



# THANKSGIVING IN ONE HOUR MEAL PLAN

- Spatchcock Turkey + Gravy
- Cranberry Sauce
- Instant Pot Mashed Potatoes
- Sweet Potato Casserole
- Green Bean Casserole
- Quick and Easy Stuffing
- 30 Minute Dinner Rolls
- Homemade Pumpkin Pie

## Cold Case

- |                                 |         |                                     |          |
|---------------------------------|---------|-------------------------------------|----------|
| <input type="checkbox"/> butter | 12 tbsp | <input type="checkbox"/> milk       | 0.50 cup |
| <input type="checkbox"/> egg    | 5       | <input type="checkbox"/> milk (any) | 0.50 cup |

## Frozen

- |   |       |   |   |
|---|-------|---|---|
| <input type="checkbox"/> frozen green beans | 24 oz | <input type="checkbox"/> unbaked pie crust* | 1 |
|---|-------|---|---|

## Meat

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> whole turkey | 1 |
|---------------------------------------|---|

## Pantry

- |  |             |  |           |
|--|-------------|--|-----------|
| <input type="checkbox"/> all-purpose flour           | 3 cups      | <input type="checkbox"/> day old bread*        | 12 oz     |
| <input type="checkbox"/> brown sugar                 | 0.75 cup    | <input type="checkbox"/> flour                 | 4 tbsp    |
| <input type="checkbox"/> can coconut milk            | 4 tbsp      | <input type="checkbox"/> French's fried onions | 6 oz      |
| <input type="checkbox"/> can cream of mushroom soup* | 1 (10.5 oz) | <input type="checkbox"/> maple syrup           | 2 tbsp    |
| <input type="checkbox"/> can full fat coconut milk   | 1 cup       | <input type="checkbox"/> pecan pieces          | 0.50 cup  |
| <input type="checkbox"/> can pumpkin puree*          | 1 (15 oz)   | <input type="checkbox"/> rolled oats           | 6 tbsp    |
| <input type="checkbox"/> chicken stock or broth*     | 3.33 cups   | <input type="checkbox"/> sugar                 | 1.25 cups |

- |   |          |                                   |        |
|---|----------|-----------------------------------|--------|
| <input type="checkbox"/> coconut aminos (or soy sauce or liquid aminos) | 2 tsp    | <input type="checkbox"/> vanilla* | 2 tsp  |
| <input type="checkbox"/> coconut oil                                    | 0.33 cup | <input type="checkbox"/> yeast    | 2 tbsp |
| <input type="checkbox"/> coconut sugar                                  | 1 tbsp   |                                   |        |

## Produce

- |  |        |  |      |
|--|--------|--|------|
| <input type="checkbox"/> celery                      | 1 rib  | <input type="checkbox"/> orange (optional) | 1    |
| <input type="checkbox"/> fresh or frozen cranberries | 4 cups | <input type="checkbox"/> potato            | 2 lb |
| <input type="checkbox"/> onion                       | 0.5    | <input type="checkbox"/> sweet potato      | 2 lb |

## Spices

- |                                   |          |   |                |
|-----------------------------------|----------|---|----------------|
| <input type="checkbox"/> cinnamon | 2 tsp    | <input type="checkbox"/> poultry seasoning* | 1 tbsp + 2 tsp |
| <input type="checkbox"/> nutmeg   | 0.50 tsp | <input type="checkbox"/> pumpkin pie spice* | 1.50 tsp       |
| <input type="checkbox"/> pepper   | 0.75 tsp | <input type="checkbox"/> salt               | 4 tsp          |

*Note: Items marked with \* can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*