

Examples of Low/No Calorie Flavors & Seasonings:

- Broth/bouillon
- Cocoa powder (unsweetened)
- Cooking spray (ex. olive oil, avocado oil)
- Extracts (ex. vanilla, almond, coconut, peppermint)
- Garlic
- Ginger
- Herbs (fresh or dried; ex. sage, rosemary, thyme, basil, cilantro, mint)
- Horseradish
- Hot sauce
- Lemon/lime juice
- Lemon/lime/orange zest
- Lemon/lime crystallized powders (ex. True Lemon, True Lime)
- Mustards
- Onion
- Peppers (ex. roasted red peppers, jalapeno, chili peppers)
- Pickles (unsweetened)
- Pickled vegetables (ex. onions, jalapenos)
- Salsa/Pico de Gallo
- Shallots
- Scallions (green onions)
- Spices & spice blends (ex. paprika, cumin, Italian blend, lemon pepper, turmeric, cinnamon, nutmeg)
- Soy sauce/tamari
- Sugar substitutes
- Sugar-free jam/jelly
- Sugar-free syrups
- Vinegar
- Worcestershire sauce



WELLNESS
CHANGES
EVERYTHING

