

# Vegan Thanksgiving Feast

## Menu Grocery List

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- olive oil (1/4 cup 7 tbsp)
- coconut oil (1/4 cup)
- solid coconut oil (1/4 cup)
- salt
- pepper
- granulated garlic (1 tsp)
- granulated onion (3/4 tsp)
- paprika (1/2 tsp)
- crushed red pepper (1/2 tsp)
- Harrisa spice blend (2 tsp)
- vanilla extract (2 tsp)
- cinnamon (5 tsp)
- ginger (2 tsp)
- nutmeg (1 tsp)
- clove (1/4 tsp)
- dark chocolate (1 block)

### Non Perishable Items

- quick cook oats (1/2 cup)
- almond flour (1 cup)
- coconut flour (1/3 cup)
- hazelnut meal (3/4 cup)
- sugar (5 tbsp)
- nutritional yeast (3 tbsp)
- maple syrup (3/4 cup 3 tbsp)
- honey (2 tbsp)
- agava ( 1 1/2 tsp)
- balsamic vinegar (1/2 cup 1 tbsp)
- sunflower seeds (2 tbsp)
- pecans (1 cup)
- ground flexseed (2 tbsp)
- instant yeast (3/4 tsp)
- vital wheat gluten (1/4 cup)
- whole wheat flour (3 1/2 cups)
- pumpkin puree (3/4 cup)
- baking soda (1 tsp)
- baking powder (1 tsp)
- Refried beans (1 can)
- Dijon Mustard (1 tbsp)
- Siracha (1 tsp)
- Soy Sauce (1 tsp)
- Artichoke hearts (14 oz)
- vegan mayo (1/4 cup)
- Panko breadcrumbs (1/3 cup)
- lemon juice (2 tsp)
- lime juice (2 tsp)
- pure pomegranate juice (2 cups)
- cranberry cocktail (2 cups)
- chickpea water (1 tbsp)
- wild rice (1/2 cup)
- vegetable stock (5 cups)
- soft dates (1/3 cups)
- dried cranberries (1/3 cup)
- hazelnut butter (1/4 cup)

### Freezer Items

- Vegan Puff Pastry ( 3 sheets)
- Fillo Dough Shells (30)
- Frozen Spinach (3cup)

### Alcohol

- white rum (1 cup)
- pink moscato champagne (150 mL)
- red wine (1/4 cup)

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### Produce

- Pomegranate (1)
- Raspberries (1 cup)
- Lime (1)
- Granny Smith Apples (2)
- Apples (3)
- 2 pk Fresh Thyme
- 1pk Fresh Rosemary
- 1 pk Fresh Sage
- Onion (4)
- Garlic (1 head)
- Zucchini (1)
- Yellow Squash (1)
- Portabello Mushrooms (4 large)
- Baby Spinach (10 1/2 oz)
- Cauliflower (1/2 large head)
- Carrots (20)
- mushrooms (8 oz)
- Butternut Squash (1 medium 1 Large)
- Yukon Gold Potatoes (2 1/2 lb)
- Brussel Sprouts (2lb)

### Bakery

### Dairy/Fridge

- vegan margarine/butter (4 tbsp)
- vegan cream cheese (1/3 cup + 4 oz)
- almond milk (3 cup +1 tbsp)

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.