

## FLAVOURS

Flavours are so important as you move away from processed / chemical food to more whole foods. The taste buds have no to readjust and expand as you introduce new tastes and variety of foods. Some will be acquired; some you will love.

Over time you will notice if you revert back to e.g. Tomato Sauce / Normal beans you will find the flavour of the chemicals so strong your taste buds won't like it or won't be able to tolerate much due to the strength. SUCCESS!

## SOME FLAVOURS TO TRY:

**1teaspoon – 1 tablespoon is = 1 portion for syrups / sugars and sauce like dressings.**

- Natural Greek Style Yogurt / Natural Yogurt – great to stretch out coconut milk, sour cream and cream. For sweet flavours add 1-2 drops of vanilla essence
- Soy Sauce (Low Salt) or Tamari (Gluten Free)
- Worcestershire Sauce
- Good quality sea salt and black pepper
- Maple syrup (1tsp)
- Coconut sugar
- Mayonnaise (1tsp): to reduce the amount you eat, add some natural Greek style yogurt to stretch out the flavour.
- Jar of tomato sauces. Use half the jar and half tin of chopped tomatoes. Eventually work down to just chopped tomatoes.
- Tomato puree (1 tsp)
- Wholegrain Mustard (1-2 tsp)
- Tahini (1 -2 tsp)
- Nut Butter (1 -2 tsp) (unsalted / no added sugar / no palm oil / Hi Oleic Peanuts)
- Olive Oil / Coconut Oil
- Cacao Powder
- Butter 1 teaspoon save for your toast!
- Hummus 1 tablespoon
- Pesto 1 teaspoon drizzled in a salad – 1 tablespoon in a batch meal prep.
- Vanilla Essence / Vanilla Pod / Almond Essence
- Herbs and spices Any amount of these to add a kick to your meal without affecting your waistline and internal system. Cumin / Turmeric / Dried Herbs / Chilli / Paprika / Garam Masala / Curry Powder / Fenugreek / Garlic Powder / Cinnamon are good examples.