

Gentle Flavor Guide

Simple ways to add flavor without making cooking complicated.

Flavor builder	How to use it
Lemon	Add a squeeze at the end for brightness.
Olive oil	Use a small drizzle to finish vegetables, grains, or fish.
Garlic	Cook gently so it does not burn.
Parsley or basil	Add near the end for freshness.
Vinegar	Use a small splash in salads, beans, or vegetables.
Black pepper	Add slowly and taste as you go.

Gentle note

This guide is for general cooking inspiration only. It is not medical advice or a required diet plan.