

Day 1

Nutrition Facts: Servings: 10, **Serv. size: 1/4 tsp (0.8g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
100mg (4% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Tellicherry black pepper, flake salt,
turmeric, cane sugar, orange peel, and coriander.

Day 2

Nutrition Facts: Servings: 11, **Serv. size: 1/4 tsp (0.6g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 3

Nutrition Facts: Servings: 8, **Serv. size: 1/4 tsp (0.6g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0 % DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 4

Nutrition Facts: Servings: 6, **Serv. size: 1/4 tsp (0.8g),**
Amount Per Serving: **Calories 5, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 1g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: : ginger, ancho chili pepper, brown
sugar, garlic, paprika, allspice, lemon grass, thyme
nutmeg, Tellicherry black pepper, cumin, cayenne
red pepper, and jalapeno.

Day 5

Nutrition Facts: Servings: 11, **Serv. size: 1/4 tsp (1.2g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
400mg (17% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: sea salt, sugar, black pepper, paprika,
onion, turmeric, garlic, spice extractives (including
oleoresin of paprika, black pepper, celery,
rosemary, thyme.)

Day 6

Nutrition Facts: Servings: 5, **Serv. size: 1/4 tsp (0.2g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: shallots, chives, green peppercorn,
dill weed, basil, tarragon, chervil and bay leaf.

Day 7

Nutrition Facts: Servings: 11, **Serv. size: 1/4 tsp (0.6g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 8

Nutrition Facts: Servings: 11, **Serv. size: 1/4 tsp (0.7g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
130mg (5% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: salt, garlic, Tellicherry black pepper,
basil, oregano, rosemary, thyme and marjoram.

Day 9

Nutrition Facts: Servings: 8, **Serv. size: 1/4 tsp (0.8g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
120mg (5% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Salt, black pepper, red pepper, citric
acid, shallots, lemon peel, white pepper, garlic,
green onion

Day 10

Nutrition Facts: Servings: 8, **Serv. size: 1/4 tsp (0.9g),**
Amount Per Serving: **Calories 5, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 1g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 11

Nutrition Facts: Servings: 5, **Serv. size: 1/4 tsp (0.2g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0 % DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: oregano, basil, marjoram,
thyme and rosemary.

Day 12

Nutrition Facts: Servings: 2, **Serv. size: 1/4 tsp (0.4g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Spices, garlic

Day 13

Nutrition Facts: Servings: 10, **Serv. size: 1/4 tsp (0.4g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 14

Nutrition Facts: Servings: 3, **Serv. size: 3/4 tsp (3.0g),**
Amount Per Serving: **Calories 10, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 3g (1% DV), **Fiber** 0g (0% DV), **Total**
Sugars 3g (Incl. 3g Added Sugars, 6% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Granulated White Sugar,
Madagascar and Mexican Vanilla Beans.

Day 15

Nutrition Facts: Servings: 11, **Serv. size: 1/4 tsp (0.7g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
125mg (5% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: salt, black and white pepper,
sugar, coriander, garlic, mustard, marjoram,
mace and savory.

Day 16

Nutrition Facts: Servings: 14, **Serv. size: 1/4 tsp (0.5g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Shallots, garlic, onion, green
peppercorns, chives, and green onion.

Day 17

Nutrition Facts: Servings: 5 **Serv. size: 1/4 tsp (0.2g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 18

Nutrition Facts: Servings: 8, **Serv. size: 1/4 tsp (0.5 g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
100mg (4% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: salt, shallots, chives, garlic,
onion and green peppercorns.

Day 19

Nutrition Facts: Servings: 10, **Serv. size: 1/4 tsp (1.1g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
190mg (8% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: salt, Tellicherry pepper, sugar,
garlic, onion, lemon peel, citric acid, and
natural hickory smoke flavor.

Day 20

Nutrition Facts: Servings: 8, **Serv. size: 1/4 tsp (0.6g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

Day 21

Nutrition Facts: Servings: 10, **Serv. size: 1/4 tsp (1.2g),**
Amount Per Serving: **Calories 5, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 1g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 1g (Incl. 1g Added Sugars, 2% DV), **Protein** 0g, **Vit.** D (0%
DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: sugar, China Cinnamon, Ceylon
Cinnamon, and vanilla beans.

Day 22

Nutrition Facts: Servings: 10, **Serv. size: 1/4 tsp (0.4g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: shallots, cumin, garlic, black pepper,
Mexican oregano, paprika, cilantro, jalapeno pepper,
chipotle pepper.

Day 23

Nutrition Facts: Servings: 8, **Serv. size: 1/4 tsp (0.9g),**
Amount Per Serving: **Calories 2, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
0mg (0% DV), **Total Carb.** 1g (0% DV), **Fiber** 0g (0% DV), **Total**
Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.** D
(0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Tellicherry black pepper, citric
acid, lemon peel, garlic, orange peel, onion.

Day 24

Nutrition Facts: Servings: 10, **Serv. size: 1/4 tsp (0.8g),**
Amount Per Serving: **Calories 0, Total Fat** 0g (0% DV), **Sat.**
Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium**
80mg (3% DV), **Total Carb.** 0g (0% DV), **Fiber** 0g (0% DV),
Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, **Vit.**
D (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

INGREDIENTS: Black pepper, salt, paprika, cayenne
red pepper, white pepper, chipotle pepper.