

## CONDIMENTS HERBS & SPICES

In addition to the usual spices – salt, pepper and garlic – here’s a list of more condiments to make your food exciting! Some are higher in carbs so I’ll just put the serving size next to those. Remember, we’re not counting carbs, so don’t get obsessed.

Anchovy Paste	Capers
Clam Juice	Coconut Milk Unsweetened ½ cup (1.9 net carbs)
Cocoa Powder unsweetened 1 Tbl (1.2 Net Carbs)	Enchilada Sauce ¼ Cup (2 net carbs)
Fish Sauce 1 Teaspoon	Garlic Clove .9
Ginger Grated Root 1 Tbl (.8 Net Carbs)	Horseradish Sauce 1 Teaspoon (.4 Net Carbs)
Jalapeno Chili Pepper ½ cup sliced (1.4 net carbs)	Miso Paste 1 Tbl (2.6 net carbs)
Dijon Mustard	Yellow Mustard
Pesto Sauce 1 Tbl (.6 net carbs)	Pimiento
Salsa (sugar free)	Serrano Chili Pepper ½ Cup (1.6 Net Carbs)
Soy Sauce 1Tbl (.9 net carbs)	Hot Sauce any kind
Taco Sauce	Tahini 2 Tbl (1 Net Carb)
Balsamic Vinegar 1 Tbl (2.3 Net Carbs)	Vinegar Cider 1 Tbl (.9 net carbs)
Vinegar Red Wine 1 Tbl (1.5 net carbs)	Vinegar Rice Unsweetened
Vinegar White Wine 1Tbl (1.5 net carbs)	Wasbi Paste
Mayo	Chicken, Beef Vegetable Broth (no sugar)
Bouillon Cubes (no sugar)	Cream (heavy, half & half up to 1.5 oz per day)
Lemon and Lime Juice 3 Tbl per day	Vinegar Sherry 1 Tbl (.9 Net Carbs)
Onion Powder	Garlic Powder
Black Pepper	Oregano
Curry Powder	Rosemary
Thyme	Parsley
Seasoning Salt	Braggs (like soy sauce but no carbs)
Tomato Sauce/Tomato Paste ¼	Worcestershire Sauce
Ketchup Sugar Free	BBQ Sauce Sugar Free
Sugar Free Syrups	