

Herbs and Spices

- olive oil
- garlic powder
- onion powder
- dried parsley
- lemon pepper seasoning
- dried thyme
- italian seasoning
- ground ginger
- paprika
- cumin
- chili powder
- dried dill
- celery salt
- corn starch
- dried oregano
- ground sage

Sauces and Vinegars

- low sodium soy sauce
- dijon mustard
- worcestershire sauce
- red wine vinegar
- apple cider vinegar
- balsamic vinegar

Miscellaneous

- all purpose flour
- nonstick spray
- brown sugar