



## **Paleo Thanksgiving Feast**

**Meal Plan, Recipes,  
and Shopping List**

# THANKSGIVING MENU

Give thanks this year with your favorite appetizers, main dishes, and desserts - Paleo style! The following menu will serve 5 to 8 people (with leftovers for a few days) and is free of grains, dairy, vegetable oil and refined sugar. The numbers beside the meals correspond with the shopping list. If you don't want to make a certain recipe, just don't buy the ingredients for that recipe number.

## *Appetizers*

Shrimp Cocktail (1)

Guacamole Deviled Eggs (2)

## *Dinner*

Turkey (3) with Gravy (4)

Rosemary Green Beans (9)

Cauliflower Mashers (5)

Sweet Potato Casserole (10)

Stuffing (6)

Cranberry Sauce (11)

7- Layer Salad (7) with Simple Salad  
Dressing (8)

## *Dessert*

Pumpkin Pie (12)

Coconut Milk Vanilla Ice Cream (13)

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# THANKSGIVING SHOPPING LIST

MEAT	NEED	MEALS
<input type="checkbox"/> 1 lb lrg shrimp	----	1
<input type="checkbox"/> 12-15 lb turkey	----	3
<input type="checkbox"/> 1 lb sausage mild Italian pork or chicken	----	6
<input type="checkbox"/> 12 oz cubed chicken breast	----	7

OTHER	NEED	MEALS
<input type="checkbox"/> 1 1/4 c olive oil	----	8
<input type="checkbox"/> 14 eggs	----	2 7 12
<input type="checkbox"/> 6 T chili sauce (rec sriracha sauce)	----	1
<input type="checkbox"/> 4 T lemon juice	----	1 2 8
<input type="checkbox"/> 1/2 T horseradish	----	1
<input type="checkbox"/> 2 t hot sauce	----	2
<input type="checkbox"/> 20 1/2 c broth vegetable or chicken	----	2 3 4 6
<input type="checkbox"/> roasting pan	----	3
<input type="checkbox"/> 8 T coconut oil	----	3 5 9 10
<input type="checkbox"/> 4 c coconut milk	----	5 12 13
<input type="checkbox"/> 1/4 c balsamic vinegar	----	8
<input type="checkbox"/> 1 t dijon mustard	----	8
<input type="checkbox"/> 1 1/4 c raw honey	----	8 10 11 12
<input type="checkbox"/> 4 t butter organic, grass fed	----	12
<input type="checkbox"/> 14 oz can pumpkin puree organic	----	12
<input type="checkbox"/> 1 t vanilla extract	----	13

NUTS	NEED	MEALS
<input type="checkbox"/> 1/2 c slivered almonds	----	6
<input type="checkbox"/> 3/4 c pecans, chopped and toasted	----	9
<input type="checkbox"/> 3/4 c chopped nuts of choice	----	10
<input type="checkbox"/> 1/2 c hazelnuts	----	12
<input type="checkbox"/> 1 c pecans	----	12

VEGETABLES	NEED	MEALS
<input type="checkbox"/> 2 med yellow onion	----	1 6
<input type="checkbox"/> 9-10 lrg carrots	----	4 6
<input type="checkbox"/> 11 stalks celery	----	4 6
<input type="checkbox"/> 6 lrg cloves garlic	----	4 5
<input type="checkbox"/> 1-1/2 lrg cauliflower	----	5
<input type="checkbox"/> 2/3 c fresh chives	----	5
<input type="checkbox"/> 4 1/2 c mushrooms, diced	----	6
<input type="checkbox"/> 1 t diced fresh sage	----	6
<input type="checkbox"/> 1/2 t fresh thyme leaves, minced	----	6
<input type="checkbox"/> 4-8 c greens	----	7
<input type="checkbox"/> 1 red bell pepper	----	7
<input type="checkbox"/> 1-1/2 c grape tomatoes	----	7
<input type="checkbox"/> 6 jumbo black olives	----	7
<input type="checkbox"/> 3 lb fresh green beans, trimmed	----	9
<input type="checkbox"/> 6 green onions	----	9
<input type="checkbox"/> 6 t fresh rosemary, chopped	----	9
<input type="checkbox"/> 3 lrg sweet potatoes, about 2 lb	----	10

FRUIT	NEED	MEALS
<input type="checkbox"/> 3 avocado	----	2 7
<input type="checkbox"/> 3/4 c dried cherries	----	6 10
<input type="checkbox"/> 6 t lemon rind, grated	----	9
<input type="checkbox"/> 2 orange for zest and juice	----	10 11
<input type="checkbox"/> 2, 12 oz bags cranberries	----	11

SPICES	
<input type="checkbox"/> sea salt	<input type="checkbox"/> sage
<input type="checkbox"/> ground black pepper	<input type="checkbox"/> thyme
<input type="checkbox"/> rosemary	<input type="checkbox"/> savory
<input type="checkbox"/> garlic powder	<input type="checkbox"/> cinnamon
<input type="checkbox"/> allspice	<input type="checkbox"/> cloves
<input type="checkbox"/> ginger	

# Shrimp Cocktail



This recipe was adapted from Paleo Plan [here](#).

*Approximate cook and preparation time: 20 minutes*

## Ingredients

- 1 pound large shrimp
- 6 Tbs chili sauce (also called sriracha sauce)
- 2 Tbs lemon juice
- 1/2 Tbs horseradish (or to taste)
- 1/2 tsp grated onion

## Instructions

1. Shell and de-vein shrimp, or buy shelled and deveined shrimp.
2. Bring 4 quarts of water to a boil. Add all the shrimp and turn off the heat. Let shrimp steep for 3-5 minutes, until flesh is opaque throughout.
3. Remove cooked shrimp from water, cover and chill.
4. While the water is coming to a boil, combine chili sauce, lemon juice, horseradish, and onion to make cocktail sauce. Stir well.
5. Serve cocktail sauce in bowl with shrimp surrounding it on a platter.

# Guacamole Deviled Eggs



*Photo courtesy marksdailyapple.com*

This recipe originated from marksdailyapple.com [here](#).

*Approximate cook and preparation time: 40 minutes*

## Ingredients

4 eggs, hard-boiled  
1 avocado  
2 tsp hot sauce  
1 tsp lemon juice  
sea salt (optional)  
freshly ground black pepper

## Instructions

1. Peel hard-boiled eggs and cut in half length-wise. Spoon out yolks into a small bowl.
2. Mash yolks with avocado, hot sauce and lemon juice. Season with sea salt and freshly ground black pepper to taste.
3. Refill egg whites with the yolk mixture.

# Turkey



## Brining the Turkey

This recipe is from allrecipes.com [here](#). Brining creates a more tender, flavorful turkey.

*Approximate cook and preparation time: 5 hours OR 1 hour and overnight*

### Ingredients

- 1 gallon (16 cups or 4 quarts) vegetable or chicken broth
- 1 cup sea salt
- 1 tablespoon crushed dried rosemary
- 1 tablespoon dried sage
- 1 tablespoon dried thyme
- 1 tablespoon dried savory
- 1 gallon ice water

### Instructions

1. In a large stock pot, combine the vegetable broth, sea salt, rosemary, sage, thyme, and savory. Bring to a boil, stirring frequently to be sure salt is dissolved. Remove from heat, and let cool to room temperature.
2. When the broth mixture is cool, pour it into a clean 5-gallon bucket or a brining bag. Stir in the ice water.

3. Wash and dry your turkey. Remember to remove the innards and save them for later. Place the turkey, breast down, into the brine. Make sure the cavity gets filled.
4. Place the bucket or bag in the refrigerator overnight, or put the bag in a sink filled with ice water for 4 hours. The longer you brine it, the more flavorful it will be
5. Remove the turkey carefully, drain off the excess brine and pat dry. Discard excess brine.
6. Keep in mind that brined turkeys cook 20 to 30 minutes faster so watch the temperature gauge.

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## Roasting the Turkey

This recipe was created by Paleo Plan

*Approximate cook and preparation time: 4 hours or so*

### Ingredients

12-15 pound turkey (for lots of leftovers)  
roasting pan  
2 Tbs coconut oil, lard, tallow  
3 Tbs dried, crushed rosemary  
1 tsp black pepper  
½ tsp sea salt (optional)

### Instructions

1. After brining the turkey, dry it off either by air, with a blow dryer or with a towel.
2. Pre-heat the oven to 400 degrees F.
3. Mix the salt, pepper and rosemary together in a small bowl. Place the oil and the spice mixture under the skin of the turkey by carefully pulling up the skin and using your hands to massage it in.
4. Place a meat thermometer in the thickest part of the breast (not touching the bone, though). Put the turkey in a large roasting pan in the oven breast side up and allow it to cook for 20 minutes uncovered.



5. Lower the heat to 350 degrees F, cover the bird and cook for about 3 hours or until the temperature of the bird reaches 165 degrees F. In the last 45 minutes, uncover the bird and allow it to brown.

## Gravy



Photo courtesy [sogoodblog.com](http://sogoodblog.com) [here](#)

This recipe was created by Jim Lytton.

*Approximate cook and preparation time: 3 hours*

### Ingredients

Innards and neck from turkey  
4 cups water  
4 cups (1 quart) chicken stock  
drippings from turkey  
5-6 large carrots  
5 stalks celery  
1 medium onion  
2 large cloves garlic  
same herb mix you used on turkey  
salt to taste (optional)

### Instructions



1. Dice the carrots, onion, and celery and mince the garlic. Save the innards and the neck from the turkey.
2. Combine the water, stock, vegetables, herbs of choice, innards and neck in a large pot and heat on medium high until it starts to boil. Turn it down to low for a couple of hours until it starts to thicken and the meat starts to fall off the neck.
3. Remove the neck and cut off the meat from it – discard the cartilage and bone.
4. Place the neck meat back in the pot and blend with a submergible blender until smooth. Alternatively, you can use a regular blender.
5. When your turkey is done roasting, place the drippings (skim off the big fat globules) into the gravy mixture and incorporate with the blender until smooth.
6. At the very end, add salt to taste.



# Cauliflower Mashers



*Photo courtesy Whole Foods*

This recipe was created by Paleo Plan.

*Approximate cook and preparation time: 45 minutes*

## Ingredients

1-1/2 large heads cauliflower  
3/4 cup full fat coconut milk  
3 Tbs coconut oil  
2/3 cup fresh chives  
3 cloves garlic  
2 teaspoon dried rosemary or 1 sprig fresh rosemary  
sea salt, pepper to taste

## Instructions

1. Roughly chop the cauliflower, removing all leaves.
2. Place in steamer and cook until it's easy to stick a fork in it (about 20 minutes).
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Use a food processor or a masher to mash up the steamed cauliflower florets.
5. Put the mashed florets into a pot on the stove and add coconut milk, coconut oil, and the chive and garlic mixture. Cook on medium low heat and mash with a masher while they're in the pot. Or if you have a submergible blender, use that to blend mixture while it's in the pot.
6. Add sea salt and pepper to taste.

# Paleo Stuffing



*Photo courtesy Everyday Paleo*

This recipe came from Everyday Paleo on her 2010 Thanksgiving post [here](#).  
*Approximate cook and preparation time: 1 hour 30 minutes*

## Ingredients

1 lb mild Italian pork or chicken sausage, casing removed (Sarah used chicken sausages from her local butcher)  
4 ½ cups mushrooms, diced  
1 medium yellow onion, diced  
6 celery stalks, diced  
4 carrots, diced  
1/2 cup chicken broth  
1 tablespoon diced fresh sage  
½ tsp minced fresh thyme leaves  
½ cup dried cherries, finely chopped  
½ cup slivered almonds  
½ tablespoon garlic powder  
4 tablespoons olive oil  
Sea salt and black pepper to taste

## instructions

Preheat oven to 350. In a large soup pot, sauté onions in olive oil until translucent. Add the sausage and brown. Add the carrots, celery, mushrooms, chicken broth, cherries, almonds, sage, thyme, garlic powder, salt and pepper. Mix well, bring to a simmer and cook for 5-10 minutes or until the veggies begin to absorb the chicken broth. Transfer to a large glass baking dish, cover tightly with aluminum foil and bake at 350 for 45 minutes.

# Paleo 7-Layer Salad with Simple Salad Dressing



*This is SORT OF what your salad will look like - minus the cheese and peas... etc... (photo courtesy myrecipes.com)*

This recipe was adapted from [yummyfitness.com](http://yummyfitness.com) [here](#).  
Approximate cook and preparation time: 30 minutes

## Ingredients

- 4-8 cups greens (spinach, lettuce, chard, etc.)
- 1 red bell pepper
- 1-1/2 cup grape tomatoes (Set a few aside to put on top of the salad.)
- 6 jumbo black olives
- 12 oz cubed chicken breast
- 4 hard-boiled eggs
- 2 avocados

## Instructions

Chop up the red pepper into small cubes, and slice your tomatoes in half. Cook (roast or pan-fry) the chicken breast and chop it up into small cubes. Boil the eggs and then slice them into layers. Slice the avocados up into bite-sized pieces. Put the lettuce on the bottom of a medium-sized bowl (preferably clear so

you can see the layers) and then layer the sliced eggs on top of the lettuce. Then add the chicken cubes, tomatoes, avocados, and red peppers in individual layers. You can get as creative with this as you want – add a layer of mushrooms, nuts, broccoli, bacon, artichoke hearts, or anything else that you like.

## Simple Salad Dressing

This recipe is from Paleo Plan [here](#).  
*Approximate preparation time: 10 minutes*

### Ingredients

- 1 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 garlic clove, finely minced
- 1 tsp dijon mustard
- 1 tsp raw honey
- 1 Tbs lemon juice
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tsp dried herbs of choice (basil, thyme, chives, rosemary, oregano, tarragon)

### Instructions

1. Whisk (or put in blender) balsamic vinegar, dijon mustard, minced garlic, raw honey and lemon juice until blended.
2. Gradually add olive oil while whisking (or blending).
3. Mix salt, pepper and dried herbs in to taste.
4. Pour the dressing on top of the salad and let it saturate the salad layers to taste. Put the remaining tomatoes and black olives on top.



# Rosemary Green Beans



*Photo courtesy myrecipes.com*

This recipe was adapted from myrecipes.com [here](#).  
*Approximate cook and preparation time: 30 minutes*

## Ingredients

3 lb fresh green beans, trimmed  
1/2 tsp salt, divided (optional)  
3 tsp coconut oil  
6 green onions, sliced  
6 tsp fresh rosemary, chopped  
3/4 cup pecans, chopped and toasted  
6 tsp lemon rind, grated

## Instructions

1. Heat 2-1/2" water in a large pot with a steamer basket to a boil.
2. Sprinkle green beans evenly with sea salt (if desired) and place in the basket.
3. Cover and steam 10 minutes or until crisp-tender.
4. Immediately plunge green beans into ice water to stop cooking. Drain.
5. Meanwhile, heat a nonstick skillet over medium heat. Add oil when hot.
6. Add green onions and rosemary and sauté 2-3 minutes or until softened.
7. Add green beans, pecans, lemon rind and remaining sea salt (if desired), stirring until thoroughly heated.

# Sweet Potato Casserole



*Photo courtesy tastespotting.com*

This recipe was created by Paleo Plan.

*Approximate cook and preparation time: 1 hour 10 minutes*

## Ingredients

3 large sweet potatoes, or about 2 pounds (any kind)  
1/4 cup dried cherries  
juice from one orange  
1 tbs orange zest  
3/4 cup chopped nuts of choice (just not peanuts)  
1/2 tsp cinnamon  
1/2 tsp allspice  
2 tbs coconut oil  
2 tbs raw honey (optional)

## Instructions

Pre-heat oven to 400. Cut sweet potatoes into square inch cubes. Place sweet potatoes in a casserole dish and pour dried cherries, orange juice, orange zest, coconut milk, cinnamon, allspice, coconut oil, and honey (optional) over the top of the sweet potatoes and place the chopped nuts over the top of it all. Cover and bake for about 60 minutes or until sweet potatoes are easy to pierce with a fork.



# Cranberry Sauce



*Photo courtesy blogs.babble.com*

This recipe was created by Paleo Plan.

*Approximate cook and preparation time: 40 minutes*

## Ingredients

2 12-oz bags of fresh or frozen cranberries  
juice of 1 orange  
zest of 1 orange  
1 tsp cinnamon  
2 tbs honey (optional)

## Instructions

Combine cranberries, orange juice, orange zest, cinnamon and optional honey in a saucepan and heat on medium. Cook for about 30 minutes, or until consistency is jam-like. Smash the cranberries with a spoon while they're cooking, or leave them whole for a chunkier consistency.



# Everyday Paleo Pumpkin Pie



*Photo courtesy CrossFit Reebok Firepower*

This recipe was created by Sarah Fragoso at [everydaypaleo.com](http://everydaypaleo.com).  
*Approximate preparation and cook time: 1 hour*

## **Crust**

### **Ingredients**

1/2 cup hazelnuts (or nut of choice)  
1 cup pecans  
4 tablespoons melted organic grass fed butter  
pinch of sea salt

### **Instructions**

Preheat oven to 350. Place the nuts in a food processor and process until the nuts are a flour-like or almond meal-like consistency. Pour into a small mixing bowl, add the butter and salt and mix into a thick dough. Using your hands, spread evenly into a pie pan and bake for 10 minutes.

## **Filling**

### **Ingredients**

14 oz can of organic pumpkin puree (nothing added, just pumpkin)  
2 teaspoons ground cinnamon  
1/4 teaspoon ground cloves



1/4 teaspoon fresh grated ginger

2 eggs

1/2 cup raw organic honey

1/2 cup coconut milk

While the crust is in the oven, whisk all of the pie filling ingredients together. Pour into the crust that has been baked for 10 minutes, return to the oven and bake for and additional 45 minutes.



# Coconut Milk Vanilla Ice Cream



*Photo courtesy Whole Foods*

This recipe was created by Cat Caruso.  
*Approximate preparation time: 30 minutes*

You need an ice cream maker for this one. You can buy a good Cuisinart for \$70 at stores like Bed Bath and Beyond or Target.

## Ingredients

2 cans full fat coconut milk  
1/2 cup raw honey or coconut sap  
1 tsp vanilla extract  
dash sea salt

## Instructions

Blend all ingredients in blender. Place in ice cream maker until mixture takes on ice cream consistency (about 20 minutes). Store in freezer (if there's any left over!).