



Vegan Thanksgiving Sheet Pan Meal Guide

Mains and Sides Included

- Roasted Cranberry Sauce
- Garlic Miso Mashed Potatoes
- Pistachio Lime Roasted Brussels Sprouts
- Cornmeal Crusted Tofu Slices
- Candied Roasted Butternut Squash

Vegan Thanksgiving Sheet Pan Grocery List

- 1, 12 oz bag of fresh cranberries
- Maple syrup
- Vanilla extract
- Cinnamon sticks
- 1, 12 oz bottle orange juice, no pulp
- 1 1/2 lb bag baby gold potatoes
- 1, 32 oz carton unsweetened soy milk or almond milk
- Vegan butter sticks
- Nutritional yeast
- Yellow or white miso paste
- 1, 32 oz carton vegetable broth
- 1 bulb of garlic
- 1 lb brussels sprouts
- 1 large shallot
- 1/4 cup shelled pistachios
- 1 small bunch fresh parsley
- 1 lime
- 1 (400 g) block extra firm tofu
- 1 small bag of stone ground cornmeal
- 1 sachet of fresh herb poultry blend (thyme, sage and rosemary)
- Garlic powder
- Onion powder
- Soy Sauce or Coconut Aminos
- 1 medium butternut squash (2-2.5 lb)
- Ground cinnamon

Pantry Essentials

This includes items you should already have at home to complete this meal.

- High Heat Neutral Oil (I recommend avocado oil)
- Salt
- Pepper

What to Prep in Advance

- Chop the brussels sprouts, butternut squash, shallots
- Peel your garlic or buy pre-peeled garlic
- Chop the pistachios
- Set up cranberry sauce ingredients in ramekin and cover with foil then store in fridge

Extra Vegan Sides/Desserts to Purchase

This is a list of prepackaged easy to prepare vegan sides. Note that companies can change ingredients or discontinue products, so **ALWAYS read ingredients** to confirm they are vegan before purchasing.

- Vegan Gravy**
 - Pacific Foods Vegan Mushroom Gravy
 - Simply Organic Brown Gravy
 - Tofurky Gravy
- Package of Vegan Stove Top Stuffing**
 - Pepperidge Farm Sage & Onion Cubed Stuffing
 - Pepperidge Farms Herb Seasoning Classic Stuffing
 - 365 Multigrain Stuffing Mix
 - Arrowhead Mills Organic Stuffing Savory Herb
- Prepared Desserts**
 - Daiya Pumpkin Spice Cheezecake
 - Marie Callender's Ready to Bake Lattice Apple Pie
 - Abe's Muffins, Coffee Cakes, Brownies and Pound Cakes

Homemade Dessert Ideas

- [Double Layered Pumpkin Cheesecake](#)
- [Chocolate Churro Rice Crispy Bars](#)
- [Pumpkin Bread with Streusel Topping](#)
- [Apple Crisp Stuffed Baked Apples](#)
- [Pumpkin Cinnamon Rolls](#)