

Pescatarian Thanksgiving Supper

Menu Grocery List

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- Olive Oil (3/4 cup)
- canola oil (2 tbsp)
- avocado oil (2 tbsp)
- Salt
- sea salt
- Pepper
- Dried oregano (1 tsp)
- sumac (6 tbsp)
- dried thyme (6 tbsp)
- sesame seeds (6 tbsp)
- cumin (2 tbsp)
- chili flakes (1/2 tsp)
- vanilla extract (1 tsp)
- Cinnamon (3 tsp)

Non Perishable Items

- Instant Dry Yeast (1 tbsp)
- chopped pecans (3/4 cup +)
- toasted pecans (1/3 cup)
- walnuts (30 grams)
- toasted cashews (1/2 cup)
- Pinenuts (1/4 cup)
- Sliced almonds (1/3 cups)
- maple syrup (1 1/2 tbsp)
- flour (6 3/4 cup)
- sugar (2 cup)

- Mayo (3 tbsp)
- Basil Pesto (2 tbsp)
- Panko Breadcrumbs (1/4 cup +)
- Cranberry Sauce (1/4 cup +)
- Apple Cider (1 cup)
- Vegetable Stock (3 cups)
- Balsamic Vinegar (2 tbsp)
- Dijon Mustard (1 tsp)
- wild rice (2 cups cooked)
- dried cranberries (1/4 cup)
- tahini (1/4 cup)
- instant coffee (1 tsp)

Alcohol

- Prosecco (1 bottle)
- Cointreau (2 tbsp)

All items with + need to be altered to accommodate for all guests

Freezer Items

- Puff Pastry (14 oz pk)

Seafood

- Shrimp (6 oz peeled and deveined)
- Salmon (2 fillets + Please Check Recipe and alter ingredients to the proper counts)

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- Apples (9)
- Lemon (4)
- Garlic (3 head)
- Scallions (1 bunch)
- 2 pk Fresh Basil
- Sundried Tomatoes (5-7)
- Parsley (2 bunch)
- Onion (4)

Produce

- Celery (3 stalks)
- Cauliflower (1 head)
- Kale (1 bunch)

- Spinach (2 cups+)
- Chopped Spinach (2 cups)
- Mixed Salad (1 bag)
- Yukon Gold Potatoes (2)
- Beetroot (2)
- White mushrooms (8 oz)
- Medium acorn squash (2)
- carrots (16-20 thin)
- Brussels Sprouts (1 1/2 lbs)

Bakery

- 1 Fresh Baguette or Ciabatta

Dairy/Fridge

- butter (4 sticks)
- egg (8)
- Mozzarella Pearls (10)
- Goat Cheese (30 grams+ 1/2 tbsp)
- Heavy Whip Cream (1/2 cups)
- Grated Parmesan (1/2 cup)
- Milk (1 cup)
- Cream Cheese (2 pks)
- Greek Yogurt (1 cup)
- Ricotta (1 cup)

Disclaimer: Always review recipes and grocery list to ensure you have everything and you don't pick up thing you already have. Review recipes to make sure no allergies relate to recipes.. Change this list anyway you see fit or needed.