

Level Up Your Meals

Sprinkle these seeds over your dishes and top them with these nuts to boost the nutritional value of your meals!

PART 1

SEEDS



sesame seeds

1 tablespoon
+ 2g protein
+ 10% Magnesium
+ 10% Manganese
+ 15% Copper
+ 5% Zinc
+ 20% Omega-6



flax seeds

1 tablespoon, ground
+ 1g protein
+ 10% Vitamin B1
+ 10% Magnesium
+ 10% Manganese
+ 10% Copper
+ 100% Omega-3



pumpkin seeds

1 tablespoon
+ 2g protein
+ 10% Magnesium
+ 20% Manganese
+ 10% Phosphorus
+ 4% Iron
+ 4% Zinc



sunflower seeds

1 tablespoon
+ 2g protein
+ 10% Vitamin B1
+ 10% Vitamin B6
+ 20% Vitamin E
+ 2% Iron
+ 17% Copper



hemp seeds

1 tablespoon
+ 3g protein
+ 10% Vitamin B1
+ 20% Magnesium
+ 40% Manganese
+ 20% Phosphorus
+ 80% Omega-3

NUTS



peanuts

10 whole
+ 2g protein
+ 10% Vitamin B3
+ 10% Manganese
+ 10% Copper
+ 2% Zinc
+ 10% Omega-6



walnuts

5 halves
+ 1g protein
+ 20% Manganese
+ 15% Copper
+ 2% Zinc
+ 80% Omega-3
+ 30% Omega-6



almonds

5 whole
+ 2g protein
+ 4% Calcium
+ 2% Iron
+ 15% Vitamin E
+ 10% Vitamin B2
+ 10% Omega-6



cashews

5 whole
+ 2g protein
+ 10% Magnesium
+ 10% Manganese
+ 4% Zinc
+ 25% Copper
+ 10% Omega-6



hazelnuts

5 whole
+ 2g protein
+ 10% Vitamin E
+ 2% Iron
+ 20% Copper
+ 35% Manganese
+ 5% Omega-6



pine nuts

1 tablespoon
+ 1g protein
+ 10% Vitamin B1
+ 5% Vitamin E
+ 10% Copper
+ 20% Manganese
+ 20% Omega-6

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PART 2

Add these dried herbs to your dishes during cooking and top them with these fresh herbs when serving to boost the nutritional value of your meals!

DRIED HERBS



dried thyme

1 tablespoon

+ 50% Vitamin K

+ 7% Calcium

+ 20% Iron

+ 10% Manganese



dried oregano

1 tablespoon

+ 20% Vitamin K

+ 6% Calcium

+ 7% Iron

+ 8% Manganese



dried rosemary

1 tablespoon

+ 5% Vitamin B6

+ 5% Vitamin A

+ 5% Calcium

+ 5% Iron



dried tarragon

1 tablespoon

+ 8% Vitamin B6

+ 8% Vitamin A

+ 8% Calcium

+ 8% Iron



dried dill

1 tablespoon

+ 10% Vitamin A

+ 60% Vitamin K

+ 8% Calcium

+ 8% Iron

FRESH HERBS



fresh parsley

2 tablespoons

+ 1% Calcium

+ 2% Iron

+ 30% Vitamin A

+ 15% Vitamin C

+ 100% Vitamin K



fresh basil

2 tablespoons

+ 1% Calcium

+ 2% Copper

+ 10% Vitamin A

+ 25% Vitamin K



fresh dill

2 tablespoons

+ 10% Vitamin A

+ 10% Vitamin K



fresh mint

2 tablespoons

+ 1% Calcium

+ 5% Vitamin A

+ 8% Vitamin K



spring onions

2 tablespoons

+ 15% Vitamin A

+ 15% Vitamin K

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PART 3

Add these spices to your dishes during cooking and sprinkle them on top of your dishes when serving to boost the nutritional value of your meals!

SPICES



black pepper

1 teaspoon

+ 4% Vitamin K
+ 1% Calcium
+ 3% Copper
+ 15% Manganese



cayenne pepper

1 teaspoon

+ 3% Vitamin B6
+ 30% Vitamin A
+ 3% Vitamin E



chili powder

1 teaspoon

+ 4% Vitamin B6
+ 30% Vitamin A
+ 1% Calcium
+ 2% Iron



paprika

1 teaspoon

+ 3% Vitamin B6
+ 40% Vitamin A
+ 2% Iron
+ 2% Manganese



cumin

1 teaspoon

+ 2% Calcium
+ 7% Iron
+ 2% Magnesium
+ 3% Manganese



cinnamon

1 teaspoon

+ 3% Calcium
+ 1% Iron
+ 25% Manganese



nutmeg

1 teaspoon

+ 2% Copper
+ 3% Manganese



cardamom

1 teaspoon

+ 1% Calcium
+ 1% Iron
+ 30% Manganese



mustard powder

1 teaspoon

+ 5% Omega-3
+ 5% Selenium



curry

1 teaspoon

+ 1% Calcium
+ 2% Copper
+ 2% Iron
+ 10% Manganese

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PART 4

Add these to your dishes to boost the nutritional value of your meals!



Anti-Inflammatory & Antioxidant

fresh ginger	ground ginger
1 tablespoon	1 teaspoon
+ 1% Copper	+ 1% Iron
	+ 30% Manganese



Boosts immune system

fresh garlic	garlic powder
1 clove	1 teaspoon
+ 2% Vitamin B6	+ 4% Vitamin B6
+ 2% Manganese	+ 1% Copper
	+ 1% Iron



Anti-Inflammatory & Antioxidant

fresh turmeric
1 tablespoon
+ 5% Iron



Contains Iodine & Supports Thyroid Function

seaweed flakes
1 tablespoon
+ 15% Calcium
+ 10% Iron