

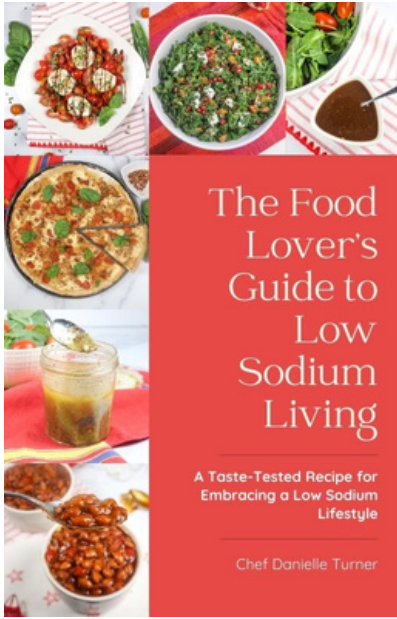
# LOW SODIUM

# Holiday

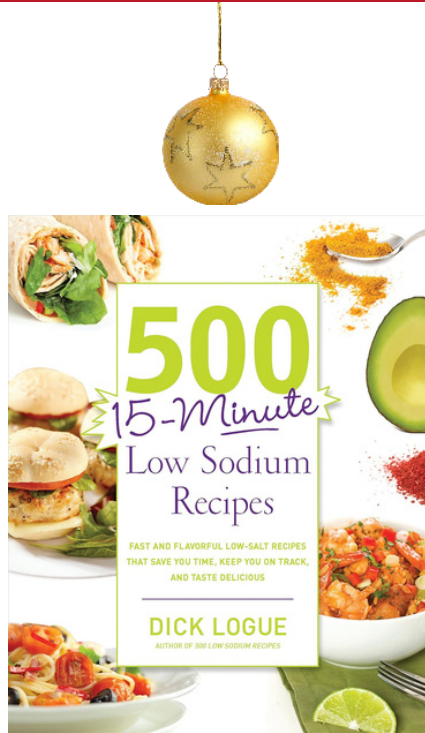
# GIFT GUIDE



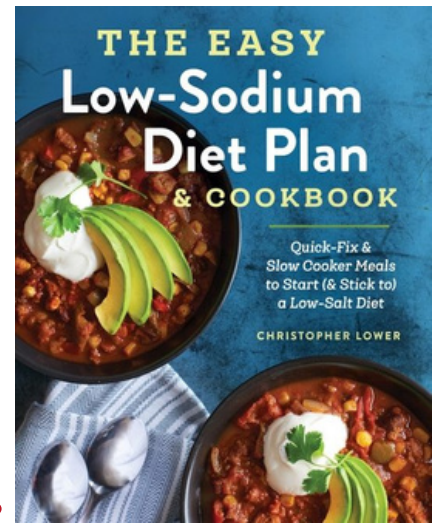
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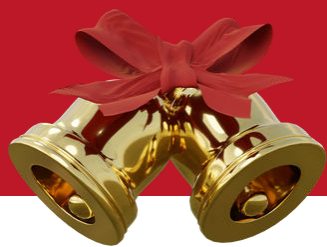
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# LOW SODIUM

*Holiday*

# GIFT GUIDE



1. **The Food Lover's Guide to Low Sodium Living: A Taste Tested Recipe for Embracing a Low Sodium Lifestyle**: The Food Lover's Guide will help ease your transition to a low sodium lifestyle and give you the information you need to stay on track for the long haul.
2. **500 15-Minute Low Sodium Recipes: Fast and Flavorful Low-Salt Recipes that Save You Time, Keep You on Track, and Taste Delicious**: This cookbook makes it easy to create great, low sodium meals in a jiffy while still enjoying all the foods and flavors you love!
3. **The Easy Low Sodium Diet Plan and Cookbook: Quick-Fix and Slow Cooker Meals to Start (and Stick to) a Low Salt Diet**: This low sodium cookbook helps you plan out your whole day's meals. It's a must-have for anyone looking for a simple and straightforward way to manage a low sodium diet.
4. **Sena Sea Wild Alaskan Fish**: Sena Sea offers premium, sustainably harvested wild-caught seafood, including their renowned Alaskan salmon, perfect for a low sodium, heart healthy diet. With a focus on freshness and quality, Sena Sea delivers seafood straight from the pristine waters of Alaska to your door. Their salmon contains between 55-75 mg sodium per 3-oz serving.
5. **Tabitha Brown All Purpose Salt Free Seasoning Variety Pack**: These seasonings bring bold, salt-free flavor to any dish with their perfectly balanced, all-natural blends. They make it easy and delicious to elevate meals while sticking to your low sodium requirements.
6. **Healthy On You Salt Free Seasonings Gift Box**: These four salt free blends are a game changer for those of us who want to ditch the salt and replace it with flavor. This spice blend set comes in a branded Healthy On You® box!
7. **Penzey's Salt Free Seasonings Gift Box**: These gift boxes offer a variety of flavorful spice blends perfect for enhancing any dish without added sodium. Thoughtfully curated, these gift boxes are ideal for anyone looking to cook with bold, natural flavors while staying within their sodium limits.
8. **Crockpot Slow Cooker**: This slow cooker is perfect for preparing low sodium meals with ease. Its large capacity and simple controls make it ideal for slow-cooking soups, stews, and more. The Black Friday pricing makes this a steal!
9. **Souper Cubes**: These silicon molds with lids make meal prep and portioning easy, especially for low sodium soups, broths, and sauces. The durable, food-grade silicone design ensures easy release, while the lids keep portions fresh and organized in the freezer. They can also double as a baking dish!
10. **Healthy Heart Market Gift Card**: A gift card to HeartHealthyMarket.com is the perfect way to support loved ones on a low sodium journey, giving them access to a wide selection of heart-healthy and salt-free products. These gift cards are good for merchandise and shipping charges from. Gift card digital codes are provided after purchase and are sent to the billing email at checkout, making them the perfect last minute gift!

