



Smorgasbord Shopping List

Pick 2-3 per category of the options below, or make up your own!

Roasted Vegetables

- Summer squash
- Zucchini
- Carrots
- Onions
- Eggplant
- Sweet potato

Smoked/cured meats & fish

- Salami
- Sausage
- Smoked fish
- Ham

Hard cheeses

- Parmesan
- Aged cheddar
- Manchego
- Gouda

Crackers

- Rice crisps
- Whole grain crackers
- Flatbreads

Olives & Pickles

- Choose marinated vegetables that don't require refrigeration

Hearty greens

- Baby kale
- Spinach
- Collard greens
- Arugula

Nuts & dried fruits

- Walnuts
- Pecans
- Dried apricots
- Dried cherries