



FED  FIT

Simple Thanksgiving Menus

step by step meal plans for serving two,
four, or eight this holiday season.



As food lovers and recipe developers, Thanksgiving is one of our favorite holidays here at Fed + Fit, but we also know that this holiday can be a little intimidating – especially for those who are cooking Thanks-giving dinner for the first time. So, this year, we’ve decided to get back to Thanksgiving basics! 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 with those you love.

HOW TO USE

We’ve created menus for 2, 4, and 8 people with all of the Thanksgiving classics to take the guesswork out of menu planning for you! Note that if you’re missing your favorite Thanksgiving side dish or dessert, we have plenty more on FedandFit.com for you, like [this sweet potato casserole](#) or these [no-bake cranberry cheesecake bars](#). We’ve also included a full list of our favorite Thanksgiving recipes at the end of this book!

For each menu, we’ve included a shopping list, the recipes, and a complete timeline of what to make when. We’ve also included enough servings so that you’ll have some leftovers – because these dishes are often even better the next day!

thankful for *family*

thankful for family



thankful for laughter

thankful for pumpkin pie





menu *for two*

Just because you're cooking for two doesn't mean you can't have all of the Thanksgiving classics! For this menu, we've scaled down traditional recipes to give you just enough food for two, plus leftovers the next day.

Instead of making a full turkey, turkey breast tenderloins that are made super flavorful thanks to an apple cider vinegar, brown sugar, and fresh herb marinade will be the star of your plate. We've also included the most classic sides: gravy, cranberry sauce, and mini pumpkin pies.

menu



MAIN

Herbed Apple Cider & Brown Sugar
Marinated Turkey Tenderloins

SIDES

Semi-Homemade Stuffing
Easy Creamy Mashed Potatoes
Sautéed Green Beans & Bacon
Perfect Gravy
Cranberry Sauce

DESSERT

Mini Pumpkin Pies

thankful for *seasons*

Shopping List

PRODUCE

Celery, 2 stalks
Cranberries, raw, 2 1/2 cups
Garlic, 5 cloves
Green beans, 1 pound
Herbs of choice (thyme, sage, or rosemary), fresh, chopped, 1 tablespoon + 1/2 teaspoon
Lemons, 1
Onion, yellow, 1/2 small
Orange, 1
Potatoes, Yukon gold or russet, 1 pound
Rosemary, fresh, chopped, 1/2 tablespoon
Thyme, fresh, chopped, 1/2 tablespoon

FROZEN FOODS

Pie Crust, 1

MEAT

Bacon, 2 strips
Breakfast sausage, bulk, 1/2 pound
Turkey breast tenderloins, 2 (1-pound) tenderloins

DAIRY/EGGS/REFRIGERATED

Butter, 1 stick (8 tablespoons)
Eggs, 2
Heavy cream, 5 1/2 ounces
Orange juice, 2 ounces (1/4 cup)
Whipped cream, for serving

PANTRY

Apple cider vinegar, 2 tablespoons
Brown sugar, 1/2 cup + 1 1/2 tablespoons
Chicken (or turkey) stock, 28 ounces
Dijon mustard, 1 tablespoon
Extra-virgin olive oil, 1/4 cup (4 tablespoons)
Flour, all-purpose, 2 tablespoons
Honey, 2 tablespoons
Pecans, chopped, 2 tablespoons
Pumpkin, canned, 14 ounces
Stuffing mix, 1 (6-ounce) box
Vanilla extract, 1 teaspoon

SPICES + SEASONINGS

Black pepper, 1 teaspoon
Garlic powder, 1/2 teaspoon
Pumpkin pie spice, 1 teaspoon
Sea salt, 1 tablespoon + 1/4 teaspoon

2 Days Before Thanksgiving

Today you'll get a head start on prep by making the cranberry sauce! Cranberry sauce is so simple to make, plus it keeps well in the fridge, so it is the perfect thing to cross off your to-do list ahead of time.

☐ Make Cranberry Sauce



Cranberry Sauce



Serves 4 - 5



Prep: 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. Store in the refrigerator until ready to serve.

The Day Before Thanksgiving

Today, you'll cook up the veggies and sausage for the stuffing so that you don't have to do anything but assemble and bake it tomorrow. Then, you'll make the mini pumpkin pies!

- ☐ Cook Sausage + Veggies
- ☐ Make Mini Pumpkin Pies




Prep: Veggies + Sausage

INGREDIENTS

½ pound breakfast sausage
 1 tablespoon butter or extra-virgin olive oil
 ½ small yellow onion, diced
 2 stalks celery, diced
 2 cloves garlic, minced
 ¼ teaspoon sea salt

- 01 Heat a skillet over medium heat and add the breakfast sausage. Cook for 8-10 minutes, breaking up the sausage as it cooks, until it is browned and crisp.
- 02 Remove the sausage from the pan and drain the excess grease, then add the butter to the pan along with the onion, celery, garlic, and salt. Cook for 7-10 minutes, until the veggies are softened, then remove from heat.
- 03 Store veggies and sausage together in the refrigerator.

Mini Pumpkin Pies

 Yield: 5 Mini Pies  Prep: 15 Minutes  Cook Time: 20 Minutes

INGREDIENTS

1 pie crust
 1 egg
 1/2 cup plus 2 tablespoons pumpkin puree
 1/3 cup brown sugar
 3/4 teaspoon pumpkin pie spice
 3/4 teaspoon vanilla extract
 1/3 cup heavy cream
 Whipped cream, for serving
 Cinnamon, for garnish

Note:

If you'd like more leftovers, this recipe can easily be doubled to create 10 mini pies – you'll only need one pie crust!


- 01 Preheat the oven to 375 F.
- 02 Roll the pie crust to 1/8th inch thickness, then cut into 5, 3.5-inch circles.
- 03 Push the pie crust circles into muffin tins, then set aside.
- 04 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.
- 05 Fill the pie crusts up with the pumpkin filling until they are ¾ of the way full. Bake for 15-20 minutes, until the crust is browned and the filling is set.
- 06 Let cool for one hour, then refrigerate until ready to eat, then top with whipped cream and enjoy!

Thanksgiving Day

Following this timeline will have you eating dinner around 3! If you want to eat earlier or later, simply move the afternoon timeline up or down as needed. When you wake up, marinate the turkey tenderloins, then move on to making the gravy, which can easily be reheated later. This afternoon, you'll make mashed potatoes, get the turkey in oven along with the stuffing, then finish your cooking by making the green beans and reheating the sides.

☐ 9:00AM — Marinate the Turkey Tenderloins☐ 9:30AM — Make the Gravy☐ 1:15PM — Make the Mashed Potatoes☐ 1:45PM — Make the Turkey Tenderloins☐ 2:00PM — Make the Stuffing☐ 2:30PM — Make the Green Beans☐ 2:50PM — Reheat the Gravy☐ 3:00PM — **Ready to Eat!**

Marinate the Turkey Tenderloins

 Prep Time: 15 Minutes

INGREDIENTS

- 2 turkey breast tenderloins, about 1 pound each
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 ½ tablespoons brown sugar
- 1 tablespoon dijon mustard
- 3 garlic cloves, minced
- 1/2 tablespoon fresh chopped thyme
- 1/2 tablespoon fresh chopped rosemary
- 1 teaspoon sea salt
- 1/4 teaspoon pepper

- 01** In a large bowl, whisk together the vinegar, brown sugar, mustard, garlic, seasonings, and olive oil until evenly combined.
- 02** Place the turkey in the bowl with the marinade and toss to coat. Cover and refrigerate for at least 30 minutes, up to overnight, to let the flavors infuse.

☐ 9:30AM — Make the Gravy

Gravy



Serves: 4



Cook Time: 7 Minutes

INGREDIENTS

2 tablespoons butter
2 tablespoons all-purpose flour
1 ½ cups chicken or turkey stock
½ teaspoon chopped fresh herbs (such as thyme, sage, or rosemary)
¼ teaspoon salt
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 stock into the butter and flour mixture, whisking constantly to dissolve any lumps.
- 03** Let cook for 3-5 minutes, until thickened and bubbling, then stir in the salt and pepper and remove from heat. Serve immediately.

☐ 1:15PM — Make the Mashed Potatoes

Mashed Potatoes



Serves: 3 - 4



Prep Time: 10 Minutes



Cook Time: 15 Minutes

INGREDIENTS

1 pound Yukon gold or russet potatoes, peeled and cut into 1-inch cubes
1 teaspoon coarse sea salt, plus more to taste
3 tablespoons milk or heavy cream
3 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 10-15 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 turn off the heat. Reheat over low heat about 15 minutes before serving.

☐ 1:45PM — Make the Turkey Tenderloins

Turkey Tenderloins

INGREDIENTS

1 tablespoon of extra-virgin olive oil
2 marinated turkey breast tenderloins (from earlier this morning)

- 01** Preheat the oven to 400 F.
- 02** Heat the oil in a cast iron or other oven-safe skillet over medium-high heat. Once hot, place the tenderloins in the pan, working in two batches if needed to prevent over-crowding. Cook for 3-4 minutes, until browned, then flip the tenderloins and cook the other side for another 3 minutes.
- 03** Transfer the pan to the oven and cook for 25-35 minutes, or until a thermometer inserted into the thickest part of the tenderloin registers 165 F.
- 04** Remove the turkey from the oven and let rest for 10 minutes, then slice and serve.

☐ 2:00PM — Make the Stuffing

Stuffing

 Serves: 6  Cook Time: 30 Minutes

INGREDIENTS

1, 6-ounce box stuffing mix
Cooked sausage and veggies
(from yesterday's prep)
1 tablespoon minced fresh herbs, such as sage, thyme, and rosemary (may also use 1 teaspoon dried)
1 egg, beaten
2 cups chicken or turkey stock
2 tablespoons melted butter

- 01** Preheat the oven to 400 F.
- 02** Discard the stuffing seasoning packet, then combine stuffing croutons, sausage, cooked veggies, herbs, beaten egg, and stock in an 8x8 inch, or other 2-quart baking dish, and mix it all together. Press the stuffing into an even layer in the dish, then drizzle the top with butter.
- 03** Cover the pan with foil, then bake for 15 minutes alongside the turkey tenderloin. Once the timer goes off, remove the foil and bake, uncovered, for an additional 10-15 minutes, until the top of the stuffing is browned and crisp. Let cool slightly, then enjoy before serving.

☐ 2:30PM — Make the Green Beans


Green Beans

Serves: 4 Prep Time: 5 Minutes Cook Time: 8 Minutes

INGREDIENTS

2 strips bacon
 1 pound green beans, ends trimmed
 1 tablespoon butter or extra-virgin olive oil
 1/2 teaspoon sea salt
 1/2 teaspoon garlic powder
 1/4 teaspoon ground black pepper
 2 tablespoons chopped pecans
 1 tablespoon 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 1/4 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 about 5 minutes, stirring occasionally, until browned, then toss with the lemon juice, pecans, and crumbled bacon. Keep on low heat until ready to serve.

☐ 2:50PM — Reheat the Gravy

Reheat the gravy in a small saucepan over medium heat for about 5 minutes, or microwave for 2-3 minutes, stirring halfway through, until warmed.

☐ 3:00PM — **Ready to Eat!**



menu *for* four

This menu has been perfectly scaled to feed four people with leftovers. While you can roast a smaller turkey if you'd like, we've chosen to include a turkey breast in this menu as it's just the right amount of turkey and takes a fraction of the time to cook! For sides, we've included Thanksgiving classics like creamy mashed potatoes and our easiest-ever semi-homemade stuffing, then you'll have pumpkin pie for dessert!

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

thankful for *togetherness*

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 tablespoon + 1 teaspoon
Lemons, 2
Onion, yellow, ½ small
Orange, 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
Flour, all-purpose, 3 tablespoons
Honey, 2 tablespoons
Pecans, chopped, 3 tablespoons
Pumpkin, canned, 1 (15-ounce) can
Stuffing mix, 1 (6-ounce) box
Vanilla extract, 2 teaspoons

SPICES + SEASONINGS

Black pepper, 1 1/4 teaspoon
Garlic powder, ½ teaspoon
Pumpkin pie spice, 2 teaspoons
Sea salt, 1 tablespoon + 1 3/4 teaspoons

2 Days Before Thanksgiving

Today you'll get a head start on prep by making the cranberry sauce! Cranberry sauce is so simple to make, plus it keeps well in the fridge, so it is the perfect thing to cross off your to-do list ahead of time.

☐ Make Cranberry Sauce



Cranberry Sauce



Serves 4 - 5



Prep: 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. Store in the refrigerator until ready to serve.

The Day Before Thanksgiving

Today, you'll cook up the veggies and sausage for the stuffing so that you don't have to do anything but assemble and bake it tomorrow. Then, you'll make the pumpkin pie!

☐ Cook Veggies + Sausage

☐ Make the Pumpkin Pies

Prep: Veggies + Sausage

 Prep: 10 Minutes

INGREDIENTS

½ pound breakfast sausage
1 tablespoon butter or extra-virgin olive oil
½ small yellow onion, diced
2 stalks celery, diced
2 cloves garlic, minced
¼ teaspoon sea salt

- 01 Heat a skillet over medium heat and add the breakfast sausage. Cook for 8-10 minutes, breaking up the sausage as it cooks, until it is browned and crisp.
- 02 Remove the sausage from the pan and drain the excess grease, then add the butter to the pan along with the onion, celery, garlic, and salt. Cook for 7-10 minutes, until the veggies are softened, then remove from heat.
- 03 Store veggies and sausage together in the refrigerator.



Pumpkin Pie

 Servings: 6  Prep: 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.
- 03 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.
- 04 Fill the pie crust up with the pumpkin filling. 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 refrigerate until ready to eat, then top with whipped cream and enjoy!

Thanksgiving Day

With this timeline, you'll have dinner ready by 3 PM! You'll start off the morning by baking the stuffing, then you'll move onto making the turkey, mashed potatoes, green beans, and gravy. If you plan to eat earlier or later, simply move the timeline up or down accordingly.

- | | |
|--|--|
| <input type="checkbox"/> 9:00AM — Make the Stuffing | <input type="checkbox"/> 2:40PM — Make the Green Beans |
| <input type="checkbox"/> 12:45PM — Bake the Turkey Breast | <input type="checkbox"/> 2:45PM — Make the Gravy |
| <input type="checkbox"/> 1:30PM — Make the Mashed Potatoes | <input type="checkbox"/> 3:00PM — Ready to Eat! |
| <input type="checkbox"/> 2:30PM — Reheat the Stuffing | |
-



Stuffing

 Servings: 6  Cook Time: 30 Minutes

INGREDIENTS


- 1, 6-ounce box stuffing mix
- Cooked sausage and veggies (from yesterday's prep)
- 1 tablespoon minced fresh herbs, such as sage, thyme, and rosemary (may also use 1 teaspoon dried)
- 1 egg, beaten
- 2 cups chicken or turkey stock
- 2 tablespoons melted butter

- 01** Preheat the oven to 400 F.
- 02** Discard the stuffing seasoning packet, then combine stuffing croutons, sausage, cooked veggies, herbs, beaten egg, and stock to an 8x8 inch, or other 2-quart baking dish, and mix it all together. Press the stuffing into an even layer in the dish, then drizzle the top with butter.
- 03** Cover the pan with foil, then bake for 15 minutes alongside the turkey tenderloin. Once the timer goes off, remove the foil and bake, uncovered, for an additional 10-15 minutes, until the top of the stuffing is browned and crisp. Let cool slightly, then enjoy.

☐ 12:45PM — Bake the Turkey Breast

Turkey Breast

 Servings: 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 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 minutes.

05 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.

06 When the turkey is at temperature, let it rest on the counter covered loosely with a foil sheet for 15 minutes before carving.

07 Slice, serve, and enjoy!

☐ 1:30PM — Make the Mashed Potatoes

Mashed Potatoes

 Serves: 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
1/3 cup milk or heavy cream
4 tablespoons butter
1/4 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 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 turn off the heat. Reheat over low heat about 15 minutes before serving.

☐ 2:30PM — Reheat the Stuffing

Place the stuffing in a 350 F oven, uncovered, for 20 to 30 minutes, until heated through.

☐ 2:40PM — Make the Green Beans

Green Beans

 Serves: 6  Prep Time: 5 Minutes Cook Time: 15 Minutes

INGREDIENTS

3 strips bacon
1 ½ pounds green beans, ends trimmed
1 tablespoon butter or extra-virgin olive oil
¾ teaspoon sea salt
½ teaspoon garlic powder
¼ teaspoon ground black pepper
3 tablespoons chopped pecans
1 tablespoon 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 1/4 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 about 5 minutes, stirring occasionally, until browned, then toss with the lemon juice, pecans, and crumbled bacon and serve.

☐ 2:45PM — 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
1 teaspoon chopped fresh herbs (such as thyme, sage, or rosemary)
½ teaspoon salt
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 and remove from heat. Serve immediately.

☐ 3:00PM — **Ready to Eat!**



menu *for eight*

This classic Thanksgiving menu is perfect for a gathering of eight! It includes all of the classic sides, from gravy to sweet potatoes, and two pies to give your guests some variety. We've made sure to spread out the prep over a few days, so you don't feel rushed to get everything done on 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

thankful for *a full home*

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 ½
 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 3/4
 cups
 Honey, 3 ounces
 Maple syrup, 6 ounces
 Pecans, halved, 2 1/2 cups
 Powdered sugar, ¼ cup
 Pumpkin, canned, 1 (15-ounce) can
 Stuffing, 2 (6-ounce) boxes
 Vanilla extract, 4 1/2 teaspoons

SPICES + SEASONINGS

Black pepper, 1 3/4 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

4 Days Before Thanksgiving

☐ If your turkey is frozen, transfer it to the refrigerator to defrost.

2 Days Before Thanksgiving


☐ Dry Brine the Turkey

Note: If your turkey is still a bit frozen on the inside, don't worry! You can still go ahead and start the brine.

☐ Make the Cranberry Sauce

☐ Make the Sweet Potato Casserole Filling

Dry Brine

 Prep Time: 15 Minutes

INGREDIENTS

1, 12-15 pound turkey, thawed
2-3 tablespoons coarse salt (use about 1 table-
spoon for every 5 pounds of meat)
1 teaspoon dried sage
1 teaspoon dried thyme
1/2 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. Sprinkle the rest of the brine liberally over the turkey, then cover and refrigerate.

☐ Make the Cranberry Sauce

Cranberry Sauce

 Serves 4 - 5  Prep: 5 Minutes  Cook Time: 15 Minutes

INGREDIENTS

1/4 cup orange juice
1 tablespoon lemon juice
2 tablespoons honey
2 1/2 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. Store in the refrigerator until ready to serve.

- ☐ Make the Sweet Potato Casserole Filling

Prep: Sweet Potato Casserole Filling

 Prep: 15 Minutes  Cook Time: 20 Minutes

INGREDIENTS


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

- 01 Place the potatoes and 2 teaspoons 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.
- 02 Mash the potatoes until smooth and stir in the butter, cream, orange juice, orange zest, maple syrup, and 1/2 teaspoon salt. Taste for seasoning and add more salt, if needed, then transfer to an airtight container and store in the refrigerator.

The Day Before Thanksgiving

- ☐ Cook Sausage + Veggies for Stuffing
- ☐ Make the Pumpkin Pie
- ☐ Make the Pecan Pie Bars
- ☐ Remove Foil from the Turkey

Prep: Veggies + Sausage

 Prep: 10 Minutes

INGREDIENTS

1 pound breakfast sausage
 1 small yellow onion, diced
 4 stalks celery, diced
 3 cloves garlic, minced

- 01 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 and drain the excess fat.
- 02 Add the butter to the same skillet along with the onion, celery, and garlic. Cook for 8-10 minutes, until softened, then remove from heat.
- 03 Store the sausage and veggies together in the refrigerator.

☐ Make the Pumpkin Pie

Pumpkin Pie

 Servings: 6 - 8  Prep: 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.
- 03** 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.
- 04** Fill the pie crust up with the pumpkin filling. 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 refrigerate until ready to eat, then top with whipped cream and enjoy!

☐ Make the Pecan Pie Bars



Pecan Pie Bars

 Yield: 16 Bars  Prep: 30 Minutes

 Cook Time: 1 hour, 20 Minutes

INGREDIENTS

For the Crust:

- 1 cup gluten-free flour
- 1/2 cup butter, chilled
- 1/4 cup powdered sugar

For the Pecan Pie Bars:

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

- 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 flour mixture. Using a pastry cutter or your hands, combine the butter with the flour until the mixture becomes crumbly.
- 03** Press 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 pan from heat and whisk in maple syrup, vanilla, and salt. Let cool 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 filling is completely set and no longer jiggles in the center.
- 09** Let cool for one hour, then refrigerate. When ready, cut bars into 16 equal squares and serve!

- ☐ Remove the Foil from the Turkey

In the evening, 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

Today's the big day! This timeline will have you eating dinner right around 3 PM. Feel free to adjust it an hour or two to suit your needs!

You'll start your morning by baking the stuffing, which will be reheated before serving. Then, you'll get to work prepping and baking the turkey. Once the turkey is in the oven, you'll make whipped cream to serve with dessert and assemble the sweet potato casserole so that all you'll have to do this afternoon is put it in the oven. Then, you'll take about a two-hour break before making the mashed potatoes. Once the turkey is out of the oven, you'll bake the sweet potato casserole, reheat the stuffing, and make the green beans and gravy – then you're ready to eat!

- ☐ 9:30AM — Bake the Stuffing
- ☐ 10:00AM — Prep + Bake the Turkey
- ☐ 11:00AM — Make the Whipped Cream
- ☐ 11:30AM — Assemble the Sweet Potato Casserole
- ☐ 1:30PM — Make the Mashed Potatoes
- ☐ 2:15PM — Bake the Sweet Potato Casserole and Reheat the Stuffing
- ☐ 2:30PM — Make the Green Beans
- ☐ 2:45PM — Make the Gravy
- ☐ 2:50PM — Reheat the Mashed Potatoes
- ☐ 3:00PM — **Ready to Eat!**

☐ 9:30AM — Bake the Stuffing

Stuffing

 Servings: 12  Cook Time: 15 Minutes

 Cook Time: 35 Minutes

INGREDIENTS

12 ounces boxed stuffing mix
1 pound breakfast sausage, cooked (from yesterday's prep)
Cooked onion, garlic, and celery (from yesterday's prep)
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 Discard the stuffing seasoning packet, then combine stuffing croutons, sausage, cooked veggies, herbs, beaten egg, and stock to a 9x13 inch, or other 4-quart baking dish, and mix it all together. Press the stuffing into an even layer in the dish, then drizzle the top with butter.
- 03 Cover the dish with foil, then bake for 30 minutes. Once the timer goes off, remove the foil and bake, uncovered, for an additional 15 minutes, until the top of the stuffing is browned and crisp. Let cool, then transfer to the refrigerator.

☐ 10:00AM — Prep + Bake the Turkey



Turkey

 Servings: 8 - 10  Prep: 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.

☐ 11:00AM — Make the Whipped Cream

Whipped Cream

 Yield: 2 Cups  Prep: 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.

☐ 11:30AM — Assemble The Sweet Potato Casserole



Sweet Potato Casserole

 Servings: 8  Prep Time: 15 Minutes
 Cook Time: 30 Minutes

INGREDIENTS

For the Sweet Potatoes:

Sweet potato filling
(from your earlier prep)
2 eggs, whisked

For the Crumble:

1/2 cup all-purpose flour (we used
this one for gluten-free)
1/4 cup brown or coconut sugar
1/2 teaspoon cinnamon
4 tablespoons butter, melted
1/4 cup chopped pecans

- 01** Preheat the oven to 350 F.
- 02** 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.
- 03** Transfer the sweet potato filling you prepared earlier in the week to an 8x8, or other 2-quart baking dish, then stir the eggs into the filling. Top the sweet potatoes with the crumble mixture. Refrigerate until ready to bake!

☐ 1:30PM — 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
2/3 cup milk or heavy cream
5 tablespoons butter
½ 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.


☐ 2:15PM — Bake the Sweet Potato Casserole and Reheat the Stuffing

Preheat the oven to 350 F, then bake the sweet potato casserole on the upper oven rack for 30 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.

☐ 2:3-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

- 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.

☐ 2:45PM — Make the Gravy

Gravy



Serves: 10



Cook Time: 7 Minutes

INGREDIENTS

4 tablespoons butter
4 tablespoons all-purpose flour
½ cup turkey drippings
3 cups chicken or turkey stock
1 ½ teaspoons chopped fresh herbs (such as thyme, sage, or rosemary)
½-1 teaspoon salt
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.

☐ 2:50PM — 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.

☐ 3:00PM — **Ready to Eat!**



more thanksgiving recipes

APPETIZERS

[Whipped Honey Feta Dip](#)

[Easy Charcuterie Board](#)

[Cream Cheese-Stuffed Bacon-Wrapped Dates](#)

[Spicy Roasted Cashews](#)

DRINKS

[Slow Cooker Mulled Wine](#)

[Cranberry Sangria](#)

[Apple Cider Bourbon Sangria](#)

[Spiced Harvest Mules](#)

SALADS

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[Winter Chopped Kale Salad](#)

[Roasted Pomegranate and Brussels Sprouts Slaw](#)

[Winter Veggie Coleslaw](#)

[Shredded Brussels Sprouts Salad
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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](#)

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DESSERTS

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[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](#)

printables

thanksgiving printables for your table. feel free to print out the following pages + 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.

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