

CONDIMENTS

Getting in the habit of cooking simple meals like steamed veggies with beans and grains will save you time and energy. Instead of adding complicated sauces, create a condiment tray for your table so you and your family/guests can personalize each meal. Rotating trays, often called Lazy Susans, are perfect for making condiments visible and accessible.

Here are some recommended condiments you should try. Feel free to add your favorites, and use organic whenever possible. Look for those with minimal ingredients, additives, and processing.



BASIC SPICES	PEPPERS	SALTS
cinnamon turmeric garlic powder	ground black pepper cayenne paprika	gomasio herb seasoning salt sea salt
NUTS AND SEEDS	SWEETENERS	OILS
nut butters: tahini, almond nuts: pine, cashew seeds: pumpkin, flax, sesame	coconut palm sugar honey maple syrup	extra virgin olive oil flaxseed oil toasted sesame oil
VINEGARS	SAUCES	MISCELLANEOUS
apple cider vinegar umeboshi vinegar balsamic vinegar	tamari soy sauce hot sauce tomato sauce	sea vegetables nutritional yeast mustard