



LINDGREN
functional medicine

SPICE FLAVOR GUIDE

allspice	beef chicken curry fruit ginger onion pumpkin winter squash
basil	cheese chicken eggs fish garlic lemon olive oil tomato zucchini
bay leaf	beans broth fish meat parsley rice soup stew thyme tomato
cardamom	chicken cinnamon coffee dates ginger lamb orange rice tea
chili powder	beans cilantro coconut cumin curry garlic ginger lime tomato
chives	cheese eggs parsley potato soup sour cream tarragon vegetables
cilantro	avocado citrus chile pepper coconut cumin ginger rice salad salsa
cinnamon	apple banana chocolate ginger honey nuts warm drinks vanilla
cloves	apple chocolate cinnamon ginger ham lemon nutmeg orange pork
coriander	chicken citrus cumin curry fish garlic lentils black pepper pork
cumin	beans chickpeas coriander curry lentils potato sausage tomato
dill	beet cabbage carrot cucumber eggs fish potato tomato yogurt
fenugreek	cardamom chicken curry garlic lamb potato rice vegetables
garlic	cheese lemon meat mushrooms olive oil onion salt tomato vinegar
ginger	cream curry fish honey lime scallions soy sauce turmeric vinegar
marjoram	cheese eggs fish meat mushrooms oregano green salad vegetables
mint	beans chocolate cream cucumbers fruit lamb salad tea yogurt
mustard	meat cabbage cumin cheese fish fruit honey potato vegetables
nutmeg	apple cheese cloves cream fruit ginger meat mace rice spinach
onion	butter cheese herbs meat nutmeg soup thyme vinegar vegetables
oregano	beans bell peppers fish lemon meat salad soup tomato zucchini
paprika	beans beef chicken chickpeas eggs fish garlic pork potato
parsley	carrot meat clams eggs garlic lemon mint soup tomato vegetables
black pepper	beef & steak citrus eggs red meat strawberries turmeric warm spices
rosemary	beans fish garlic lamb meat poultry olive oil onion potato tomato
sage	beans cheese chicken onions pork root vegetables stew walnuts
tarragon	chicken eggs fish citrus melon parsley shellfish tomato vinegar
thyme	goat cheese fish meat mushrooms onion potato rosemary soup
turmeric	black pepper chicken cumin curry fish garlic ginger mustard rice