieces	