Revive & Sustain
WELLNESS

Plate Structure Approved Sauces and Seasonings

Sauces, Marinades and More

G Hughes Sugar-Free Sauces and Dips: This brand has a large line of recipes that include ketchup, BBQ sauces, dipping sauces, steak sauces, stir fry sauces, marinades, wing sauces and salad dressings.

- **BBQ Sauce Flavors:** Original, Carolina Gold, Mesquite, Maple Brown Sugar Flavored, Hickory, Honey Flavored, Carolina Style Sweet Heat, and Sweet and Spicy
- **Dipping Sauce Flavors:** YumYum, Famous Cluck-in, Polynesian, Honey Mustard and Sweet Chili
- **Marinade Flavors:** Lemon Herb, Teriyaki, Orange Ginger, Smoky Mesquite and Parm Peppercorn
- **Dressing Flavors:** Raspberry, Poppyseed, French, Asian Miso, Honey Dijon, Italian, Coleslaw, Thousand Island, Sweet Vinaigrette, Balsamic Vinaigrette
- **Wing Sauce Flavors:** Mango Habanero, Thai Chili, Caribbean Jerk and Sweet Honey
- **Other:** Sugar-free Ketchup, Steak Sauce and Stir Fry Sauce

Raos Sauces: This line of sauces and pesto have no tomato blends, no paste, no water, no starch, no filler, no colors, no added sugar.

- **Tomato Based Sauces:** Marinara, Marinara Sensitive Stomach, Arrabbiata, Tomato Basil, Bolognese, Vodka Sauce, Italian Sausage Mushroom, Roasted Garlic, Pizza Sauce, Four Cheese, Mushroom and Bell, Margherita Pizza Sauce, and Tomato Herb
- **Other:** Alfredo, Roasted Garlic Alfredo, Basil Pesto, Sun Dried Tomato Pesto

NOTE: Rao also has a line of two ingredient pasta made from two ingredients -- durum semolina flour and water making them high protein and low carb with a low glycemic index.

Yo Mama Sauces, Condiments and Dressings: Yo Mama has numerous sugar-free, gluten-free choices to make food tasty.

- **Sauce Flavors:** Marinara, Spicy Marinara, Basil, Roasted Garlic, Vodka, Rose Wine, Burgundy Wine and Chianti Wine
- **Condiment Flavors:** Ketchup, Spicy Ketchup, Buffalo Sauce, BBQ Sauce and Pizza Sauce
- **Dairy-free Dressing Flavors:** Sesame, Ranch, Caesar, Balsamic, Greek and Italian

Ray's Sugar-free Sauces:

- **Sauce Flavors:** Original, Sweet and Spicy and Honey Mustard

Guy's Sugar-free BBQ Sauces: Original, Spicy BBQ, Sweet Thunder, Smokey Garlic, Smokey Bacon

Other Notable Mentions: Listed below you will find additional storebought or homemade ideas that add flavor to your food without the added sugar and starch.

- Hot sauce: There are various brands such as Texas Pete, Tabasco, TRUFF, Sriracha, Cholula, Louisiana Hot Sauce and Frank's Red Hot
- Mustard
- Chimichurri Sauce
- Sugar-free Thai Chili Sauce
- Light Mayo
- Avocado Mayo
- Chilito Sirilo Chamoy with Stevia or Monk fruit
- Homemade Guacamole
- Pestos
- Salsas
- Horseradish
- Harissa
- Coconut Aminos

Dry Seasoning Mixes

Flavor God Seasonings: Tasty seasonings created to be chemical and filler free as well as low sodium.

- **Savory Seasonings:** Everything Bagel, Habanero, Garlic Lovers, Lemon Garlic, Taco Tuesday, Italian Zest, Pizza, Nacho Cheese, Everything but The Salt, Spicy Everything. Cajun Lovers, Ketchup, Sriracha, Chipotle, Cheese, Hot Wings, Bacon Lovers, Buffalo, Ghost, Super Garlic Bros, Ranch, Steak and Chop Rub, Original BBQ Rub, Jamaican Jerk Rub, Honey BBQ Rub, Chicken and Waffles and more
- **Sweet Toppers:** Sweet & Tangy, Buttery Cinnamon Roll, Chocolate Donut, Pumpkin Pie and Gingerbread Cookie

Dan-O's Seasoning: All-natural, low sodium, no sugar seasoning.

Flavors: Dan-O's Original, Spicy, Chipotle, & Crunchy

Mrs. Dash Seasonings: Another salt-free alternative for spicing up your favorite meals.

Flavors: Caribbean Citrus, Chicken Grilling Blend, Everything But the Salt, Extra Spicy Blend, Fiesta Lime, Garlic & Herb, Italian Medley, Lemon Pepper, Onion & Herb, Original, Southwest Chipotle, Spicy Jalapeno, Steak Grilling, Table Blend, Tomato Basil Garlic

Other Notable Mentions:

- Adobo Seasoning
- Zatarain's Blackening Seasoning
- Tony Chachere's Creole Seasoning
- Slap Ya Mama Cajun Seasoning
- Lawry's Chili Lime
- Lawry's Carne Asada
- Lawry's Pollo Asada
- Tajin Regular or Low Sodium

Sugar-free Syrups and Sweet Sauces

Skinny Mixes: Great for adding flavors to drinks, puddings and other treats.

- **Flavors:** Salted Caramel, Vanilla, Butter Pecan, French Toast, Brown Sugar, Dark Chocolate, Pumpkin, Vanilla Chai, White Chocolate, Candy Apple, Mermaid, Butter Toffee, Maple Donut, Lime, Peach, Peanut Butter, Raspberry, Cookie Dough, Irish Cream, Cotton Candy, Blueberry Lavender and MANY MORE (138 current flavors)

Davinci Sugar-free Syrups: Delicious in coffees and teas.

- **Flavors:** Vanilla, Caramel, Hazelnut, French Vanilla, Chocolate, White Chocolate, Strawberry, Toasted Marshmallow, Banana and several more