



Vegetarian Grazing Table Grocery List

Dear Reader,

Welcome to The Belly Rules The Mind community. We are thrilled to have you join our community of fellow vegetarian and vegan foodies.

If you are reading this you are looking for the grocery list for the vegetarian grazing table I set up for my nieces birthday. Before I share the list below I want you to know that

- This grazing table incorporated both kid friendly food and food for adults. Some of these items are my nieces favorite. I am only sharing the items I have used for this grazing board. Feel free to get creative and use the ideas below plus more, to give your grazing table your own personal touch.
- Recipes that can be found on the blog are hyperlinked.
- I didn't use any cheeses for this board to suit the guests palate. However you are welcome to use as many or little cheese as you like.
- Since it was my nieces birthday, I used some of her favorite snacks and treats. Again you can customize this list to suit the occasion.
- To make things smooth before the gathering, make sure you wash and dry your fresh produce a day before or at least 8 hours before. Keep your containers, platters and 3 tier stands ready instead of looking for them last minute.
- Lastly, know that setting up a grazing table is an art in itself. Get your creative juices flowing and don't be afraid or overwhelmed. Enjoy the process and don't forget to give yourself credit for putting in the time and effort.

I hope you enjoy making your grazing table and share your pictures with us on Instagram by tagging us at [thebellyrulesthemind.official](https://www.instagram.com/thebellyrulesthemind).

With love,
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DIPS

- [Hummus](#)
- [Tzatziki](#)
- Fig Jam
- Red Pepper Jelly
- Spinach Artichoke Dip
- Caramelized Onion Dip
- [Bread Dipping Oil](#)

NUTS

- Assorted nuts

CRACKERS

- At least 4 types of different crackers

Antipasto

- Stuffed Peppers with cream cheese, Italian herbs and chili flakes
- [Bruschetta](#)

Vegetables

- Cucumbers
- Sweet Peppers

Fruits

- Cherries
- Strawberries
- Blueberries
- Red Grapes
- Green Grapes

Dippers / Bread

- [Baguette](#)
- [Crostini](#)
- Doritos
- Tostitos Chips
- Potato Chips

Sweet Treats

- Chocolate covered Pretzels

- Marshmallows
- Pocky Sticks
- Chocolate Chip Cookies

Indian Flavors

- Bourbon Biscuits
- Cocktail [Samosas](#)
- Jam Sandwiches
- [Chutney](#) Sandwiches
- Papdi Chaat