



Flavor Without the Fuss: Smart Pairings for Salt-Free (and Salt-Smart) Enjoyment!

 Use this quick-reference chart to pair your WelFore Salt-Free Blends with whole ingredients you already love.

Blend	Great with Veggies	Protein Pairings	Flavor Pro Tip
Caribbean Smoky Jerk	Cauliflower, cabbage, sweet potatoes	Chicken, tofu, black beans	Add a splash of citrus (lime or orange) to bring out the smoky heat
Tropical Tuscan	Tomatoes, zucchini, spinach	Salmon, eggs, white beans	Finish with olive oil or balsamic drizzle – even on eggs.
Chili Calypso	Sweet potatoes, carrots, corn	Ground turkey, lentils	Add a swirl of maple or chipotle to make veggies shine
Coconut Curry	Cabbage slaw, green beans, peas	Chickpeas, shrimp, brown rice	Stir into lite coconut milk for an instant curry sauce
Himalayan Seasoning	Any roasted veggie or salad blend	Eggs, popcorn, beans	Sprinkle just before serving for a bright, salt-smart boost.

 **Tip:** Mix and match blends with multiple ingredients for fun flavor layering — and try using the "Eat the Rainbow Bowl Builder" – Your Separate FREE Bonus!

Ready for a Refill?

Re-up your flavor stash with the bold blends you love
– and keep the salt where you want it.

 <https://start.welforehealth.com/refills>

 **Scan to Refill**
Your Favorite Salt-SMART Blends:

