



THE MIGRAINE RELIEF PLAN

Go from bland to bold with these flavor intensifiers!

When you start eating lower-sodium foods, it takes a while to adjust, and food doesn't have that zing. I found that these foods can help add that punch I used to get from salt.

- Diced celery; freeze in 1 C. servings
- Thinly sliced leeks, white and light green part only; freeze in 1 C. servings
- Roasted garlic; freeze in ice cube trays, then store in zip-top freezer bag
- Roasted red peppers, puree and freeze in ice cube trays (you can use jarred peppers IF they have no added salt, vinegar, or sodium bisulfite)
- Oven-roasted tomatoes drizzled with olive oil, garlic, and black pepper
- Mushroom broth, reduce down (especially shiitake)
- Mushroom purée (cooked)
- Tomato paste (no salt added)
- Truffle oil
- Infused olive oil, such as basil, garlic, chili pepper
- Roasted eggplant puree

Stephanie's Tip: *Tomatoes and mushrooms are naturally high in glutamates, which can be a migraine trigger for some people.*