

CHRISTMAS DINNER

Grocery List



Recipes Used:

- Protein Biscuits on page 15 (**same day**)
- Bread on page 17 (**1-7 days before**)
- Mashed potatoes on page 19 (**day before**)
- Stuffing on page 21 (**day before**)
- Gravy on page 23 (**same day**)
- Broccoli Casserole on page 25 (**same day**)
- Stuffed Mushrooms on page 27 (**same day**)
- Peanut butter balls on page 29 (**week before**)
- Pie crust on page 30 (**day before**)
- Pumpkin pie on page 37 (**day before**)
- Protein Mint Bark on page 47 (**week before**)
- Snow Balls on page 49 (**week before**)

Nutrolean

- Natural Nutrolean
- Vanilla Cream Nutrolean
- Chocolate Dream Nutrolean

Spices & Powders:

- Ginger - 1 tbsp
- Nutmeg - 1/4 tbsp
- Cinnamon - 1/2 tbsp
- Celery salt - 1 tsp
- White pepper - 1 tsp
- Chives - 2 tbsp
- Summer Savory - 2 tsp
- Poultry Seasoning - 1 tsp
- Garlic Salt - 1/2 tsp
- Salt & Pepper
- Onion Powder - 1 tsp
- Garlic powder - 1 tsp
- Mustard powder - 1 tsp
- Parsley - 2 tbsp

Baking Basics:

- Coconut flour - 3/4 cup
- Baking Soda - 1 tbsp
- 1 tsp Baking Powder
- 1/2 cup psyllium husk powder (optional)
- 2 tbsp olive oil
- 1 & 1/4 cup unsweetened shredded coconut
- 1/2 cup & 1 tbsp coconut oil
- 1 tsp - vinegar
- 14 eggs

Veggies

- 1 cup fresh spinach
- 1 lb large white mushrooms
- 2 large broccoli heads
- 2 heads of cauliflower
- 1 & 1/2 cups diced onion
- Cloves of garlic - 5

Meat

- 1 can of crab meat
- 1 whole turkey

Dairy:

- 4 oz cream cheese
- 1 cup cottage cheese
- 1/2 cup parmesan cheese
- 5 cups grated sharp cheddar cheese
- 2 cups Greek yogurt
- 1 cup coconut milk (full fat)
- 1/2 cup unsweetened milk of choice
- 1 cup + 1 tsp butter

Sweeteners & Flavours

- 1/2 cup of brown sugar substitute
- 2 cups of plain pumpkin puree
- 4 oz dark unsweetened chocolate
- 3/4 cup granular sugar substitute
- 1/2 tsp peppermint extract
- 1/4 cup crushed sugar-free peppermint candies

Other:

- 1 cup crunchy unsweetened soy nut butter (or unsweetened peanut butter of choice)
- 1 cup flax seeds blended
- 1/2 cup sesame seeds blended
- 1/2 cup mayonnaise
- 1/2 cup pan juices from turkey
- 1/2 cup water

Merry Christmas from nutracelle.com