



Simplifying Thanksgiving



Menus
FOR
4 and 8



Introduction

As food lovers and recipe developers, Thanksgiving is one of our favorite holidays here at Fed & Fit, but we know that this holiday can be a little intimidating with all that goes into preparing a delicious Thanksgiving spread - especially for those who are hosting Thanksgiving day. So, this year, we've decided to provide our best tips and tricks to make the holiday as easy and stress-free as possible! We're giving you our best tried-and-true, delicious-yet-easy recipes, so you can have a stress-free holiday with less time in the kitchen and more time to savor with those you love.

HOW TO USE

We're taking the guesswork out of menu planning by providing a menu for 4 people and 8 people with all of the best, classic Thanksgiving dishes. Please note that if you find one of your favorites missing from the list, we have plenty more recipes on FedandFit.com for you, like this [green bean casserole](#) or [pumpkin mousse pie](#). We've also included a full list of our favorite Thanksgiving recipes at the end of this book!

For each Thanksgiving feast, we've included a shopping list and complete timeline with benchmarks for when to complete your non-perishable and perishable shopping, how you can freezer prep to decrease the amount of cooking on Thanksgiving Day, and how to prep with perishable items the day before so that you can truly savor the season!



Thanksgiving Day Menu

SERVES 4

This Thanksgiving menu has all the classics and is perfect for feeding a group of up to 4 people! It includes all of the Thanksgiving favorites, from stuffing to gravy, and a super classic dessert. Don't worry, we've broken down the process over the next couple of weeks so you won't feel rushed to get everything done the day of.

Menu

MAIN

Herb-Roasted Turkey Breast

SIDES

Semi-Homemade Stuffing

Easy Creamy Mashed Potatoes

Sautéed Green Beans with Bacon and Pecans

Perfect Gravy

Cranberry Sauce

DESSERT

Pumpkin Pie

Full Shopping List

PRODUCE

- ☐ Celery, 2 stalks
- ☐ Cranberries, raw, 2 ½ cups
- ☐ Garlic, 4 cloves
- ☐ Green beans, 1 ½ pounds
- ☐ Herbs of choice (thyme, sage, or rosemary), fresh, chopped, 1 tablespoons + 1 teaspoon
- ☐ Lemons, 2
- ☐ Onion, yellow, ½ small
- ☐ Oranges, 1
- ☐ Potatoes, Yukon gold or russet, 2 pounds
- ☐ Rosemary, fresh, 2 tablespoons
- ☐ Sage, fresh, 6 leaves
- ☐ Thyme, fresh, 1 tablespoon

FROZEN FOODS

- ☐ Pie Crust, 1

MEAT

- ☐ Bacon, 3 strips
- ☐ Breakfast sausage, bulk, ½ pound
- ☐ Turkey breast, 1 (4-5 pound) bone-in breast

DAIRY / EGGS / REFRIGERATED

- ☐ Butter, 1 stick + 6 tablespoons (14 tablespoons)
- ☐ Eggs, 4
- ☐ Heavy cream, 8 ounces
- ☐ Milk (or heavy cream), 2.6 ounces
- ☐ Orange juice, 2 ounces
- ☐ Whipped cream, for serving

PANTRY

- ☐ Brown sugar, 1 cup
- ☐ Chicken (or turkey) stock, 32 ounces
- ☐ Coconut sugar, 1 cup
- ☐ Flour, all-purpose (or gluten-free if needed), 3 tablespoons
- ☐ Honey, 2 tablespoons
- ☐ Maple syrup, 6 ounces
- ☐ Pecans, chopped, 3 tablespoons
- ☐ Pumpkin, canned, 1 (15-ounce) can
- ☐ Stuffing, 1 (6-ounce) box
- ☐ Vanilla extract, 2 teaspoons

SPICES + SEASONINGS

- ☐ Black pepper, 1 ¼ teaspoon
- ☐ Garlic powder, ½ teaspoon
- ☐ Pumpkin pie spice, 2 teaspoons
- ☐ Sea salt, 1 tablespoon + 1 ¾ teaspoons

Complete your grocery shopping for non-perishables & freezer prep.

Grocery shopping for Thanksgiving Day can feel daunting. Our first step in minimizing that task is to shop your non-perishables early, so basically your pantry items, spices and seasonings, and anything that can be frozen (including your turkey if you haven't purchased one already and any other meats that can be frozen, or prepped and frozen, and defrosted when you're ready to use them). As well as your dairy, eggs, and refrigerated items that you'll use to complete your freezer prep menu items. This is a sure fire way to ensure that all of your groceries are available to you, and you beat the major holiday rush.

Shopping List

PRODUCE

- ☐ Orange, 1
- ☐ Celery, 2 stalks
- ☐ Cranberries, raw, 2 ½ cups
- ☐ Herbs of choice (thyme, sage, or rosemary), fresh, chopped, 1 tablespoons + 1 teaspoon
- ☐ Garlic, 4 cloves
- ☐ Onion, yellow, 1 small
- ☐ Potatoes, Yukon gold or russet, 2 pounds

FROZEN FOODS

- ☐ Pie Crust, 1

MEAT

- ☐ Bacon, 3 strips
- ☐ Breakfast sausage, bulk, 1 pound
- ☐ Turkey breast, 1 (4-5 pound) bone-in breast

DAIRY / EGGS / REFRIGERATED

- ☐ Butter, 1 stick + 6 tablespoons (14 tablespoons)
- ☐ Eggs, 4
- ☐ Heavy cream, 8 ounces
- ☐ Orange juice, 2 ounces

PANTRY

- ☐ Brown sugar, 1 cup
- ☐ Chicken (or turkey) stock, 32 ounces
- ☐ Coconut sugar, 1 cup
- ☐ Flour, all-purpose (or gluten-free if needed), 3 tablespoons
- ☐ Honey, 2 tablespoons
- ☐ Maple syrup, 6 ounces
- ☐ Pecans, chopped, 3 tablespoons
- ☐ Pumpkin, canned, 1 (15-ounce) can
- ☐ Stuffing, 1 (6-ounce) box
- ☐ Vanilla extract, 2 teaspoons

SPICES + SEASONINGS

- ☐ Black pepper, 1 ¼ teaspoon
- ☐ Garlic powder, ½ teaspoon
- ☐ Pumpkin pie spice, 2 teaspoons
- ☐ Sea salt, 1 tablespoons + 1 ¾ teaspoons

BENCHMARK *no. 2*: TWO-THREE WEEKS OUT

Prepare your desserts and side dishes to freeze.

The next step in decreasing the stress of cooking and baking is to make-ahead as many dishes as possible that you can freeze, then defrost and reheat on Thanksgiving Day. We've selected side dishes and desserts from the menu that freeze well and are guaranteed to taste great out of the freezer. This is truly a game-changing meal prep strategy for giving you more time back on Thanksgiving Day to be with your loved ones and is perfect if you have the additional freezer space to spare.

To complete your freezer menu items, prepare as directed below.



Semi-Homemade Stuffing



Serves 4



Cook Time: 30 Minutes

INGREDIENTS

- ☐ 6 ounces boxed stuffing mix
- ☐ 1 pound breakfast sausage, cooked
- ☐ ½ small yellow onion, diced
- ☐ 2 stalks celery, diced
- ☐ 2 cloves garlic, diced
- ☐ 1 tablespoon minced fresh herbs, such as sage, thyme, and rosemary (may also use 1 teaspoon dried)
- ☐ 1 eggs, beaten
- ☐ 2 cups chicken or turkey stock
- ☐ 2 tablespoons melted butter

- 01 Preheat the oven to 375 F.
- 02 Add the sausage to a large skillet over medium heat and cook for 8-10 minutes, breaking it up as it cooks, until browned, then remove the sausage from the skillet.
- 03 Add the onion, celery, and garlic to the skillet and cook for 5-7 minutes, until softened, then remove from heat.

- 04 Remove the seasoning pack from the stuffing mix, then add the stuffing croutons, sausage, cooked veggies, herbs, salt, egg, and stock to an 8×8 inch pan or other 3-quart baking dish and mix it all together. Press the stuffing into an even layer in the pan, then drizzle the top with butter.
- 05 Cover the dish with foil, then bake for 30 minutes. Let cool, then double wrap in heavy duty aluminum foil, label with the name and date, and store in your freezer.

- 06 To defrost, place the stuffing in your fridge the night before, then reheat, covered, in a 350° oven until heated through (this time will vary!). Before serving, remove the foil from the dish and put it back in the oven for 10-15 minutes. This will help dry up any excess condensation that may have built up during freezing.



Cranberry Sauce



Serves 4



Prep Time: 5 Minutes



Cook Time: 15 Minutes

INGREDIENTS

- ☐ ¼ cup orange juice
 - ☐ 1 tablespoon lemon juice
 - ☐ 2 tablespoons honey
 - ☐ 2 ½ cups raw cranberries
 - ☐ 1 tablespoon orange zest (from about 1 orange)
- 01 Pour the orange juice, lemon juice, and honey into a medium-sized pot over medium heat. Let simmer for a few minutes.
- 02 Add the fresh cranberries, stir, and simmer for 10 minutes.
- 03 Add the orange zest, stir, then remove from heat.
- 04 Allow the cranberry sauce to cool completely, then transfer to a freezer safe container (a mason jar would work great here!).
- 05 To defrost, transfer the cranberry sauce to the fridge the night before.



Pumpkin Pie

 Serves 8  Prep Time: 15 Minutes

 Cook Time: 20 Minutes

INGREDIENTS

- ☐ 1 pie crust, homemade or store-bought
- ☐ 3 eggs
- ☐ 1, 15-ounce can pumpkin
- ☐ 1 cup brown sugar
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 2 teaspoons vanilla extract
- ☐ Pinch sea salt
- ☐ 1 cup heavy cream
- ☐ Whipped cream, for serving

- 01 Preheat the oven to 375 F.
- 02 Press the pie crust into a 9.5-inch pie plate. In a large bowl, whisk together the egg, pumpkin, brown sugar, pumpkin spice, vanilla extract, and salt until fully combined. Then, slowly whisk in the heavy cream.
- 03 Fill the pie crust up with the pumpkin filling.
- 04 Place a pie shield on the crust, or cover the crust with aluminum foil, to prevent it from burning. Bake for 50-60 minutes, until the crust is browned and the filling is set.
- 05 Let cool for one hour, then double wrap tightly in aluminum foil, label with the name and date, then store in your freezer.
- 06 To defrost, transfer the pie to your refrigerator two days in advance.

BENCHMARK *no. 3*: TWO-FOUR DAYS OUT

Finish your grocery shopping with fresh produce and do final prep.

By this time, your shopping list is very short, and most grocery stores should have ample stock of the remaining items. This is also the time to take your turkey out of the freezer (about 4 days out). Two days out, you'll want to start the dry brine for your chicken and take out your freezer items to start defrosting in the fridge.

Shopping List

PRODUCE

- ☐ Green beans, 1 ½ pounds
- ☐ Sage, Fresh, 6 leaves
- ☐ Thyme, Fresh, 1 tablespoon
- ☐ Lemons, 2

DAIRY / EGGS / REFRIGERATED

- ☐ Milk or heavy cream, 2.6 ounces
- ☐ Whipped cream, for serving



Thanksgiving Day

You made it! The good news is that if you've been following along with this guide, the bulk of your cooking is completed, so today is all about prepping the last few fresh items, timing reheating your already-cooked dishes, and most importantly, **SAVORING** the season with your friends, family, and loved ones. This timeline will have you eating right around 3:00 PM. Feel free to adjust it an hour or two to meet your needs.

You'll start your morning off relaxing, getting ready, enjoying time with your family, and allowing yourself time to breathe. Then, you'll get started on baking the turkey breast and making the mashed potatoes, green beans, and gravy while everything else reheats. Then, you're ready to eat!

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- ☐ **12:45 PM** Prep + bake the turkey breast
 - ☐ **1:30 PM** Make the mashed potatoes
 - ☐ **2:15 PM** Reheat the stuffing
 - ☐ **2:30 PM** Make the green beans
 - ☐ **2:45 PM** Make the gravy
 - ☐ **3:00 PM** *Ready to eat!*



Turkey Breast



Serves 4-6



Prep Time: 30 Minutes



Cook Time: 1 Hour, 30 Minutes

INGREDIENTS

- ☐ 1, 4-5 pound bone-in turkey breast, thawed
- ☐ 3 tablespoons melted butter, bacon fat, or ghee
- ☐ 6 fresh sage leaves
- ☐ 2 cloves garlic
- ☐ 2 tablespoons fresh rosemary
- ☐ 1 tablespoon fresh thyme
- ☐ 1 tablespoon lemon zest (from one lemon)
- ☐ 2 tablespoons lemon juice (from one lemon)
- ☐ 1 teaspoon sea salt
- ☐ 1/2 teaspoon ground black pepper

- 01 Preheat the oven to 325 F.
- 02 Pat the turkey breast dry with paper towels. Whisk the melted cooking fat with the sage, rosemary, thyme, lemon zest, lemon juice, and sea salt to combine. Massage the herb rub over the entire turkey breast.
- 03 Place the turkey breast-side down on a rack in a roasting pan with the top-facing portion covered loosely with foil. Bake for one hour.
- 04 Remove from the oven and carefully flip over so that it is now breast-side up. Turn the oven up to 400 F and return the turkey, uncovered, for an additional 30 min.
- 04 Remove the turkey from oven and place a meat thermometer in the thickest portion of the breast. When the breast reads 165 F, it's finished. If it's under-temperature, return to the oven until it reads high enough.
- 05 When the turkey is at temperature, let it rest on the counter covered loosely with a foil sheet for 15 minutes before carving.
- 06 Slice, serve, and enjoy!

1:30 PM • MAKE THE MASHED POTATOES



Mashed Potatoes

 Serves 4-6  Prep Time: 10 Minutes

 Cook Time: 15 Minutes

INGREDIENTS

- ☐ 2 pounds Yukon gold or russet potatoes, peeled and cut into 1-inch cubes
- ☐ 2 teaspoons coarse sea salt, plus more to taste
- ☐ ⅓ cup milk or heavy cream
- ☐ 4 tablespoons butter
- ☐ ¼ teaspoon cracked black pepper

- 01 Add the potatoes and salt to a large pot, then fill the pot up with water to cover an inch over the potatoes and place over medium-high heat.
- 02 Let the potatoes come to a low boil, then cook for 15-20 minutes, until they can be easily pierced with a fork.
- 03 Strain the excess water from the potatoes, then return to the pot. Mash with a potato masher, then stir in the cream, butter, and pepper. Taste for seasoning and add salt, if needed, then remove from heat.

2:15 PM • REHEAT THE STUFFING

Preheat the oven to 350 F, reheat the stuffing, covered, for 20-30 minutes, until warmed through.



Green Beans

 Serves 4-6  Prep Time: 5 Minutes

 Cook Time: 15 Minutes

INGREDIENTS

- ☐ 3 strips bacon
- ☐ 1 ½ pounds green beans, ends trimmed
- ☐ 1 tablespoons butter or extra-virgin olive oil
- ☐ ¾ teaspoon sea salt
- ☐ ½ teaspoon garlic powder
- ☐ ¼ teaspoon ground black pepper
- ☐ 3 tablespoons chopped pecans
- ☐ 1 tablespoons lemon juice

- 01 Add the bacon to a large skillet with matching lid over medium heat and cook for 2-3 minutes per side, until crisp. Once crisp, remove the bacon from the pan and transfer to a paper towel-lined plate to drain the excess grease.
- 02 Drain the excess bacon fat from the skillet, then fill it with ½ cup water and bring the water to boil over medium-high heat. Once boiling, add the green beans, then cover and cook for 2-3 minutes until the beans are bright green and most of the water has evaporated.
- 03 Reduce the heat to medium, then remove the lid from the pot, drain any excess water, and add the butter, salt, garlic powder, and pepper. Cook for 5-7 minutes, stirring occasionally, until browned, then toss with the lemon juice, pecans, and crumbled bacon and serve.

2:45 PM • MAKE THE GRAVY



Gravy



Serves 6-8



Cook Time: 7 Minutes

INGREDIENTS

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons all-purpose flour
- ☐ ½ cup turkey drippings
- ☐ 2 cups chicken or turkey stock
- ☐ ½ teaspoon salt
- ☐ 1 teaspoon chopped fresh herbs (such as thyme, sage, or rosemary)
- ☐ ¼ teaspoon freshly ground black pepper

- 01 Add the butter to a medium saucepan over medium heat. Once melted, add the flour and whisk to combine. Let cook for about one minute, until bubbling.
- 02 Slowly pour the drippings into the butter and flour mixture, whisking constantly to dissolve any lumps, then slowly pour in the stock, again whisking constantly.
- 03 Let cook for 3-5 minutes, until thickened and bubbling, then stir in the salt and pepper. Taste the gravy and add more salt if needed, then remove from heat. Serve immediately.

2:50 PM • REHEAT THE MASHED POTATOES

About 10 minutes before serving, heat the mashed potatoes over medium-low heat. Warm for 7-10 minutes, stirring occasionally, until fully heated through.

3:00 PM • *Ready to eat!*



Thanksgiving Day Menu

SERVES 8

This Thanksgiving menu has all the classics and is perfect for feeding a group of up to 8 people! It includes all of the Thanksgiving favorites, from stuffing to gravy, and two super delicious desserts. Don't worry, we've broken down the process over the next couple of weeks so you won't feel rushed to get everything done the day of.

Menu

MAIN

Perfect Herb-Roasted Turkey

SIDES

Semi-Homemade Stuffing

Easy Creamy Mashed Potatoes

Sweet Potato Casserole

Sautéed Green Beans with Bacon and Pecans Perfect Gravy

Cranberry Sauce

DESSERT

Pumpkin Pie

Pecan Pie Bars

Full Shopping List

PRODUCE

- ☐ Celery, 4 stalks
- ☐ Cranberries, raw, 5 cups
- ☐ Garlic, 7 cloves
- ☐ Green beans, 2 pounds
- ☐ Herbs of choice (thyme, sage, or rosemary), fresh, chopped, 4 ½ tablespoons + sprigs for turkey
- ☐ Lemons, 4
- ☐ Onion, yellow, 1 small
- ☐ Oranges, 2
- ☐ Potatoes, Yukon gold or russet, 3 ½ pounds
- ☐ Sweet potatoes, 2 pounds

FROZEN FOODS

- ☐ Pie Crust, 1

MEAT

- ☐ Bacon, 4 strips
- ☐ Breakfast sausage, bulk, 1 pound
- ☐ Whole turkey, 1 (12-15 pound) turkey

DAIRY / EGGS / REFRIGERATED

- ☐ Butter, 5 sticks + 7 tablespoons (47 tablespoons)
- ☐ Eggs, 11
- ☐ Heavy cream, 16 ounces
- ☐ Milk (or heavy cream), 9.3 ounces
- ☐ Orange juice, 6 ounces

PANTRY

- ☐ Brown sugar, 1 ¼ cup
- ☐ Chicken (or turkey) stock, 56 ounces
- ☐ Coconut sugar, 1 cup
- ☐ Flour, all-purpose (or gluten-free if needed), 1 ¾ cups
- ☐ Honey, 3 ounces
- ☐ Maple syrup, 6 ounces
- ☐ Pecans, halved, 2 ½ cups
- ☐ Powdered sugar, ¼ cup
- ☐ Pumpkin, canned, 1 (15-ounce) can
- ☐ Stuffing, 2 (6-ounce) boxes
- ☐ Vanilla extract, 4 ½ teaspoons

SPICES + SEASONINGS

- ☐ Black pepper, 1 ¾ teaspoon
- ☐ Cinnamon, ½ teaspoon
- ☐ Coarse sea salt, 3 tablespoons
- ☐ Dried sage, 1 teaspoon
- ☐ Dried thyme, 1 teaspoon
- ☐ Garlic powder, 1 teaspoon
- ☐ Pumpkin pie spice, 2 teaspoons
- ☐ Sea salt, 2 tablespoons + 2 teaspoons

MISC

- ☐ Twine, for tying the turkey

Complete your grocery shopping for non-perishables & freezer prep.

Grocery shopping for Thanksgiving Day can feel daunting. Our first step in minimizing that task is to shop your non-perishables early, so basically your pantry items, spices and seasonings, and anything that can be frozen (including your turkey if you haven't purchased one already and any other meats that can be frozen, or prepped and frozen, and defrosted when you're ready to use them). As well as your dairy, eggs, and refrigerated items that you'll use to complete your freezer prep menu items. This is a sure fire way to ensure that all of your groceries are available to you, and you beat the major holiday rush.

Shopping List

PRODUCE

- ☐ Oranges, 2
- ☐ Celery, 4 stalks
- ☐ Cranberries, raw, 5 cups
- ☐ Garlic, 7 cloves
- ☐ Onion, yellow, 1 small
- ☐ Potatoes, Yukon gold or russet, 3 ½ pounds
- ☐ Sweet potatoes, 2 pounds

FROZEN FOODS

- ☐ Pie Crust, 1

MEAT

- ☐ Bacon, 4 strips
- ☐ Breakfast sausage, bulk, 1 pound
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- ☐ Flour, all-purpose (or gluten-free if needed), 1 ¾ cups
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- ☐ Maple syrup, 6 ounces
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- ☐ Stuffing, 2 (6-ounce) boxes
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SPICES + SEASONINGS

- ☐ Black pepper, 1 ¾ teaspoon
- ☐ Cinnamon, ½ teaspoon
- ☐ Coarse sea salt, 3 tablespoons
- ☐ Dried sage, 1 teaspoon
- ☐ Dried thyme, 1 teaspoon
- ☐ Garlic powder, 1 teaspoon
- ☐ Pumpkin pie spice, 2 teaspoons
- ☐ Sea salt, 2 tablespoons + 2 teaspoons

BENCHMARK *no. 2*: TWO-THREE WEEKS OUT

Prepare your desserts and side dishes to freeze.

The next step in decreasing the stress of cooking and baking is to make-ahead as many dishes as possible that you can freeze, then defrost and reheat on Thanksgiving Day. We've selected side dishes and desserts from the menu that freeze well and are guaranteed to taste great out of the freezer. This is truly a game-changing meal prep strategy for giving you more time back on Thanksgiving Day to be with your loved ones and is perfect if you have the additional freezer space to spare.

To complete your freezer menu items, prepare as directed below.



Semi-Homemade Stuffing



Serves 8



Cook Time: 30 Minutes

INGREDIENTS

- ☐ 12 ounces boxed stuffing mix
- ☐ 1 pound breakfast sausage, cooked
- ☐ 1/2 small yellow onion, diced
- ☐ 1 stalks celery, diced
- ☐ 2 cloves garlic, diced
- ☐ 2 tablespoons minced fresh herbs, such as sage, thyme, and rosemary (may also use 2 teaspoons dried)
- ☐ 2 eggs, beaten
- ☐ 4 cups chicken or turkey stock
- ☐ 4 tablespoons melted butter

- 01 Preheat the oven to 375 F.
- 02 Add the sausage to a large skillet over medium heat and cook for 8-10 minutes, breaking it up as it cooks, until browned, then remove the sausage from the skillet.
- 03 Add the onion, celery, and garlic to the skillet and cook for 5-7 minutes, until softened, then remove from heat.

- 04 Remove the seasoning pack from the stuffing mix, then add the stuffing croutons, sausage, cooked veggies, herbs, salt, egg, and stock to an 8×8 inch pan or other 3-quart baking dish and mix it all together. Press the stuffing into an even layer in the pan, then drizzle the top with butter.
- 05 Bake for 35-40 minutes, until the top of the stuffing is browned and crisp. Let cool, then double wrap i heavy duty aluminum foil, lable with the name and date, and store in your freezer.

- 06 To defrost, place the stuffing in your fridge the night before, then reheat, covered, in a 350 F oven until heated through (this time will vary!). Before serving, remove the foil from the dish and put it back in the oven for 10-15 minutes. This will help dry up any excess condensation that may have built up during freezing.



Sweet Potato Casserole



Serves 8



Prep Time: 15 Minutes



Cook Time: 30 Minutes

INGREDIENTS

FOR THE SWEET POTATOES:

- ☐ 2 pounds sweet potatoes, peeled and cut into 1-inch cubes
- ☐ 2 ½ teaspoons coarse sea salt, divided
- ☐ 4 tablespoons butter
- ☐ ½ cup heavy cream or milk
- ☐ 1/4 cup orange juice
- ☐ 1 teaspoon orange zest
- ☐ ¼ cup pure maple syrup
- ☐ 2 eggs, whisked

FOR THE CRUMBLE:

- ☐ ½ cup all-purpose flour (we used [this one](#) for gluten-free)
- ☐ ¼ cup brown or coconut sugar
- ☐ ½ teaspoon cinnamon
- ☐ 4 tablespoons butter, melted
- ☐ ¼ cup chopped pecans



SWEET POTATO CASSEROLE, CONT.

- 01 Preheat the oven to 375 F.
- 02 Place the potatoes and 2 teaspoons of salt in a pot and cover with one inch of water, then bring to a boil over medium-high heat. Cook for 15-20 minutes, until the potatoes are easily pierced with a fork, then drain out the water.
- 03 While the potatoes are boiling, make the crumble. Whisk together the flour, sugar, and cinnamon, then stir in the butter until a crumbly mixture has formed. Stir in the pecans and set aside.
- 04 Mash the potatoes until smooth and stir in the butter, cream, orange juice, maple syrup, and ½ teaspoon salt. Taste for seasoning and add more salt, if needed, then stir in the eggs
- 05 Spread the mixture into the bottom of a 2 quart 8x8 baking dish, then spread the crumble over top. Bake at 350 F for 30 minutes, until the top is browned and crisp.
- 06 Allow the casserole to cool completely, then double wrap in heavy duty aluminum foil, label with the name and date, and store in your freezer.
- 07 To defrost, place the stuffing in your fridge the night before, then reheat, covered, in a 350 F oven until heated through (this time will vary!). Before serving, remove the foil from the dish and put it back in the oven for 10-15 minutes. This will help dry up any excess condensation that may have built up during freezing.



Cranberry Sauce

 Serves 8  Prep Time: 5 Minutes

 Cook Time: 15 Minutes

INGREDIENTS

- ☐ ½ cup orange juice
- ☐ 2 tablespoons lemon juice
- ☐ ¼ cup honey
- ☐ 5 cups raw cranberries
- ☐ 2 tablespoons orange zest (from about 2 oranges)

- 01 Pour the orange juice, lemon juice, and honey into a medium-sized pot over medium heat. Let simmer for a few minutes.
- 02 Add the fresh cranberries, stir, and simmer for 10 minutes.
- 03 Add the orange zest, stir, then remove from heat.
- 04 Allow the cranberry sauce to cool completely, then transfer to a freezer safe container (a mason jar would work great here!).
- 05 To defrost, transfer the cranberry sauce to the fridge the night before.



Pumpkin Pie

 Serves 8  Prep Time: 15 Minutes  Cook Time: 20 Minutes

INGREDIENTS

- | | |
|--|--|
| <input type="checkbox"/> 1 pie crust, homemade or store-bought | <input type="checkbox"/> 2 teaspoons vanilla extract |
| <input type="checkbox"/> 3 eggs | <input type="checkbox"/> Pinch sea salt |
| <input type="checkbox"/> 1, 15-ounce can pumpkin | <input type="checkbox"/> 1 cup heavy cream |
| <input type="checkbox"/> 1 cup brown sugar | <input type="checkbox"/> Whipped cream, for serving |
| <input type="checkbox"/> 2 teaspoons pumpkin pie spice | |



- 01 Preheat the oven to 375 F.
- 02 Press the pie crust into a 9.5-inch pie plate. In a large bowl, whisk together the egg, pumpkin, brown sugar, pumpkin spice, vanilla extract, and salt until fully combined. Then, slowly whisk in the heavy cream.
- 03 Fill the pie crust up with the pumpkin filling.
- 04 Place a pie shield on the crust, or cover the crust with aluminum foil, to prevent it from burning. Bake for 50-60 minutes, until the crust is browned and the filling is set.
- 05 Let cool for one hour, then double wrap tightly in aluminum foil, label with the name and date, then store in your freezer.
- 06 To defrost, transfer the pie to your refrigerator two days in advance.



Pecan Pie Bars

 Yields 16 Bars  Prep Time: 30 Minutes

 Cook Time: 1 Hour, 20 Minutes

INGREDIENTS

FOR THE CRUST:

- ☐ 1 cup gluten-free flour
- ☐ ½ cup butter, chilled
- ☐ ¼ cup powdered sugar

FOR THE PECAN PIE BARS:

- ☐ 1 stick of butter
- ☐ 1 cup coconut sugar
- ☐ ½ cup maple syrup
- ☐ 2 teaspoons vanilla
- ☐ ¼ teaspoon sea salt
- ☐ 4 eggs
- ☐ 2 cups pecan halves



PECAN PIE BARS, CONT.

- 01 Preheat the oven to 350 F
- 02 Combine flour and powdered sugar in a medium sized bowl. Cut butter into 1/4 inch pieces and add to the flour mixture. Using a pastry cutter or your hands, combine the butter with the flour until the mixture becomes crumbly.
- 03 Press the crust mixture into the bottom of an 8x8 pan lined with parchment paper. Bake for 30 minutes or until the top is golden brown.
- 04 Melt butter in a saucepan over medium heat. Add coconut sugar, and whisk until smooth.
- 05 Remove the pan from heat and whisk in maple syrup, vanilla, and salt. Let cool for 5-10 minutes.
- 06 In a medium bowl, beat the eggs, then slowly pour the filling mixture into the eggs, whisking the whole time to ensure the eggs don't cook.
- 07 Place pecans on top of the baked shortbread crust, then pour the filling over the pecans.
- 08 Bake for 50 minutes, until the filling is completely set and no longer jiggles in the center.
- 09 Let cool for one hour, then double wrap tightly in aluminum foil, label with the name and date, then store in your freezer.
- 10 To defrost, transfer the pecan pie bars to your refrigerator two days in advance.

BENCHMARK *no. 3*: TWO-FOUR DAYS OUT
Finish your grocery shopping and do final prep.

By this time, your shopping list is very short, and most grocery stores should have ample stock of the remaining items. This is also the time to take your turkey out of the freezer (about 4 days out). Two days out, you'll want to start the dry brine for your chicken and take out your freezer items to start defrosting in the fridge.

Shopping List

PRODUCE

- ☐ Green beans, 2 pounds
- ☐ Herbs of choice (thyme, sage, or rosemary), fresh, chopped, 4 1½ tablespoons + sprigs for turkey
- ☐ Lemons, 4

DAIRY / EGGS / REFRIGERATED

- ☐ Heavy Cream, 1 ⅓ cup (10.67 ounces)

TURKEY PREP: *Dry Brine*

INGREDIENTS

- ☐ 1, 12-15 pound turkey, thawed
- ☐ 2-3 tablespoons coarse salt (use about 1 tablespoon for every 5 pounds of meat)
- ☐ 1 teaspoon dried sage
- ☐ 1 teaspoon dried thyme
- ☐ ½ teaspoon cracked black pepper

- 01 Remove the turkey from its packaging, pat it dry, take out the giblet package, and place the turkey in a roasting pan.
- 02 Sprinkle 2 teaspoons of the salt mixture in the turkey cavity, then separate the turkey skin from the breasts and put one teaspoon of the salt mixture under the skin on each side.
- 03 Sprinkle the rest of the brine liberally over the turkey, then cover and refrigerate.
- 04 In the evening, the night before Thanksgiving, remove the foil that is covering the turkey and let it sit uncovered overnight. This will help the turkey dry so the skin will crisp up!



Thanksgiving Day

You made it! The good news is that if you've been following along with this guide, the bulk of your cooking is completed, so today is all about prepping the last few fresh items, timing reheating your already-cooked dishes, and most importantly, **SAVORING** the season with your friends, family, and loved ones. This timeline will have you eating right around 3:00 PM. Feel free to adjust it an hour or two to meet your needs.


You'll start the day by prepping and baking the turkey. Then, you'll have time to relax! Spend some time getting ready, enjoying time with your family, and allowing yourself some time to breathe before the rest of the day. Later, you'll make the mashed potatoes, green beans, and gravy while everything else reheats. Then, you're ready to eat!

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- ☐ **10:00 AM** Prep + bake the turkey
 - ☐ **11:00 AM** Make the whipped cream
 - ☐ **1:30 PM** Make the mashed potatoes
 - ☐ **2:15 PM** Reheat the sweet potato casserole and stuffing
 - ☐ **2:30 PM** Make the green beans
 - ☐ **2:45 PM** Make the gravy
 - ☐ **2:50 PM** Reheat the mashed potatoes
 - ☐ **3:00 PM** *Ready to eat!*



Turkey

 Serves 8-10  Prep Time: 15 Minutes

 Cook Time: 1 Hour, 30 Minutes

INGREDIENTS

- ☐ 1 stick (8 tablespoons) butter, softened
- ☐ 4 cloves garlic, minced
- ☐ 2 tablespoons chopped fresh herbs
(we used a mixture of thyme, sage,
and rosemary)
- ☐ 1 lemon, halved
- ☐ 1 orange, quartered
- ☐ Fresh herb sprigs (we used a mixture
of thyme, sage, and rosemary)
- ☐ Twine, for tying the turkey

- 01 When you're ready to roast the turkey, pull it out of the fridge and let it sit for about 30 minutes, then preheat the oven to 325 F and move your oven rack to the lower position.
- 02 In a small bowl, mix together the softened butter, garlic, and herbs.
- 03 Pat the turkey dry, then rub about 1 tablespoon of butter under the skin of each breast. Rub the remaining herb butter over the entire turkey. If you're having trouble spreading the butter, microwave it in 5 second intervals to soften it further.
- 04 Stuff the cavity of the turkey with the lemon, orange, and about 5 sprigs of fresh herbs, then tie the legs with the kitchen twine.
- 05 Place the turkey in a roasting pan breast-side-up, then cook for about 3.5 hours (or 15 minutes per pound), or until a thermometer inserted into the thickest part of the turkey thigh registers 165 F and the legs begin to pull away easily from the turkey.
- 06 Transfer to a cutting board and let rest for 30 minutes before carving and serving.

11:00 AM • MAKE THE WHIPPED CREAM



Whipped Cream

 Yield: 2 cups  Prep Time: 5 Minutes

INGREDIENTS

- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons honey
- ☐ ½ teaspoon vanilla extract

- 01 Add all the ingredients into a large mixing bowl. Using either a stand mixer or hand mixer, whip the ingredients together until stiff peaks form. This may take about 5 minutes. Refrigerate until ready to use.

1:30 PM • MAKE THE MASHED POTATOES



Mashed Potatoes

 Serves 10  Prep Time: 10 Minutes
 Cook Time: 15 Minutes

INGREDIENTS

- ☐ 3 ½ pounds Yukon gold or russet potatoes, peeled and cut into 1-inch cubes
- ☐ 3 teaspoons coarse sea salt, plus more to taste
- ☐ ¾ cup milk or heavy cream
- ☐ 5 tablespoons butter
- ☐ ½ teaspoon cracked black pepper



MASHED POTATOES, CONT.

- 01 Add the potatoes and salt to a large pot, then fill the pot up with water to cover an inch over the potatoes and place over medium-high heat.
- 02 Let the potatoes come to a low boil, then cook for 15-20 minutes, until they can be easily pierced with a fork.
- 03 Strain the excess water from the potatoes, then return to the pot. Mash with a potato masher, then stir in the cream, butter, and pepper. Taste for seasoning and add salt, if needed, then remove from heat.

2:15 PM • REHEAT SWEET POTATO CASSEROLE & REHEAT STUFFING

Preheat the oven to 350 F, then reheat the sweet potato casserole on the upper oven rack for 30 minutes, covered, then uncovered for 10 minutes until the top is browned and crisp. At the same time, reheat the stuffing on the lower rack, covered, for 20-30 minutes, until warmed through.

2:30 PM • MAKE THE GREEN BEANS



Green Beans

 Serves 8

 Prep Time: 5 Minutes

 Cook Time: 15 Minutes

INGREDIENTS

- ☐ 4 strips bacon
- ☐ 2 pounds green beans, ends trimmed
- ☐ 2 tablespoons butter or extra-virgin olive oil
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon ground black pepper
- ☐ ¼ cup chopped pecans
- ☐ 2 tablespoons lemon juice



GREEN BEANS, CONT.

- 01 Add the bacon to a large skillet with matching lid over medium heat and cook for 2-3 minutes per side, until crisp. Once crisp, remove the bacon from the pan and transfer to a paper towel-lined plate to drain the excess grease.
- 02 Drain the excess bacon fat from the skillet, then fill it with 1/2 cup water and bring the water to boil over medium-high heat. Once boiling, add the green beans, then cover and cook for 2-3 minutes until the beans are bright green and most of the water has evaporated.
- 03 Reduce the heat to medium, then remove the lid from the pot, drain any excess water, and add the butter, salt, garlic powder, and pepper. Cook for 5-7 minutes, stirring occasionally, until browned, then toss with the lemon juice, pecans, and crumbled bacon and serve.

2:45 PM • MAKE THE GRAVY



Gravy

 Serves 10

 Cook Time: 7 Minutes

INGREDIENTS

- ☐ 4 tablespoons butter
- ☐ 4 tablespoons all-purpose flour
- ☐ 1/2 cup turkey drippings
- ☐ 3 cups chicken or turkey stock
- ☐ 1/2-1 teaspoon salt
- ☐ 1 1/2 teaspoons chopped fresh herbs (such as thyme, sage, or rosemary)
- ☐ 1/4 teaspoon freshly ground black pepper



GRAVY, CONT.

- 01 Add the butter to a medium saucepan over medium heat. Once melted, add the flour and whisk to combine. Let cook for about one minute, until bubbling.
- 02 Slowly pour the drippings into the butter and flour mixture, whisking constantly to dissolve any lumps, then slowly pour in the stock, again whisking constantly.
- 03 Let cook for 3-5 minutes, until thickened and bubbling, then stir in the salt and pepper. Taste the gravy and add more salt if needed, then remove from heat. Serve immediately.

2:50 PM • REHEAT THE MASHED POTATOES

About 10 minutes before serving, heat the mashed potatoes over medium-low heat. Warm for 7-10 minutes, stirring occasionally, until fully heated through.

3:00 PM • *Ready to eat!*

MORE THANKSGIVING RECIPES

APPETIZERS

[Whipped Honey Feta Dip](#)
[Easy Charcuterie Board](#)
[Cream Cheese-Stuffed](#)
[Bacon-Wrapped Dates](#)
[Spicy Roasted Cashews](#)
[Candied Pecans](#)

DRINKS

[Slow Cooker Mulled Wine](#)
[Cranberry Sangria](#)
[Apple Cider Bourbon Sangria](#)
[Spiced Harvest Mules](#)
[Cranberry Margarita](#)
[Pomegranate Margarita](#)
[Apple Cider Margarita](#)
[Spiced Apple Cider \(alcohol-free\)](#)

SALADS

[Harvest Salad](#)
[Winter Chopped Kale Salad](#)
[Roasted Pomegranate and Brussels](#)
[Sprouts Slaw](#)
[Winter Veggie Coleslaw](#)
[Shredded Brussels Sprouts Salad with](#)
[Apple Cider Vinaigrette](#)
[Winter Salad with Pears and](#)
[Candied Pecans](#)

SIDES

[Bacon Cranberry Cornbread Stuffing](#)
[Old-Fashioned Gluten-Free Stuffing](#)
[Paleo Sweet Potato Cranberry Stuffing](#)
[Easy Oven-Baked Mac and Cheese](#)
[Gluten-Free Cornbread](#)
[Instant Pot Mashed Potatoes](#)
[Loaded Twice-Baked Whipped Potatoes](#)
[Roasted Asparagus with](#)
[Lemon-Cardamom Sauce](#)
[Rosemary Sea Salt Hasselback Potatoes](#)
[Paleo Cheesy Broccoli Casserole](#)
[Browned Butter Parsnip Mash](#)
[Parsnip Mash](#)
[Paleo Creamed Spinach](#)
[Paleo Green Bean Casserole](#)

DESSERTS

[Cherry Dump Cake](#)
[Paleo Apple Crisp](#)
[Pumpkin Dump Cake](#)
[No-Bake Cranberry Cheesecake Bars](#)
[Dutch Apple Pie](#)
[Sweet Potato Pie](#)
[Chocolate Cream Pie](#)
[Paleo Sticky Toffee Pudding](#)
[Pumpkin Pie Custards](#)
[Kentucky Bourbon Balls](#)
[Pumpkin Mousse Pie](#)

Conversation Cards

Thanksgiving printables for your table. Feel free to print out the following pages and set them on each plate's setting before the meal begins. They'll serve as a conversation starter during the meal, or a simple reminder of what the holiday is all about.

Tip

We recommend printing on a thicker paper, like cardstock.

If you could do one job for the rest of your life (where income was not a factor), what would it be? Why?

What is one word that you would use to describe 2022 and why?

If you could have dinner with one person (dead or alive), who would it be?

Who is one
person who has
made an impact
on your life?

If you could live
anywhere in the
world, where
would it be?

If you could live in
any time period,
what would it be
and why?

What is one
way you were
challenged or
grew in 2022?

If your life was a
book, what would
the title be?

What is
something that
everyone seems
to like but you
don't care for
(and why)?

What is a goal you
have for 2023?

If you could
go back in time
and relive one
memory, what
would it be?