



I MAKE
POSITIVE
HEALTHY
CHOICES

SPICE CABINET

DRIED SPICES:

Allspice	Nutmeg
Basil	Onion Granules or Powder
Bay Leaves	Paprika
Black Pepper	Parsley
Brown Mustard	Peppercorns
Caraway Seed	Pizza Seasoning
Cardamom	Pumpkin Pie Spice
Cayenne Pepper	Red Pepper Flakes
Celery Seed	Rosemary
Chili Powder	Saffron
Chinese Five Spice	Sage
Chives	Sumac
Cilantro	Tarragon
Cinnamon	Thyme
Cloves	Turmeric
Coriander	Vanilla
Cumin	Wasabi
Curry Powder	Yellow Mustard
Dill	
Fennel Seed	
Garam Masala	
Garlic Granules or Powder	
Ginger	
Herbs de Provence	
Hing (Asafoetida)	
Italian Blend	
Lavender	
Lemongrass	
Marjoram	

SALTS

Transformational Salt
Himalayan Pink Premier Salt Blend