

Diabetes-Friendly Thanksgiving Meal Plan: Grocery List

This list contains not only all of the ingredients needed, but also the amounts you will need for the recipe. That way, if you already have some of the ingredients on hand, you'll be able to tell if you have enough or need to buy more.

Meat & Poultry

- 5 lbs whole bone-in turkey breast

Dairy

- Butter (7 tsp needed)
- 1 small container low-fat buttermilk (1/3 cup needed)
- 6 eggs
- 1 small package blue cheese
- 1 container light whipped topping (2/3 cup needed)
- 1 small piece Parmesan cheese (2 tbsp grated needed)

Grocery

- Low-sodium chicken broth (44 oz needed)
- Dry white wine (1 cup needed)
- Champagne vinegar (4 tbsp needed)
- 1 bag unseasoned stuffing cubes
- Hazelnuts (1/2 cup needed)
- Dried cranberries (2 tbsp needed)
- 30 mini fillo shells
- 1 can pumpkin puree (3/4 cup needed)

Fresh Produce

- 1 bunch fresh sage
- 1 bunch fresh thyme
- 1 bunch fresh rosemary
- 1 small bunch fresh chives

- 1 bunch fresh herbs (or use herbs from previous recipes)
- 1 bunch celery (2 stalks needed)
- 1 medium onion
- 1 large apple
- 2 bags washed, ready-to-eat salad greens
- 1 pomegranate or 1 container pomegranate seeds
- 1 1/4 pounds green beans
- 2 lemons
- 1 russet or other baking potato
- 1 head garlic (5 cloves needed)
- 1 head cauliflower

Pantry Items

- Olive oil (4 tbsp needed)
- Walnut oil (1/3 cup needed, optional olive oil can also be used)
- Maple Syrup (1 tbsp needed)
- Artificial sweetener (1 tbsp needed)
- Brown sugar (1 tbsp needed)
- Whole grain oat flour or whole wheat flour (1 1/2 tsp needed)
- Vanilla extract (1 1/2 tsp needed)
- Salt-free poultry seasoning (2 teaspoons needed)
- Pumpkin pie spice (1 1/4 tsp needed)
- Ground cinnamon (3/4 teaspoon needed)
- Baking powder (1/2 tsp needed)