



SPICE IDEAS

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