

The Stress-Less Thanksgiving Feast

On the Menu:

- Herb Butter Turkey with Gravy (1)
- Sausage Apple Stuffing (2)
- Garlic Thyme Mashed Potatoes (3)
- Roasted Bacon Brussel Sprouts (4)
- Parmesan Carrot Fries (5)
- Cranberry Sauce (6)
- Roasted Maple Pears (7)
- Salted Maple Ice Cream (8)

HOW TO USE THIS GUIDE

FYI

Each recipe is numbered

Those numbers are used as a reference throughout the Guide

The Thanksgiving Feast Schedule tells you when and what to Defrost, Freeze, Prep, Cook and Serve. It also suggests which day to grocery shop.

The Schedule is meant to help you have a stress-less Thanksgiving Day

STEP by STEP

STEP 1 | Review the Menu and Ingredient List page.

You may want to,

1. Increase or decrease the recipe size
2. Remove ingredients for allergy concerns or personal preference
3. Add family recipes that are near and dear

STEP 2 | Note your changes to ingredient quantities on the Grocery List as needed. Each item has numbers next to it that correspond with the recipe numbers.

STEP 3 | Use the Thanksgiving Feast Schedule as your guideline for what to do when.

STEP 4 | Enjoy Thanksgiving Day! (and make someone else clean up)

GROCERY LIST

PRODUCE

- 7 Oranges (1,6)
- 2 Granny Smith Apples (2)
- 2 Bags of Cranberries (6)
- 8-10 Pears (7)
- 6 Bananas (8)
- 1 Butternut Squash (2)
- 1 Fennel (2)
- 1 Sweet Onion (2)
- 5 Large Potatoes of Choice (3)
- 3 Garlic Cloves (3)
- 2 LBS Brussel Sprouts (4)
- 10 Carrots (5)

HERBS

- 1 PKG Sage (1,2)
- 1 PKG Rosemary (1)
- 1 PKG Thyme (1,3)
- 3 Bunch Parsley (2,5)

MEAT/FISH

- 12-14 LBS Turkey (1)
- 1 LBS Mild Italian Sausage (2)
- 2 Eggs (2)
- 6 Slices Bacon (4)

DAIRY

- ½ Cup Grated Parmesan (5)

FOR YOUR THANKSGIVING FEAST

- Herb Butter Turkey with Gravy (1)
- Sausage Apple Stuffing (2)
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- Roasted Maple Pears (7)
- Salted Maple Ice Cream (8)

BULK

- 1 ½ TBS Tapioca Flour (or Potato Starch or Arrowroot) (1)
- ½ Cup Dried Cranberries (2)
- 1 Cup Pistachios (7)
- 1 ½ tsp Cinnamon (7)
- ½ tsp Nutmeg (7)
- 5 Vanilla Bean Pods (or 5 tsp Vanilla) (7,8)
- 1 tsp Sea Salt (plus garnish, optional) (7,8)
- ½ tsp Garlic Powder (5)
- 1 TBS Salt (plus more for seasoning to taste)
- ½ TBS Pepper (plus more for seasoning to taste)

PANTRY

- 1 Cup Chicken Stock (2)
- ¼ Cup + 2 TBS Butter (or ghee) (1,3,7)
- ¼ Cup + 2 tsp Coconut Oil (1,3,5)
- ¾ Cup Maple Syrup (plus some for topping, optional) (6,7,8)
- 1 4-oz Can Coconut Cream (optional) (7)
- 1 Can Full Fat Coconut Milk (8)
- 1 Cup Dry Red Wine (or Madeira) (1)
- ½ Cup Cointreau (6)

THANKSGIVING FEAST SCHEDULE

SUNDAY

- Go Grocery Shopping

DEFROST

- Turkey (1)

FREEZE

- Salted Maple Ice Cream (8)

PREP

- Cranberry Sauce (6)
- Salted Maple Ice Cream (8)

MONDAY

PREP

- Garlic Thyme Mashed Potatoes (3)

TUESDAY

PREP

- Sausage Apple Stuffing (2)

WEDNESDAY

PREP

- Season Turkey (1)
- Roasted Bacon Brussel Sprouts (4)
- Parmesan Carrot Fries (5)

THURSDAY – TURKEY DAY!

COOK

- Herb Butter Turkey with Gravy (1)
- Roasted Bacon Brussel Sprouts (4)
- Parmesan Carrot Fries (5)

REHEAT

- Sausage Apple Stuffing (2)
- Garlic Thyme Mashed Potatoes (3)

PREP

- Roasted Maple Pears (7)

SERVE DINNER

- Cranberry Sauce (6)

COOK

- Roasted Maple Pears (7)

Herb Butter Turkey with Gravy (1)

INGREDIENTS

- 12-14 LBS Turkey
- 1 TBS + 3-4 Sprigs Sage
- 1 TBS + 3-4 Sprigs Rosemary
- 1 TBS + 3-4 Sprigs Thyme
- 1 TBS Salt
- ½ TBS Pepper
- 4 Oranges
- 1/8 Cup Butter (or ghee)
- 1/8 Cup Coconut Oil
- 1 Cup Dry Red Wine (or Madeira)
- 1 ½ TBS Tapioca Flour (or Potato Starch or Arrowroot)
- Salt & Pepper to Taste

DEFROST | A frozen turkey needs 24 hours for every 4-5 LBS to defrost in the refrigerator.

DEFROSTING TURKEY TIMETABLE

- 4-12 LBS | 1-3 Days
- 12-16 LBS | 3-4 Days
- 16-25 LBS | 4-6 Days

TOOLS

- Large Roasting Pan (with grate if possible)

PREP

- Chop 1 TBS each of sage, rosemary and thyme. Slice 4 oranges in half.
- Remove neck and organs from the turkey, place turkey in the roasting pan.
- Squeeze juice of oranges over the turkey and inside the turkey. Add the oranges to the cavity
- Place 3-4 sprigs of sage, rosemary and thyme inside the turkey with the oranges.
- Using your hands, massage 1/8 cup of butter and 1/8 cup of coconut oil over the entire turkey. Season with 1 TBS salt and ½ TBS pepper.
- Cover with plastic wrap, place in the fridge.

COOK

- Pre-heat oven to 325.

TURKEY ROASTING TIMETABLE

- 12-14 LBS | 3.5-4 Hours
- 14-18 LBS | 4-4.25 Hours
- 18-20 LBS | 4.25-4.75 Hours
- 20-24 LBS | 4.75-5.25 Hours
- Time your turkey roasting so that you have 2 hours left between the time the turkey is done cooking and serving time. (unless you have two ovens)
- Transfer turkey to a serving plate, leaving drippings in the pan.
- Place pan on the stovetop.
- In a small bowl, place ¼ cup of drippings. Add 1 ½ TBS tapioca flour (or other) and whisk to combine completely in the small bowl. Set aside.
- Turn the stove on, bring the drippings to a simmer. Add 1 cup dry red wine and allow to reduce of ¼. (about 5 minutes)
- While whisking the dripping steadily, pour the flour mix into the pan. Whisk to combine completely, allow to cook another 3 minutes, transfer to a gravy boat.

Sausage Apple Stuffing (2)

INGREDIENTS

- 1 LBS Mild Italian Sausage
- 2 Granny Smith Apples
- 1 Butternut Squash
- 1 Fennel
- 1 Sweet Onion
- ½ Cup Dried Cranberries
- 1 TBS Sage
- 3 TBS Parsley
- 1 Cup Chicken Stock
- 2 Eggs

TOOLS

- 9x12 Baking Dish
- 1 Large Sauté Pan

PREP

- Dice 2 apples, 1 butternut squash, 2 fennels and 1 sweet onion.
- Finely chop 1 TBS sage plus 3 TBS parsley.
- In a large sauté pan, cook Italian sausage until browned. Transfer to a large bowl and return to the pan. (leave fat in the pan)
- Over medium high heat, add diced onion and fennel, add 1 TBS sage, 1 TBS salt plus ½ TBS pepper. Cook 8-10 minutes until it begins to brown.
- Add butternut squash, cook another 8-10 minutes, then pour in 1 cup chicken broth.
- Add apples and cooked sausage to the pan, combine well and cook another 5 minutes.
- Pour into a large baking dish, mix in 3 TBS parsley.
- Cover with plastic wrap, refrigerate.

REHEAT

- Pre-heat oven to 350.
- Place on middle rack for 40 minutes uncovered, cover with foil and cook another 20 minutes.

Garlic Thyme Mashed Potatoes (3)

INGREDIENTS

- 5 Large Potatoes of Choice
- 1 tsp Thyme
- 3 Garlic Cloves
- 1/8 Cup Coconut Oil
- 1/8 Cup Butter (or ghee)

TOOLS

- 1 Large Pot
- Hand Blender or Food Processor
- 1 Large Container with Lid

PREP

- Fill a large pot with water and 2 TBS kosher salt. Bring to a boil over medium-high heat.
- Peel 5 potatoes and cut into 1" pieces. Finely chop 1 tsp thyme. Grate 3 garlic cloves.
- Add to boiling water and boil until fork tender, about 8-10 minutes.
- Drain water out and return potatoes to the pot.
- Add 1 tsp thyme, 3 grated garlic cloves, 1/8 cup coconut oil and 1/8 cup butter (or ghee). Season with salt and pepper to taste.
- Using a hand blender, blend potatoes to your desired creaminess.
- IF using a food processor, process potatoes with seasoning in batches.
- Transfer to a large container with lid and refrigerate.

COOK

- Pour potatoes into a large pot and reheat over low-medium heat until warmed through. (about 10 minutes)
- Transfer to serving dish. Serve.

Roasted Bacon Brussel Sprouts (4)

INGREDIENTS

- 6 Slices Bacon
- 2 LBS Brussel Sprouts
- Salt & Pepper to Taste

TOOLS

- 1 Large Baking Sheet
- 1 1-Gallon Ziploc Bag

PREP

- Dice 6 slices of bacon, add to 1-gallon Ziploc.
- Cut ends off Brussel sprouts and cut in half or quarters (depending on size), add to the 1-gallon Ziploc with the bacon.
- Seal and refrigerate.

COOK

- Pre-heat the oven to 375
- Spread bacon and sprouts over a baking sheet, season to taste with salt & pepper.
- Bake on MIDDLE RACK for 40 minutes, or until browned and crispy as desired.
- NOTE: Parmesan Carrot Fries will go on the LOWER RACK at the same time
- Transfer to serving dish. Serve.

Parmesan Carrot Fries (5)

INGREDIENTS

- 10 Carrots
- ½ Cup Grated Parmesan
- 1 TBS Parsley
- 2 tsp Coconut Oil (or oil of choice)
- Salt, Pepper & Garlic Powder to Taste

TOOLS

- 1 Large Baking Sheet
- 1 1-Gallon Ziploc Bag
- 1 Sandwich Bag

PREP

- Cut tops and tails off carrots, then slice lengthwise into ½" thick pieces, (aka long "fries"). Seal in a 1-gallon Ziploc bag and refrigerate.
- Grate parmesan and finely chop 1 tsp parsley. Add both to a sandwich bag together, then add salt, pepper and garlic powder to taste. Seal and refrigerate.

COOK

- Pre-heat oven to 375.
- Melt 2 tsp coconut oil in a microwave safe dish.
- Spread carrots out on a baking sheet and pout coconut oil over them. Using your hands, disperse the coconut oil evenly over the carrots.
- Season carrots with the parmesan parsley mix.
- Bake on the LOWER RACK for 50 minutes.
- NOTE: Roasted Bacon Brussel Sprouts will go on the MIDDLE RACK at the same time
- Transfer to a serving dish, serve.

Cranberry Sauce (6)

INGREDIENTS

- 2 Bags of Cranberries
- 3 Oranges
- ¼ Cup Maple Syrup
- ½ Cup Cointreau
- Pinch of Salt

TOOLS

- 1 Medium Container with Lid
- 1 Medium Saucepan

PREP

- Grate zest of 2 oranges, cut all 3 oranges in half.
- To a medium saucepan, heat 2 bags of cranberries, juice of 3 oranges, zest of 2 oranges, ¼ cup maple syrup, ½ cup Cointreau and a pinch of salt over medium-low heat.
- Bring to a simmer allow to cook for 20 minutes, whisking every other minutes.
- The cranberries will break down, the liquid will reduce and you will end up with a jelly-like cranberry sauce.
- Taste and add additional maple syrup if it is not sweet enough for your family.
- NOTE: the alcohol will burn off leaving the yummy orange flavor of the Cointreau. You can use water instead of the liquor.
- Transfer to a medium container with lid and refrigerate.

SERVE

- Transfer cranberry sauce to a serving dish. Serve.

Roasted Maple Pears (7)

INGREDIENTS

- 8-10 Pears
- 2 TBS Butter
- ¼ Cup Maple Syrup
- 1 Cup Pistachios
- 1 ½ tsp Cinnamon
- ½ tsp Nutmeg
- 2 Vanilla Bean Pods (or 2 tsp Vanilla)
- Pinch of Sea Salt
- 1 4-oz Can Coconut Cream (optional)

TOOLS

- 1 9x12 Baking Dish
- 1 Small Saucepan
- 1 Large Bowl
- Electric Hand Mixer

PREP

- Slice pears in half, then scoop out the seeds using a small spoon.
- Place pears slice side up in the baking dish.
- In a small sauce pan, heat 2 TBS butter (or ghee), ¼ cup maple syrup, 1 tsp cinnamon, 1/8 tsp nutmeg, the inside of 2 vanilla bean pods (or 2 tsp vanilla) and a pinch of sea salt over low heat, just enough to whisk to combine all ingredients.
- Pour liquid evenly over pears.
- If not placing in the oven immediately, covers and refrigerate up to 3 hours.

COOK

- Pre-heat oven to 350
- Place baking dish in the oven for 30 minutes.
- Rough chop 1 cup of pistachios.
- In a small saucepan, heat 1 cup pistachios, ½ tsp cinnamon, 1/8 tsp nutmeg and a pinch of salt over low heat to lightly toast the nuts. (about 3-5 minutes)
- In a large bowl, add 1 can coconut cream and using an electric whisk, whisk on medium-high until it turns into whipped cream.
- Plate pear topped with whipped cream and roasted pistachios with a side of Salted Maple Ice Cream.

Salted Maple Ice Cream (8)

INGREDIENTS

- 6 Bananas
- 1 Can Full Fat Coconut Milk
- 3 Vanilla Pods (3 tsp Vanilla)
- ¼ Cup Maple Syrup (plus some for topping, optional)
- 1 tsp Sea Salt (plus some for garnish, optional)

TOOLS

- 1 1-Gallon Ziploc
- Food Processor
- 1 Large Freezer Safe Container with Lid

FREEZE

- Peel 6 bananas, chop into 1" pieces and freeze in a 1-gallon freezer bag for at least 4 hours.

PREP

- In a food processor, add 6 frozen bananas, 1 can full fat coconut milk, the inside of 3 vanilla beans (or 3 tsp vanilla) plus 1 tsp sea salt.
- Process until smooth, then transfer to a larger container.
- Pour in ¼ cup maple syrup, then stir gently using a whisk. NOTE: Do not combine, make swirls!
- Sprinkle sea salt on top.
- Seal and transfer to freezer.

SERVE

- Remove from freezer 15 minutes before serving.
- Using an ice cream scoop, serve with the pears or on its own. Top with maple syrup as desired.