

LOCAL BOARDS

STEP ONE: CHOOSE PROTEINS

FARM EGGS
CHICKEN SALAD
TAHINI DIP
PESTO DIP/ SPREAD
CHEESE
YOGURT
NUTS AND SEEDS
FISH / SMOKED FISH
MEATS

STEP TWO: CHOOSE PRODUCE

SEASONAL
GREENS
TUBERS
ROOTS
SQUASH
FRUIT

STEP THREE: CHOOSE GRAINS

CRACKERS
BREAD / SOURDOUGH
CREPES / BUCKWHEAT / PANCAKES
QUINOA / CAKES
RICE BOWLS

STEP FOUR: CHOOSE SWEETS & HERBS

CACAO BALLS
JAMS / JELLIES / MARMALADES
HONEY / SYRUPS
ELDERBERRY SYRUP
DIGESTIVE BITTERS
NETTLE TEA
GINGER

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