

VEGETABLE SPICES

CARROTS

Allspice
Carraway
Cinnamon
Spearmint
Thyme

EGGPLANT

Allspice
Cinnamon
Marjoram
Sage
Spearmint

POTATOES

Carraway
Garlic
Spearmint
Thyme

CABBAGE

Carraway
Celery
Onion

ONIONS

Thyme
Garlic

SWEET POTATOES

Allspice
Garlic

ZUCCHINI

Marjoram

MUSHROOMS

Marjoram
Thyme

GREEN PEAS

Savory
Spearmint

SQUASH

Allspice
Cinnamon
Marjoram

GREEN BEANS

Carraway
Savory
Thyme

VEGETABLES

Anise
Celery
Cumin
Dandelion
Dill
Fennel
Garlic
Onion
Parsley
Rosemary

TOMATOES

Allspice
Cinnamon
Marjoram
Oregano
Sage
Thyme

DR. DONNA F. SMITH
AdvancedClinicalNutrition.com
Wichita Falls, Tx 76308
(940) 761-4045