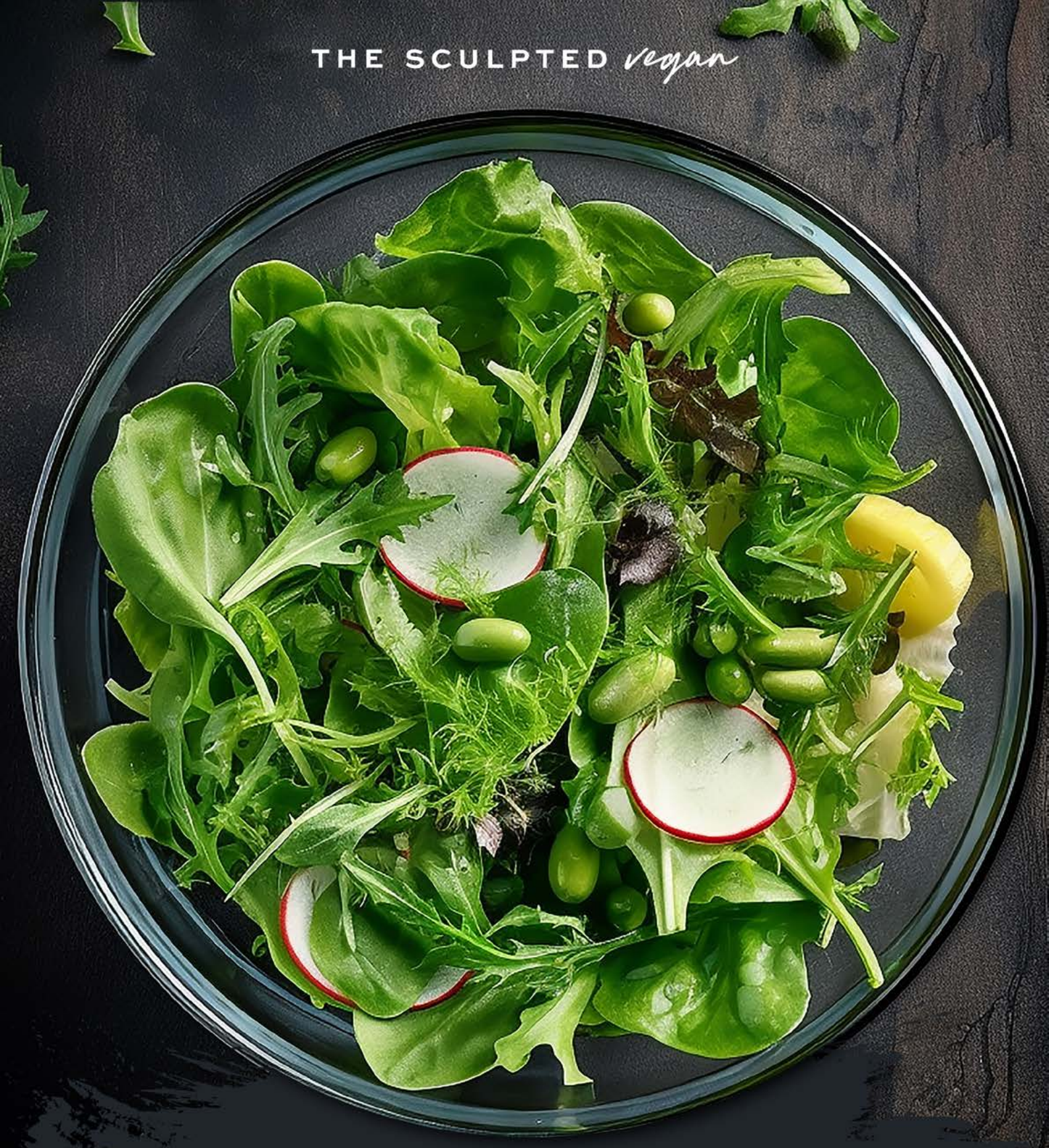
THE SCULPTED *vegan*



FREE FOODS

+ FLAVORINGS & BULK INGREDIENTS LIST

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FREE FOODS

GREEN CRUCIFERS (FREE FOOD) The following are allowed in unlimited quantities:	
Spinach	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)
Cucumber	Beans / Lentils

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.

BULK INGREDIENTS SHOPPING LIST

From ingredients to make seitan to my favourite flavorings, we have created a one-click Amazon shopping list of ingredients that are most cost-effective to order in bulk or easier to shop online.

amazon	amazon	amazon	amazon
US customers CLICK HERE	UK customers CLICK HERE	AUS customers CLICK HERE	CAN customers CLICK HERE

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