

Navigate Wellbeing Solutions

GROCERY LIST

Equipment

- ☐ 2- or 3-qt saucepan
- ☐ Flexible spatula
- □ Wooden spoon
- ☐ Measuring cups and spoons
- ☐ Chef's knife
- Cutting board
- □ Rolling Pin
- Zester
- □ Basting brush
- ☐ Ice cream scoop
- □ Baking/cookie sheet
- Parchment paper
- □ Large bowl

Produce

- 4 cups fresh cranberries (12-ounce bag)
- ☐ 1 orange
- ☐ 1 Granny Smith apple
- ☐ 1 bunch fresh rosemary

Dairy

- □ ½ cup orange juice
- □ 8 ounces Brie cheese
- □ 1 egg

Dry Goods

- 1 cup whole cranberry sauce
- 2 sheets frozen puff pastry (defrosted)
- □ ½ cup dried cranberries
- ½ cup slivered almonds
- ¼ cup unsweetened shredded coconut
- 1 cup rolled oats
- ½ cup chia or flax seeds
- 3/4 cup almond butter
- 2 tablespoons coconut oil
- 2 tablespoons maple or agave syrup
- 1 teaspoon vanilla extract

Pantry Staples

☐ ½ cup sugar

Spices

- cinnamon stick
- □ ground nutmeg