CHEF ALEX / KITCHEN CHAOS

A board for eight.

FREE SAMPLE PLAN / APPETIZERS BEFORE A MEAL

A practical starting point for eight adults when a meal follows. Appetites, event length and other food affect quantities. This is a sample, not a personalized plan.

Your shopping list

Buy	Quantity	Plan
Cheese	400 g	150 g cheddar, 150 g Brie, 100 g goat cheese
Cured meat	240 g	Two varieties; see vegetarian swap
Crackers & bread	250 g	Serve some separately; refill as needed
Fruit	400 g	Grapes and sliced pear
Crisp vegetables	300 g	Cucumber and carrot sticks
Chutney & mustard	120 g	Small bowls, separate spoons
Olives or pickles	150 g drained	Keep brine off crackers
Nuts, optional	80 g	Serve separately; check guest requirements

Vegetarian swap

Replace cured meat with 200 g drained chickpeas and an extra 100 g cheese. Choose cheeses made with vegetarian rennet. Drain chickpeas well and serve them in a small bowl.

You buy and prepare the ingredients. This sample does not include food, shopping or catering.

Prep once. Enjoy your guests.

Three purposeful bites

1. **Cheddar + apple chutney + a plain cracker.**
A sharp cheese with a sweet-tangy accent.

2. **Brie + pear + walnut, if suitable for your guests.**
Creamy cheese, fresh fruit and a little crunch.

3. **Goat cheese + cucumber + honey-dill mustard.**
Start with a small amount of mustard and taste the complete bite.

Your prep schedule

The day before: check guest requirements, shop, wash produce, and gather bowls, separate utensils and clean containers.

Before guests arrive: portion accompaniments, drain pickles, slice firm cheese and prepare a chilled reserve. Keep wet accompaniments in bowls.

Just before serving: place cheeses and bowls first, then fruit and vegetables. Add dry crackers last and refill in small amounts.

Keep it practical

Keep perishable food refrigerated until needed. Check labels and guest requirements; a suggested substitution does not guarantee allergen safety. Use separate serving tools. Follow Health Canada food-handling guidance.

Sample planning guidance, not a newly kitchen-tested recipe. AI assistance used for drafting and layout. Chef review is required before using this as a paid personalized plan.

See the proposed personalized plan and register interest

Food-handling reference: Health Canada