

Use Herbs and Spices Instead of Salt

Basil: Use in soups, salads, vegetables, fish, and meats.

Chili Powder: Use in soups, salads, vegetables, and fish.

Cilantro: Use in meats, sauces, stews, and rice.

Cinnamon: Use in salads, vegetables, breads, and snacks.

Clove: Use in soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in fish, soups, salads, and vegetables.

Ginger: Use in soups, salads, vegetables, and meats.



Marjoram: Use in soups, salads, vegetables, beef, fish, and chicken.

Nutmeg: Use in vegetables and meats.

Onion Powder: Use in meats, poultry, soups, and salads.

Oregano: Use in soups, salads, vegetables, meats, and chicken.

Parsley: Use in salads, vegetables, fish, and meats.

Rosemary: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

Thyme: Use in salads, vegetables, fish, and chicken.



Note: To start, use small amounts of these herbs and spices to see if you like them.

