

GRAPPLESTRONG

THE SHRED — KITCHEN

FLAVOUR

UP YOUR FOOD

Eating for fat loss doesn't mean eating bland. Build big flavour from herbs and spices — not calories.

JAY BELL
COACH
GRAPPLESTRONG

FLAVOUR

SPICES & HERBS BY CUISINE

Herbs and spices add huge flavour for next to no calories. Pick a cuisine, build a flavour base, and the same lean ingredients never get boring. Tick off the ones you want to explore.

☐ ITALIAN Basil, oregano, fennel, anchovies, olives, capers	☐ INDIAN Cumin, curry powder, turmeric, ginger, coriander	☐ MEXICAN Cumin, cocoa, lime, chipotle, chiles
☐ THAI Mint, ginger, chiles, spring onion, lime	☐ CARIBBEAN Allspice, nutmeg, cloves, cinnamon, lime	☐ FRENCH Thyme, rosemary, black pepper, bay leaf
☐ SPANISH Paprika, parsley, bay leaf, olives, peppers	☐ JAPANESE Miso, seaweed, sesame seeds, ginger, radish	

HOW TO USE IT

Keep a small rack of two or three of these flavour bases in the cupboard. The same chicken, rice and veg becomes a different meal every night — for zero extra calories.