

# Grazing Table

Focus on protein, veggies and lots of water with a little chocolate or sweets for afternoons. Keeps the energy up and even throughout the day... sometimes we even time warp! I encourage participants to contribute to

- **table cloth**
- **flowers**
- **protein...cheese, pate, salmon**
- **nuts**
- **veggies**
- **dip**
- **fresh whole fruit**
- **bottled water**
- **freezer packs keep things fresh. Sometimes I even take in a small bar fridge!**