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BAD CONDIMENTS MADE GOOD

by Vincent





1-INVINCIBLE KETCHUP



2-INVINCIBLE SMOKEY BBQ



3-INVINCIBLE TERIYAKI



4-INVINCIBLE RANCH



5-INVINCIBLE BLUE CHEESE



6-INVINCIBLE MARINARA



7-INVINCIBLE BREAD



8-INVINCIBLE TACO MIX



1-INVINCIBLE KETCHUP

INGREDIENTS

- 3/4 Cups Filtered Water
- 6 oz Organic Tomato paste
- 2 tsp Apple Cider Vinegar
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- 1-2 tsp Sea Salt
- 2-3 tbsps Monk Fruit
- 1/2 tsp Pepper

DIRECTIONS

Add all ingredients to a medium size saucepan and stir/whisk together on med-low. Bring to a simmer over Med for 5-10 minutes. Stir periodically to prevent burning.

If you are in a hurry you can also bring it to a simmer over medium-high for 5 minutes then turn off the burner and let sit. Stir periodically.

VARIATIONS

Add Horseradish and you have Cocktail Sauce! Use Chipole Powder and Liquid Smoke for a hot smoked flavor. You can dial the sea salt up or down. .5 tsp is fine.

INVINCIBLE

- Calories 3.94
- Carbs 0.88g
- Protein 0.14g
- Fat 0 g
- Sodium 1.19mg
- Oils/Fats None
- Added Sugar 0g
- Monk Fruit 0 carb
- Gut Health Benefits: Yes

BIG BRAND

- Calories 20
- Carbs 5g
- Protein 0g
- Fat 0 g
- Sodium 160mg
- Oils/Fats None
- Added Sugar 4g
- High-fructose corn syrup
- Gut Health Benefits: No

Serving Size 2 Tbsp

HACK RESULTS

- 80% fewer Calories
- -4.12g Carbs
- +0.14g Protein
- 99% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits: Yes**



2-INVINCIBLE SMOKEY BBQ

INGREDIENTS

- 1 Cup Water
- 6 oz. Organic Tomato Paste
- 3 tbsp Organic Apple Cider vinegar
- 1.5 tbsp INVINCIBLE Teriyaki Sauce or Worcestershire Sauce
- 2 tsp Liquid Smoke
- 1/2 tsp Smoked Paprika
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Ground Mustard
- 4 tbsp Monk Fruit
- 1/2 tsp Pumpkin Spice
- 1 tsp Organic Pure Vanilla Extract
- 1 tsp Sea Salt

DIRECTION

Add all wet ingredients followed by dry to a medium size saucepan.

Stir on med-high. Bring to a simmer over Med for 5-10 minutes. Stir periodically to prevent burning.

VARIATIONS

Add Horseradish and you have Cocktail Sauce! Use Chipole Powder and Liquid Smoke for a hot smoked flavor. You can dial the sea salt up or down. .5 tsp is fine.

INVINCIBLE

- Calories 6.25
- Carbs 1.38g
- Protein 0.25g
- Fat 0g
- Sodium 1.88mg
- Oils/Fats None
- Added Sugar 0g
- Gut Health Benefits: Yes

BIG BRAND

- Calories 70
- Carbs 18g
- Protein 0g
- Fat 0g
- Sodium: 300mg
- Oils/Fats: Bad oils
- Added Sugar 16g
- Gut Health Benefits: No

Serving Size 2 Tbsp

HACK RESULTS

- 91% fewer Calories
- -16.62g Carbs
- +0.25g Protein
- 99% less Sodium
- 100% less Added Sugar
- Gut health benefits





3-INVINCIBLE TERIYAKI

INGREDIENTS

- 1.25 Cups Coconut Aminos (1) 10 Fluid Ounce Bottle
 - 3 tbsp Organic Apple Cider Vinegar
 - 3 tsp Ground Ginger
 - 3 tsp Garlic Powder
 - 2 tsp Onion Powder
 - .5 tsp Organic Vanilla Extract
 - 3 tsp Granulated Monk Fruit Sweetener
- *Optional Thickening*
- 1 tsp Collagen or .5 Xanthan Gum

DIRECTION

In a small to medium size pot, add all ingredients from the coconut amino to the sweetener.

Stir and bring it to a simmer over medium heat, about 5 minutes.

Slowly and gradually sprinkle in the xanthan gum or Collagen while whisking. The sauce will thicken pretty quickly. Use within 2-3 weeks.

VARIATIONS

You can turn this into a marinade by adding .5 - 1 tsp of Xanthan Gum. You can also use .5 - 1 tsp of unflavored collagen to thicken. Start small when thickening.

You can put this in the freezer and it will not freeze over. This will help it keep longer. Use it then put it back in the freezer.

INVINCIBLE

- Calories 30
- Carbs 5.63g
- Protein 0g
- Fat 0g
- Sodium 270mg
- Oils/Fats: None
- Added Sugar 0g
- Gut Health Benefits: Yes

BIG BRAND

- Calories 60
- Carbs 12 g
- Protein 1 g
- Fat 0 g
- Sodium 610 mg
- Oils/Fats: Bad oils
- Added Sugar 11g
- Gut Health Benefits: No

Serving Size 2 Tbsp

HACK RESULTS

- 50% fewer Calories
- -6.37g Carbs
- -1 g Protein
- 56% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits**





4-INVINCIBLE RANCH

INGREDIENTS

- 1/4 Cups Organic Greek Yogurt (Fage 5 or 1%)
- 1/3 Cup of Sour Cream
- 2 tsp Fresh Lemon Juice
- 1/4 tsp Dried Dill
- 1/2 Dried Parsley
- 1 tsp Onion Powder
- 1/2 Garlic Powder
- 1/4 Sea Salt
- 1 tbsp Filtered Water
- Optional - 1/2 tsp Organic Apple Cider Vinegar

DIRECTION

- Mix all the wet ingredients together followed by the dry then mix.
- For heat - 1/4 to 1/2 tsp of chipotle powder or add 2 tbsp of grain horseradish. Use within 2-3 weeks.
- Use 1 tsp of unflavored collagen to thicken if needed.

VARIATIONS

Use .5 to 1tsp of Liquid Smoke to give it a more smokey and bacon infused flavor. Add real bacon bits and you have real bacon ranch without fake ultra processed bacon.

INVINCIBLE

- Calories 3.75
- Carbs 0.44g
- Protein 0.50g
- Fat 0.09g
- Sodium 3.13mg
- Oils/Fats: None
- Added Sugar 0g
- Gut Health Benefits: Yes

BIG BRAND

- Calories 140
- Carbs 2 g
- Protein 1 g
- Fat 14 g
- Sodium 260 mg
- Oils/Fats Contains added oils
- Added Sugar 2g

Serving Size 2 Tbsp

HACK RESULTS

- 97% fewer Calories
- -1.56g Carbs
- -0.5g Protein
- 99% less Fat
- 98% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits**





5-INVINCIBLE BLUE CHEESE

INGREDIENTS

- 1/4 Cup Greek Yogurt Fage 0%
- 1/2 Cup Sour Cream
- 3 tbsps Filtered Water
- 1 tbsps Organic Apple Cider Vinegar
- 1/2 Cup Blue Cheese Crumble
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Cracked Black Pepper

DIRECTION

- Mix all wet ingredients then add all dry
- Use Fage 0% for the least amount of fat
- Add a little water if it's too thick
- Add optional Collagen to thicken but it should be thick enough
- You can use .5 tsp of Liquid Smoke for a smoked bacon flavor

VARIATIONS

You can use soft Feta to change this to a yogurt and feta based dressing. The fat in the cheese will vary by brand.

Add some horseradish or wasabi to heat this up. 1/4 tsp of Chipole Powder will help light it up as well! Real bacon Welcome.

INVINCIBLE

- Calories 17.19
- Carbs 0.38 g
- Protein 0.75 g
- Fat 1.09 g
- Sodium 4.06 mg
- Oils/Fats: No added oils
- Added Sugar 0 g
- Gut Health Benefits: Yes

BIG BRAND

- Calories 150
- Carbs 2g
- Protein 1g
- Fat 15 g
- Sodium 400 mg
- Oils/Fats: Bad oils
- Added Sugar 1g
- Gut Health Benefits: None

Serving Size 2 Tbsp

HACK RESULTS

- 89% fewer Calories
- -1.62g Carbs
- -0.25g Protein
- 93% less Fat
- 99% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits**





6-INVINCIBLE MARANARA

INGREDIENTS

- 1/2 tbsp Olive/Avocado Oil
- 1/4 Cup Water
- 6 oz Tomato Paste - Small can
- 1/2 tsp Dried Oregano
- 1/2 tsp Dried Basil
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Sea Salt
- 1 pinch Black Pepper
- 1/4 tsp Apple Cider vinegar
- 1/2 tsp Monk Fruit
- Optional for sweet sauce

DIRECTION

- Add your oil, tomato paste, and water
- Add all dry ingredients
- Mix, store, and use within two weeks.
- Freeze Extra

VARIATIONS

This is one of our most essential hacks because store-bought pasta sauce is often packed with tons of bad sugars, sodium, and low-quality oils. You can easily adjust the sweetness by adding or reducing monk fruit. If you prefer a less sweet marinara, simply leave out the monk fruit.

For a lighter sauce, just add a bit of water. It works beautifully as a light sauce for meatballs or drizzled over any protein paired with a plant base like kale or arugula. Best uses include pasta sauce, dip, and pizza sauce.

INVINCIBLE

- Calories 13.75
- Carbs 1.38g
- Protein 0.25g
- Fat 0.88g
- Sodium 1.88mg
- Oils/Fats: Healthy Oil
- Added Sugar 0g
- Gut Health Benefits: Yes

BIG BRAND

- Calories 20
- Carbs 4g
- Protein 1g
- Fat 0g
- Sodium 120mg
- Oils/Fats: Bad Oils
- Added Sugar 2g
- Gut Health Benefits: No

Serving Size 2 Tbsp

HACK RESULTS

- 31% fewer Calories
- -2.62g Carbs
- -0.75 g Protein
- +0.88g Fat (Healthy Fats)
- 98% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits**



7-INVINCIBLE BREAD

INGREDIENTS

- 1 Cup Almond Flour
- 1 Cup Tapioca Flour
- 1.5 Cup Almond Milk
- 4 Eggs
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 teaspoon Italian Seasoning
- ½ tsp Sea Salt
- 1 Cup Mozzarella

DIRECTION

- Mix dry and wet ingredients separately, then combine. The mixture will be liquid, like pancake batter.
- Choose a pan size. If the batter is too thick, add almond, oat, or coconut milk.
- Lightly spray the pan with oil.
- Pour batter and rotate the pan to spread it.
- Flip when ready and cook to your liking.
- Re-spray the pan for each batch.
- Optional: season with pepper, garlic, or sea salt.

VARIATIONS

I mainly use these for tortillas but you can make them thicker and air fry for pita bread @400 for 8-10 min.

They're also a great replacement for chips! My favorite is loading a tortilla with steak and cheese, then air frying at 400°F for 6-8 minutes. Add avocado, sour cream, and salsa for a texture like a crispy chimichanga, without the cheap oil.

INVINCIBLE

- Calories: 80
- Carbs: 3g
- Protein: 3g
- Fat: 7 g
- Sodium: 1.25mg
- Oils/Fats: Healthier Oils
- Added Sugar: 0g
- Gut Health Benefits: Yes

BIG BRAND

- Calories: 140
- Carbs: 25g
- Protein: 4g
- Fat: 4g
- Sodium: 250mg
- Oils/Fats: Cheap oils
- Added Sugar: 1g
- Gut Health Benefits: No

Serving Size 1 tortilla standard size

HACK RESULTS

- 43% fewer Calories
- -22g Carbs
- -1g Protein
- +3g Fat
- 99% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits: Cleaner and natural ingredients**





8-INVINCIBLE TACO MIX

INGREDIENTS

- 2 tbsp Chili Powder
- 1 tsp Cumin
- 2 tsp Smoked Paprika
- 1 tsp Sea Salt
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Oregano
- 1 tsp Black Pepper

DIRECTION

- Mix all ingredients together and store.
- Make sure to keep in a dry area to avoid clumps.

VARIATIONS

- You can use this Taco Mix at home and here's a cool hack: keep your spices with you throughout the day by storing them in a waterproof, aluminum, screw-on pill container. It's small, inconspicuous, and fits right in your backpack. You can also use it to store other essentials like pills, supplements, or even protein powders.

Links and QR codes are on the last page under Resources.

INVINCIBLE

- Calories: 11
- Carbs: 2.5g
- Protein: 0.48g
- Fat: 0.5g
- Sodium: 5.75mg
- Oils/Fats: Healthier Fats
- Added Sugar: 0g
- Gut Health Benefits: Yes

BIG BRAND

- Calories: 30
- Carbs: 6g
- Protein: 1g
- Fat: 1g
- Sodium: 1000 mg
- Oils/Fats: Cheap Oils
- Added Sugar: Typically 1g
- Gut Health Benefits: No

Serving Size 2 Tbsp

HACK RESULTS

- 63% fewer Calories
- -3.5g Carbs
- -0.52g Protein
- -0.5g Fat
- ~99% less Sodium
- 100% less Added Sugar
- **Gut Health Benefits: Natural clean spices**



CONDIMENT TRANSPORT HACKS

3 CHAMBER

This is my go-to condiment transporter, and I also use it for my Bulletproof Coffee. The container features three large chambers, perfect for storing your favorite sauces.

Consider this for your ketchup, teriyaki, or ranch dressing. If you only need one or two sauces but want larger portions, check out the variation below.



2 CHAMBER

This version features one large chamber and one smaller one. Both are air- and waterproof, keeping contents fresh and cool—or warm, if you're carrying hot sauces.

These containers are perfectly sized, fitting discreetly in your pocket. As part of the [@foodhacktheplanet!](#) system, they're designed to be low-key yet highly functional. They get mad props!



SPICE RACK HACKS

VARIATIONS

You can use this Taco Mix at home and here's a cool hack: keep your spices with you throughout the day by storing them in a waterproof, aluminum, screw-on pill container. It's small, inconspicuous, and fits right in your backpack. You can also use it to store other essentials like pills, supplements, or even protein powders.



VARIATIONS

This version is larger.

