

# Creating RESULTS with Dr/Coach Nadine

## SPICE IDEAS

Ideas	Special Notes	Where to Find
Butter Buds Molly McButter I Can't Believe It's NOT Butter Spray		All Stores All Stores All Stores in the fridge
Bragg Liquid Amino's Nori (kelp) Tamari – soy based	Adds a salty flavor Adds Potassium and a salty flavor Adds a salty flavor	Health Food Store Health Food Store Health Food Store
Simply Organic Sweet Basil Pesto The Spice Hunter NEW TRADITIONS: Chili mix and Sante Fe Taco Mix Muir Glen Spaghetti Sauces	Lower sodium, no sugar All natural, no sodium, has sugar  wide variety, low sodium/sugar	Health Food Store Health Food Store  All stores (wide selection at health food stores)
La Victoria Green Chili Sauce 505 Green Chili Sauce Tacqueria Style Green Taco Sauce Southwest Spicy/Sweet Mustard Amazon Picante Sauces	Low sodium/sugar Low sodium/sugar Low sodium/sugar Low sodium/sugar Most are low sodium lots of flavor	Most Stores All Stores Safeway Walmart Most stores
Wonder All Natural Peanut spread	low sodium/sugar/fat	Health Food Stores & Health Section of most others
Brown Sugar Substitute Splenda etc Stevia	no sodium/sugar or cal no sodium/sugar or cal no sodium/sugar or cal	All Stores All Stores Health Food Stores
The SPICE HUNTER: Cajun Creole Seasoning Herbes de Provence Garam Masala Thai Seasoning Steak & Grille... etc, etc, etc	Look for SODIUM FREE	All Stores
Mrs. Dash – Salt Free	Look for SODIUM FREE	All Stores
<b>Sea Vegetables:</b> Kombu Wakame Kelp/Nori Arame Hiski Dulse	Adds a wonderful flavor and texture to beans. Assists the bean to digest better. <b>ALL</b> add the necessary Trace Minerals the body needs. Dulse adds a Bacon flavor. Arame and Hiski are sort of nutty. Nori sheets are great to eat as is. Play with these. Start with about 2 TBS a day.	Health Food Stores