Holiday Dinner Menu: Shopping List

Shop For:

Produce
☐ 2 12-ounce bags cranberries

Fruit
☐ 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

Vegetables

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