THE FRESH COOKY | SMART COOKY CLUB MEAL PLAN

Easy Before the Feast

GROCERY LIST

Maple Dijon Pork Tenderloin • Mediterranean Sheet Pan Chicken • Cracker Barrel Chicken and Dumplings • Air Fryer Salmon • Instant Pot Egg Bites • Pumpkin Streusel Muffins

Main recipes only. Suggested sides are not included. Frozen turkey for Thanksgiving? Buy it this week so it has time to thaw.
Check your fridge and pantry first!

MEAT AND SEAFOOD

- ☐ 2 pork tenderloins (about 2 lbs total)
- ☐ 3 lbs boneless, skinless chicken thighs (2 lbs sheet pan + 1 lb dumplings)
- ☐ ½ lb boneless, skinless chicken breast
- ☐ 4 (6 oz) salmon fillets
- ☐ 8 to 16 oz ground breakfast sausage

PRODUCE

- ☐ 1 small yellow onion
- ☐ 1 small to medium red onion
- ☐ 3 medium carrots
- ☐ 1 bunch celery (2 ribs)
- ☐ 1 head garlic (6 cloves)
- ☐ 4 lemons
- ☐ 1 yellow bell pepper
- ☐ ½ pint cherry or grape tomatoes
- ☐ 1 medium zucchini
- ☐ 1 bunch fresh parsley
- ☐ Fresh dill (1 tsp + garnish)
- ☐ Chives or green onions (egg bite garnish)

DAIRY AND EGGS

- ☐ 2 sticks butter (about 1¾ sticks needed; 4 Tbsp should be salted, for the dumplings)
- ☐ 8 large eggs
- ☐ 1 pint buttermilk (¾ cup needed)
- ☐ Shredded cheddar (¾ cup)
- ☐ Crumbled feta (optional)

CANNED, JARRED AND BOTTLED

- ☐ Apple cider or apple juice (2 cups)
- ☐ Apple cider vinegar (3 Tbsp)
- ☐ Pure maple syrup (¼ cup)
- ☐ Dijon mustard (2 Tbsp)
- ☐ 2 (32 oz) cartons chicken broth (6 to 8 cups)
- ☐ Better Than Bouillon roasted chicken base (1 tsp, optional)
- ☐ 1 jar kalamata olives (½ cup)
- ☐ 1 (14 oz) can brined artichoke hearts
- ☐ 1 (15 oz) can pumpkin puree (1 cup needed)
- ☐ Mayonnaise (½ cup)
- ☐ Dill pickle relish (⅓ cup)
- ☐ Honey (1 Tbsp)
- ☐ Olive oil (about ½ cup)
- ☐ Vegetable or avocado oil (½ cup)

BAKING

- ☐ All-purpose flour (4¼ cups)
- ☐ Granulated sugar (¾ cup + 1 tsp)
- ☐ Brown sugar (1 cup, packed)
- ☐ Baking powder (2 tsp)
- ☐ Baking soda (½ tsp)

SPICES

- ☐ Kosher salt
- ☐ Black pepper
- ☐ Dried thyme (2 tsp; or rosemary for the pork)
- ☐ Dried oregano (2 tsp)
- ☐ Garlic powder (1 tsp)
- ☐ Onion powder (½ tsp)
- ☐ Smoked paprika (about 1 tsp)
- ☐ Ground cumin (¼ tsp)
- ☐ Ground cinnamon (1¾ tsp)
- ☐ Pumpkin pie spice (2 tsp)
- ☐ Red pepper flakes (¼ tsp)
- ☐ Bay leaf (1)

KITCHEN SUPPLIES

- ☐ Heavy-duty sheet pan and cooling rack
- ☐ Egg bite mold for the Instant Pot (or a muffin pan for the oven)
- ☐ Muffin liners
- ☐ Instant-read meat thermometer
- ☐ Plastic wrap or foil and freezer bags for the muffins

ADDITIONAL ITEMS