

ANTI-INFLAMMATORY CHARCUTERIE BOARD SHOPPING LIST

NOTE: BUY ORGANIC WHEN POSSIBLE. YOU CAN ADD TO THIS LIST AS DESIRED. THERE ARE MANY ANTI-INFLAMMATORY OPTIONS WHEN CREATING A CHARCUTERIE BOARD.

FRUIT (YOUR CHOICE)

- 1 Apple
- 1 Pear
- 1 Pint Strawberries
- Fresh or Dried Figs
- Medjool Dates
- Dried Cranberries

VEGGIES (YOUR CHOICE)

- Baby Cucumbers
- Baby Carrots
- Bell Peppers
- Sugar Snap Peas
- Roasted Red Peppers
- Kalamata Olives

MEAT/PROTEIN

- 4-6 oz. Prosciutto (nitrate free)
- Organic Chicken Sausage – Mild or Spicy Italian with

Bell Peppers (Bilinski Brand)

- Organic Garlic Hummus

DAIRY

- Variety of Goat or Sheep's Milk Cheese

NUTS & SEEDS (CHOOSE YOUR PREFERENCE)

- Almonds
- Cashews
- Macadamia

MISCELLANEOUS

- Organic Raw Honey
- Vegan Ranch Dressing (Primal Kitchen Brand)

- Crackers (Mary's Brand or Simple Mills Brand)

MATERIALS

- Charcuterie Board

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