

**HERBS & SEASONINGS**

| YES  | NO                  |
|--|---------------------|
| All except chili pepper flakes                           | Chili pepper flakes |
| Avocado mayonnaise                                       | Ketchup             |
| Curry paste  | Mayonnaise          |
| Extracts (all)   | Soy Sauce           |
| Fish sauce   | Steak sauces        |
| Miso   |                     |
| Mustard  |                     |
| Nutritional yeast  |                     |
| Sea salt (ideally iodized)                               |                     |
| Tahini   |                     |
| Vinegars (any without added sugar, but balsamic is fine) |                     |
| Wasabi   |                     |