

Top Sauces and Condiments:

1. Mustard
2. Frank's Red-Hot Sauce
3. Tabasco sauce
4. Damien's sauces (PHC)
5. Pickles (Bubbies) (PHC)
6. Coconut Aminos (PHC)
7. Red Curry paste

Top Salad Dressing:

1. Olive Oil - <https://www.terradylyssa.com/> or <https://unrefinedolive.com/>
2. Balsamic - <https://unrefinedolive.com/>
3. Flavoured Olive Oil based Olive Oil Infused salad dressings -
<https://www.terradylyssa.com/> or <https://unrefinedolive.com/>
4. Primal Kitchen (Avocado Oil Dressing) Available at PHC
5. See recipe book (PHC)

How to buy sauces?

1. Look at the ingredient list for contents.
2. Focus on 1 ingredient foods.
3. Look what oil is used (olive oil, avocado oil, coconut oil is best).
4. Do not purchase if it contains (palm oil, canola oil, soybean oil etc.).
5. Look for sauces with less than 5g of sugar per Tbsp (15 grams).
6. Ensure the sauce does not contain artificial sweeteners, dyes, msg, preservatives, high fructose corn syrup.
7. Glass jars are best.