

INDIAN CUISINE

My Spices checklist

- Cumin seeds
- Chana masala
- Cumin powder
- Corriander powder
- Fresh tumeric roots or powder
- Garam masala
- Chili powder
- Bay leaves
- Green cardamom
- Cinnamon sticks

@MrsSlimOnPlants

ASIAN CUISINE

My Spices checklist

- Chinese 5 spice blend
- Soy, Tamari Sauce or coconut aminos
- Sweet and sour sauce (no oil)
- Corn starch
- Siracha
- Sesame seeds
- Black bean sauce, oil free

@MrsSlimOnPlants

OTHER SPICES

My Spices checklist

- Club house vegetable legumes
- Club house chipotle mango
- Club house roasted garlic & peppers
- Club house cajun spice
- Onion powder
- Garlic powder
- Ginger powder
- Nutmeg
- Smoked paprika
- Crushed chili flakes
- Cinnamon powder
- Everything bagel
- All spice

@MrsSlimOnPlants

ITALIAN CUISINE

My Spices checklist

- Thyme
- Rosemary
- Basil
- Parsley
- Oregano

@MrsSlimOnPlants

THAI CUISINE

My Spices checklist

- Thai red curry paste
- Thai yellow curry paste
- Low fat coconut milk
- Lemon grass

@MrsSlimOnPlants