

THANKSGIVING MENU PREP

timeline

5 DAYS BEFORE

- START THAWING THE TURKEY
*IT TAKES APPROXIMATELY 24 HOURS/EVERY 4 POUNDS TO THAW
(IE: A 16-POUND TURKEY NEEDS TO THAW FOR 4 DAYS)

3 DAYS BEFORE

- COMPLETE YOUR FINAL GROCERY SHOPPING

1-2 DAYS BEFORE

- MAKE THE APPLE PIE
- MAKE THE HONEY WHIPPED GOAT CHEESE DIP; REFRIGERATE
- CHOP AND REFRIGERATE INGREDIENTS FOR MASSAGED KALE SALAD
(EXCEPT FOR THE APPLE); REFRIGERATE
- MAKE THE SALAD DRESSING
- PREP THE HEALTHY SWEET POTATO CASSEROLE THROUGH STEP 7; REFRIGERATE

THE EVENING BEFORE

- MAKE THE APPLE CIDER SANGRIA
- SET THE TABLE

MORNING AND DAY OF THANKSGIVING

- PREP AND ROAST THE TURKEY
- FINISH BAKING THE SWEET POTATO CASSEROLE
(STEP 8; BAKES 45 MINUTES AT 375°; KEEP WARM)
- MAKE THE THE ACORN SQUASH (BAKES 20-25 MINUTES AT 400°)
- MAKE THE THE ROASTED BRUSSELS SPROUTS (BAKES 20-25 MINUTES AT 400°F)
- FINISH THE SALAD (MESSAGE KALE, CUT APPLE, ADD DRESSING AND TOSS)