



THANKSGIVING GROCERY LIST

MEAT: Fresh Turkey, Ham

CONDIMENTS: Olive oil, Balsamic Vinegar

PRODUCE: Onions (sweet or purple), Celery, Mushrooms, Tomatoes, Small Fuji apples, Mixed Greens or Lettuce of your choice, Zucchini Squash, Red Potatoes, Cauliflower, Fresh or frozen Green Beans, Yams and or Sweet Potatoes

SPICES: Thyme, Pepper, Sage, Parsley, Fresh Garlic, Nutmeg, Ground Cinnamon

CANNED GOODS: -Low sodium Chicken Broth, Whole Canned Cranberries, Pure Pumpkin Puree

DRIED GOODS: Whole Grain Bread, Marshmallows, Stuffing

DAIRY: -Unsalted butter, Whip cream or Cool Whip, Organic Milk, Eggs

BAKERY: -Pumpkin Pie, Pumpkin Cheesecake, Apple Pie

BEVERAGES: -Red Wine, Mineral Water

HAPPY THANKSGIVING!!

DISCOVER YOUR INNER FIRE