

# Holiday Dinner Menu: Shopping List

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## Shop For:

### Produce

#### Fruit

- 2 12-ounce bags cranberries

#### Vegetables

- 2 large shallots
- 12 ounces mixed mushrooms
- 4 cups thinly sliced onions (about 4 medium)
- 5 cloves garlic
- 12 ounces Brussels sprouts
- 12 cups mixed greens

#### Fresh Herbs & Flavorings

- 1 Tbsp. finely chopped fresh thyme, or 1 tsp. dried

### Canned & Bottled Goods

- 1 1/2 cups low-sodium beef broth
- 1 15-ounce can "lite" coconut milk
- 1 cup unsweetened cranberry juice
- 2 cups pink or red grapefruit juice

### Dry Goods & Bread

- 2 1/2 cup granulated sugar
- 3/4 cup whole-wheat pastry flour
- 1/2 cup cake flour
- 2 Tbsp. confectioners' sugar
- 3 Tbsp. unsweetened coconut chips or flakes
- 1/2 cup cornstarch

### Nuts, Seeds & Dried Fruit

- 1/2 cup slivered almonds

### Refrigerator Items & Dairy

- 1 stick unsalted butter
- 3 cups low-fat milk
- 8 large eggs
- 1/2 cup heavy cream or whipping cream
- 1/2 cup nonfat vanilla Greek yogurt
- 2 7- to 8-ounce prepared pie crusts
- 1/2 cups shredded Gruyère or sharp Cheddar cheese (6 ounces)
- 4 ounces crumbled goats cheese (1 cup)

### Meat & Seafood

- 1 3-pound beef tenderloin

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- Extra-virgin olive oil
- 2 cups honey
- Balsamic vinegar
- 2 Tbsp. Dijon mustard

### Flavorings

- Kosher salt
- Table salt
- Black pepper
- 4 tsp. coconut extract

### Spirits

- 3/4 cup cabernet sauvignon
- 3 cups gin
- Angostura bitters (optional)
- 1/2 cup port