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)

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 tbsp 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)

Fresh Produce
1 bunch fresh sage
1 bunch fresh thyme
1 bunch fresh rosemary
1 small bunch fresh chives