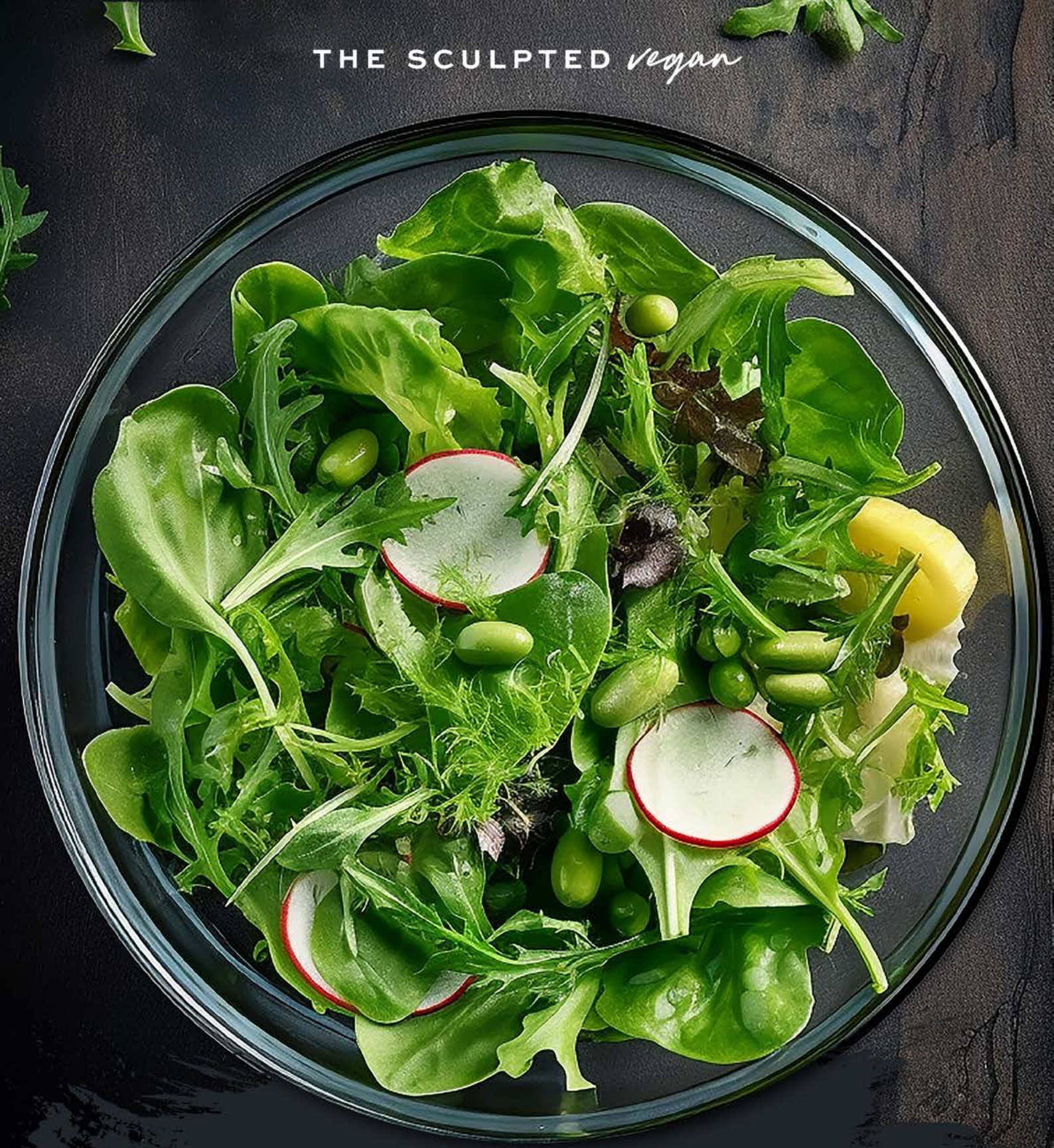
THE SCULPTED *vegan*



FREE FOODS

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FREE FOODS LIST

GREEN CRUCIFERS (FREE FOOD) The following are allowed in unlimited quantities:	
Spinach	Cucumber / Celery
Broccoli	Radish
Green beans	Brussels sprouts
Asparagus	Collard greens
Cauliflower (not green, but allowed)	Cabbage (not red)
Kale	Frozen peas / Petits pois
Pak choi / Bok choy	Zucchini / Courgette
Salad greens / Lettuce	Mushrooms (not a crucifer but contains zero calories)

FOODS THAT ARE NOT FREE

Beetroot	Root vegetables of any kind
Carrot	Bell pepper / Capsicum
Squash/pumpkin	Onion
Potato	Nutritional Yeast
Beans / Lentils	Tomatoes
Parsnips	Sugar snap peas

FREE FLAVORINGS

You can use any of the following to flavor your food:

- **Mexican Spice Tajin** (this is AMAZING for flavoring food!)
- Tamari/soy sauce/liquid aminos/liquid smoke
- Spices, fresh or dried
- Herbs, fresh or dried
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning (such as that you would put on a fajita)
- Apple cider vinegar (*Natural Umber is only available in the UK & Europe)
- Fresh lemon or lime juice
- Salt & pepper

One of my favorite ways to flavor food is with spice mixes or seasonings that don't contain extra calories. You can buy these in the supermarket or search on Google to make your own. Don't be afraid to get innovative with marinades and seasonings. One of my favorite marinade mixes is lemon juice, herbs, fresh garlic, and salt.



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