

# FLEX CHARCUTERIE CHECKLIST

@djblatner

## VEGGIES

### Pick 3

- marinated artichokes
- marinated mushrooms
- pickled asparagus
- pickled beets
- pickled cauliflower
- pickled carrots
- pickled green beans
- cornichons
- dill or spicy pickles
- kale chips
- beet chips
- endive
- asparagus spears
- broccoli
- tri-color carrot sticks
- cauliflower
- celery sticks
- cucumber sticks
- fennel
- peapods
- radishes
- mini bell peppers
- zucchini wedges
- baby tomatoes
- sun dried tomatoes
- roasted brussels
- roasted green beans
- roasted mushrooms
- roasted red pepper
- roasted seaweed
- roasted garlic
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## FRUITS

### Pick 2

- grapes on the vine
- fresh berries
- freeze dried berries
- apples slices
- pear slices
- orange segments
- pomegranate arils
- dried apple slices
- dried apricots
- dates
- dried figs
- dried plums
- dried tart cherries
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## CARBS

### Pick 1-2

- multi-seed crackers
- nut-based crackers
- popcorn
- roasted potatoes
- plantain chips
- toasted sourdough
- roasted butternut squash
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- \_\_\_\_\_
- \_\_\_\_\_

## PLANT PRO

### Pick 1-2

- edamame
- roasted edamame
- hummus
- black bean dip
- roasted chickpeas
- lentil chips
- marinated lupini beans
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- \_\_\_\_\_
- \_\_\_\_\_

## FATS

### Pick 1-2

- almonds
- cashews
- peanuts
- pecans
- pistachios
- walnuts
- olives
- stuffed olives
- infused olive oil
- olive tapenade
- guacamole
- spinach dip
- tahini
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## SWEETS

### Pick 1-2

- dark chocolate
- dark chocolate nuts
- honey
- 100% fruit jam
- candied nuts
- candied ginger
- honey mustard
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- \_\_\_\_\_
- \_\_\_\_\_

## MEAT/CHEESE

### Pick 1-2

- brie wedge
- goat cheese
- sharp cheddar
- baked cheese crisps
- grilled chicken
- hard boiled egg
- prosciutto
- no-sugar jerky
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