



Create a colorful tray of bite-sized pieces of fruit, vegetables, cheese, meat and sweets for a special occasion or for a fun change to a square meal.

specificwellness.com

CHARCUTERIE

Classic: Sliced apples, grapes, carrots, orange/red/yellow peppers, olives, pickles, beets, almonds, pistachios, hard cheeses, soft cheeses, mild cheeses, sharp cheeses, stinky cheeses, salami, prosciutto, ham, crackers, cookies and chocolates.

Keto: Rolled turkey/ham/salami slices, cheeses and nuts, the lower carbohydrate vegetables like cucumbers and celery, olives, pickles, choose berries for fruit and keto cookies and chocolate.

Vegan: Include a large variety of fruit (berries, sliced apples, pears, grapes, kiwi) and vegetables (beets, olives, pickles, bell peppers, carrots, celery, jicama), nuts (pistachio, almonds, pecans, walnuts, brazil nuts), seeds (pumpkin, sunflower), vegan crackers, vegan sweets (dried apricots, dates) and vegan cheeses like Violife or Kite Hill.

AutoImmune Paleo: Celery, cucumber, sugar snap peas, carrots, jicama, beets, apples, berries, kiwi, olives, nightshade-free prosciutto and Olli brand salami. Use dates and sulfate-free dried fruit for the sweets.

FodMap: Sliced bell peppers, carrots, cucumbers and tomatoes. Fruit such as grapes, kiwi and strawberries. Cheeses like brie, feta and hard cheeses are good choices preferably made from goat and sheep as opposed to cow. Skip the processed or marinated meats. Gluten-free crackers can be added, in addition to, walnuts, macadamia nuts and dark chocolate.