



The FLAVOUR List

Want to spice it up or add some herbs or sauces to your meal plan? Great!

Use our the FLAVOUR List for some guidance and inspiration.



Fresh / Dried Herbs & Spices

- Basil
- Turmeric
- Watercress
- Dill
- Tarragon
- Ginger
- Chives
- Cinnamon
- Capers
- Bay leaves
- Coriander
- Mint leaves
- Mustard
- Cloves
- Oregano
- Pepper
- Parsley
- Chili
- Rosemary
- Thyme
- Blends like Curry Powder or other

Natural Flavourings

- Garlic
- Tomato
- Vegetable Sauce - Ratatouille
- Onions (red/white)
- Leeks
- Vegetable Salsas (tomato, coriander leaves, onion, sweet pepper, chili, cucumber or other)
- Lemon or Lime Sauce
- Vinegars