

LOW SODIUM GRILLING BLENDS

Flavor without the salt

PROTEIN	HERBS & SPICES (SALT-FREE)	ACID/CITRUS
Steak / Beef	<i>Coarse black pepper, garlic powder, onion powder, smoked paprika, dried thyme.</i>	Balsamic Vinegar
Chicken	<i>Dried oregano, rosemary, lemon pepper (salt-free), cumin, turmeric.</i>	Fresh Lemon Juice
Pork	<i>Brown sugar (optional), dry mustard, sage, chili powder, coriander.</i>	Apple Cider Vinegar
White Fish	<i>Dried dill, parsley, garlic flakes, white pepper, paprika.</i>	Fresh Lime Juice
Vegetables	<i>Red pepper flakes, basil, nutritional yeast, garlic powder.</i>	Red Wine Vinegar

Tip: Use toasted sesame oil or olive oil as a binder instead of salted butter.