

# Holiday Shopping List

This list only includes required ingredients from all of the individual recipes in the plan. You will need to adjust as needed beyond that.

If you're making a lot of adjustments (ingredient subs, quantities), you may want to write up your own list before you shop.

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## PANTRY/SPICES/OILS

- Veggie stock (low-sodium): 8 cups/two 32oz. cartons
- Coconut oil, unrefined: 3 cups
- Avocado oil: ¼ cup
- Honey: ½ cup
- Sucanat: 2 cups
- Cane sugar:
- Maple syrup: ¼ cup
- Brown rice syrup: ½ cup
- Vanilla extract: 2 tablespoons
- Ground cinnamon: 2½ teaspoons
- Ground ginger: 1½ teaspoons
- Ground cloves: ¼ teaspoon
- Ground cardamom: ¼ teaspoon
- Red pepper flakes: 1 tablespoon
- Black pepper: 1 tablespoon
- Pumpkin purée: One 15oz can
- Sea salt (fine-ground): ½ cup
- Raisins: ½ cup
- Apple cider vinegar: 1 tablespoon
- Coconut aminos: 2 tablespoons
- Miso (like chickpea or rice): 1 tablespoon
- Nutmeg: 1 teaspoon
- Active-dry yeast: 1 tablespoon
- Ground psyllium: 1 tablespoon (or 4½ teaspoons whole psyllium husk)
- Applesauce: 2 tablespoons (you can blend some apple with water instead)
- Vanilla bean: 1 (can use extract instead)

## DAIRY/MILKS/BEVERAGES

- Coconut milk (full-fat, canned): 4½ cups/6 cans
- Plant-based cheddar cheese: 1 cup
- Plant-based butter: 1 cup
- Dairy-free whipped cream: 1 tub

## PRODUCE

- Granny Smith apples: 6
- Lemons: 2
- Oranges (cara cara, navel, or Valencia): 2
- Ginger root: 1 small
- Garlic: 3–4 bulbs
- Yellow onions: 3
- Cranberries: 2 cups (fresh or frozen)
- Green beans (fresh or frozen): 1 lb
- Fresh thyme: 1 small bunch
- Parsley: 1 small bunch
- Sage: 1 small bunch
- Chives: 1 small bunch
- Rosemary: 1 small bunch
- Cauliflower: 1 cup florets
- Yukon gold potatoes: 7
- Leeks: 3 large
- Celery: 1 bunch
- White or baby bella mushrooms: 5 cups

## BAKERY/BAKING/SNACKS (check bulk)

- Brown rice flour: 3 cups
- Arrowroot: 2½ cups
- Loaf bread: 1
- Gluten-free all-purpose 1:1 white flour blend: 1½ cups
- Hulled buckwheat flour: ½ cup (you can use 1:1 flour instead, just buy a bit more)
- Medium-grind cornmeal: 1¼ cups
- Sorghum flour: ¼ cup
- Oat flour: ¾ cup
- Baking soda: 1 tablespoon
- Cacao powder: 2 tablespoons
- Baking powder: 1 tablespoon
- Dark chocolate bar: 1 small

## BULK/NUTS/SEEDS/BEANS/RICE

- Cashews (raw, unsalted): 2 cups
- Flaxseed: 2 tablespoons
- Almonds (raw, unsalted): ¼ cup
- Pecans: ¼ cup

## NOTES:

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Your shopping cart (and kitchen) is going to look gorgeous. Take a pic and tag [@goodfood\\_cs](https://www.instagram.com/goodfood_cs) so I can see!