

# HERBS & SPICES ON AIP



## INCLUDE

Asafetida, Basil leaf, Bay Leaf, Chamomile, Chervil, Chives, Cilantro (Coriander Leaf), Cinnamon, Clove, Curry Leaf, Dill Weed, Fennel Leaf, Galangal, Garlic, Ginger, Horseradish Root, Kaffir Lime Leaf, Lavender, Lemongrass, Mace, Marjoram Leaf, Onion Powder, Oregano Leaf, Parsley, Peppermint, Rosemary, Sage, Savory Leaf, Spearmint, Tarragon, Thyme, Turmeric, Wasabi (additive-free)

## AVOID

Allspice, Anise Seed, Annatto Seed, Black Caraway, Black Cumin, Black Pepper, Caraway, Cardamom, Capsicums, Cayenne, Celery Seed, Chili Pepper Flakes, Chili Powder, Chinese Five-Spice, Chipotle Chili Powder, Coriander Seed, Cumin Seed, Curry Powder (typically contains nightshades), Dill Seed, Fennel Seed, Fenugreek, Garam Masala, Juniper, Mustard, Nutmeg, Paprika, Pepper (from black, green, pink, or white peppercorns), Poppy Seed, Poultry Seasoning, Red Pepper, Russian Caraway, Star Anise, Steak Seasoning, Sumac, Taco Seasoning