



21 DAY

Meal

- PLAN -

- AND -
GROCERY
LIST

21 DAY MEAL PLAN AND GROCERY LIST

One of the most important things you can do to get to your flat belly goals and nurture a healthy thyroid is to take care of your gut. Your digestive system is the ultimate key in absorbing nutrients that support energy levels, detoxification, and hormonal balance so that you look and feel energized with a flat and firm belly that is resistant to bloating and extra flab.

Simply cutting calories or exercising a lot will actually do more harm than good. There are certain foods that will agitate your digestive issues and put on weight even if they seem healthy due to the special needs of your sensitive internal system. However, don't feel

like you will be missing out on tasty foods... that couldn't be further from the truth!

If you have been diagnosed with low thyroid and seem to always have belly issues, this is the plan that is NOT a diet but a way that you can eat for life!



Stop checking out the latest trends and fads that keep the pounds on and your belly flabby and bloated. Eat whole unprocessed foods that keep you full, energized and slim so that you can keep thyroid issues from taking control of your life.

You have the power to make healthy choices when deciding what to put into your grocery cart and on your plate. When you adopt this plan and not a fad or trendy named



Shop from this grocery list that is loaded with tasty options that your whole family will benefit from. Weight will seem to “fall off” and energy will skyrocket when you shop from this list and use the meal plan and recipes in this program.

The closer you follow this plan, the better your results will be, and the less you will have to worry about weight gain. You will actually see the weight seem to “fall off” without hours of exercise.

You do have control of your health and this is the way to take the steps to lifelong weight loss, a flatter belly that feels good from the inside out so that you can look forward to a future of better health, a slimmer waistline, and a sexier more energized YOU!

diet, you will feel and look better with less internal digestive and bloating issues, quick weight loss, and a flatter belly.

That fatigued and bloated feeling will be a thing of the past and you can look forward to shopping for new clothes while you get slimmer and sexier!



THYROID FRIENDLY GROCERY LIST

Coconut Water

Organic Teas - Especially Ginger, Turmeric, Chamomile

Cashew Milk

Coconut Milk

Almond Milk

Hemp Milk

PROTEIN (grass fed/pasture raised or organic and hormone free)

Plant Based Protein

Powder - Non GMO, gluten free, organic.

Vanilla and Chocolate

Pasture Raised Eggs



Kefir - Plain Organic

Kefir is a great probiotic food to eat daily. It

keeps the “good bugs” alive, as they overpower the bad bugs in your gut. Great source of belly flattening and soothing properties that you want and need for a flatter belly and better digestion.



The best source of Kefir if you have extreme belly

discomfort is raw goat's milk kefir, or plain goat's milk kefir.

▶ Beef

▶ Bison

▶ Buffalo

▶ Beef Liver

▶ Bacon (nitrate free)

▶ Chicken

▶ Turkey

▶ Pork

▶ Fatty Fish - Salmon, Mahi Mahi, Haddock

▶ Shrimp

▶ Scallops

▶ Crab

FATS

- Avocado Oil
- Almond Butter
- Coconut Oil
- Ghee
- Grass Fed Butter
- Olive Oil
- Organic Ground Chia Seeds
- Organic Ground Flax Seeds

NUTS & SEEDS

- Almonds
- Cashews
- Brazil Nuts (great source of selenium, eat one daily)
- Pumpkin Seeds
- Pistachio Seeds
- Walnuts
- Pecans
- Medjool Dates

VEGETABLES

- Artichoke
- Asparagus
- Beets
- Beet Greens
- Brussel Sprouts
- Broccoli
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Dandelion Greens
- Eggplant
- Green Onions
- Leafy Greens
- Onions
- Parsley
- Radish
- Turnips
- Spinach
- Sweet Potatoes
- Squash - Any type
- Tomatoes
- Mushrooms

FRUITS

- Apples
- Avocado
- Bananas
- Blackberries
- **Blueberries** (key in fighting low thyroid and belly issues)
- Cantaloupe
- Cherries and Tart Cherries** (key in fighting inflammation)
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

FERMENTED FOODS

- Kimchi
- Saurkraut
- Kombucha Teas

SPICES & HERBS

SALSA

Any all natural, gluten free salsa

THESE SPICES CAN BE FOUND AT A LOCAL ASIAN MARKET OR BUY GROUND IN BULK AT A HEALTH FOOD STORE

- Cumin
- Curry
- Ginger - Stomach Soothing Properties**
- Turmeric - Anti-aging, anti-inflammatory, healing properties**
- Sea Salt
- Kosher Salt
- Cracked Black Pepper

BUY FRESH

- Garlic
- Dill
- Bay Leaves
- Parsley

▶ ADDITIONS TO SMOOTHIE RECIPES FOR THYROID HEALTH AND ENERGY

These superfoods can be found in powdered form in health food stores. See dosage on packaging. Any one of these can be added to a smoothie for added benefits that are listed below.

Maca Powder - loaded with B, C, and E vitamins, calcium, zinc and iron. Used for centuries to promote sexual function and energy.

Moringa Powder - Containing over 36 anti-inflammatory properties this powder is loaded with B vitamins, protein, fiber and minerals.

Green Tea Powder - Contains EGCG a significant phytochemical that has belly fat reducing properties.

Raw Cocoa Powder - (not the Hershey's type!) This ancient powder is loaded with antioxidants, promotes heart health, and has more "wellness" properties than green tea!



Avoid These Foods !!

(Not Low Thyroid or Flat Belly Friendly)

- **DAIRY** - Many low thyroid sufferers that have belly bloating issues do better when eliminating or limiting all dairy. Goat's Milk Kefir is loaded with probiotics that support digestion and belly bloat.

See how you feel when you eliminate and then slowly add in Goat Cheese and Yogurt.
- **DIET, LOW CAL, OR LOW FAT FOODS**
- **DIET SODA OR DIET DRINKS INCLUDING ENERGY DRINKS**
- **ZERO CALORIE WATERS, DRINKS, SODAS**
- **PREMADE PACKAGED OR FROZEN FOODS**
- **BARLEY**
- **WHEAT** - Bread, rolls, muffins, pastries, waffles, pasta, pancakes, wheat tortillas.(If I ever eat bread, I eat Ezekiel Bread which is a sprouted grain bread...eat sparingly if you can tolerate, and pay attention to how you feel after!)
- **FRIED FOODS**

Limit These Foods

- **YOGURT** : Some low thyroid sufferers do better with a diet that is free of dairy. However, yogurt has many beneficial properties and if you can tolerate it, make it Greek Yogurt, and plain without added sugar or fruit. Add your own fresh fruit.
- **CHEESE** : Use a small amount of goat cheese as a "treat" if you can tolerate dairy products. Raw cheeses are best.
- **HONEY**: Use raw organic honey sparingly or real maple syrup n place of sweeteners. Or use fruit.

High Energy Foods to Eat Sparingly

These foods have high energy properties and are great to eat in moderation. Always use organic and eat with a lean source of protein.

- Starchy foods:
- Brown Rice
- Beans
- Lentils
- Oats (buy gluten free)
- Sweet Potatoes
- White Potatoes
- Raisins



▶ 21 DAY DONE FOR YOU MEAL PLAN

Calm internal inflammation with tasty foods that flatten your belly and calm thyroid issues that keep your metabolic rate sluggish and waistline slim!

All recipes can be found in the 21 Day Flat Belly Thyroid Meal Plan)

- ★ **21 Days of Breakfast, Lunch and Dinner Suggestions mapped out for you that take the guesswork out of “what do I eat and when?”**
- ★ **25 Thyroid Boosting Flat Belly Detoxifying Smoothie Recipes**
- ★ **25 Thyroid Boosting Flat Belly Smoothies**

Wake up every day bursting with energy as you eat foods that soothe your digestive tract and eliminate toxins that keep you exhausted

and bloated and prevent you from losing weight and having a firm and flat belly.

Get ready to power through your day with vitality as you feel and look renewed and re-energized, youthful and rested with a slimmer belly.

- Flat Belly Soothing Snack Ideas
- 10 Foods that will Sabotage Your Goals to Stay Away From!
- 10 Foods that support a flat belly and low thyroid levels to get your body and hormone levels back to optimal levels and possibly reduce the need or dosage of medication*.
- (*most low thyroid sufferers can lower

dosage of medication when paying strict attention to nutrition and diet. Having a health care practitioner that helps you and works WITH you to heal your body through diet and not only medication is imperative in healing, flattening your belly and feeling energized. When you heal your gut, your digestion and belly feels better, weight loss is easier and your need for high doses of medication can usually be reduced)

- Recipes that flatten your belly and soothe your digestive tract.
- *Mouth watering SIMPLE Thyroid Friendly Breakfast, Lunch, and Dinner Recipes and Meals with Slimming Salads and Belly Friendly Side Dishes.
- 50 Smoothie Recipes that keep your thyroid levels on high and your vitality higher, so that you can power through every day and and NEVER feel tired.
- Recipes that are flat and firm belly friendly that control and regulate digestion and thyroid levels so that you never feel bloated or sluggish and your body starts to lose weight easily.
- Easy to make delicious foods that nourish



your thyroid and keep friendly flat belly bacteria working so that you stop gaining weight and start to lose weight in the beginning of the first week!

We live in a toxic world. Our insides are working harder to digest and process what we put inside of them and we are flabbier, more bloated and exhausted, and have more medical issues than ever before.

One of the biggest issues with our bloated bellies and chronic weight gain is that our hormonal systems have been attacked and cannot keep up with the foods we eat.

Most women turn to diets, fads, trends, and cleanses that do not get to the root of the issues of weight gain, let alone thyroid issues, but make our systems work overtime while leading to a future of more medication, more doctors appointments and bigger bellies.

Low thyroid issues have a root, and a trip to a new doctor will not have the impact a nutrient dense diet and plan that is meant to take away the band-aid and nourish your belly from inside out.

From sugar addiction to low sex drives, depression and brain fog, medications have taken the forefront of our lives and we have forgotten that the best medicine does not come from a bottle, but from a garden, or our own kitchen.

Unfortunately a lot of the bad foods that seem to be good for us are masked with labels that make them seem “healthy” and have catchy names like “energy” and “natural” when they are really full of chemicals and added sugars.

What our bodies really want are the foods that naturally keep the pounds off and hormones balanced. These foods naturally ward off illness and keeping our digestive system working for us, instead of against us

causing discomfort and pain, inflammation and a future that looks worse.

The foods in this plan will support and heal falling energy levels in addition to chronic inflammation, all while getting rid of excess weight and preventing the pounds from creeping up as you age! These foods will naturally detoxify your sluggish digestive system and flatten your belly without using harmful cleanses or drinks that cause more damage to your belly and make it look and feel worse.

These tips will be easy to add to your daily routine and soon you will start to look forward to feeling slimmer and energized, instead of puffy, tired, and embarrassed by your increasing waistline and aged looking body that just seems to put on weight by “looking at food.”

Eating foods from this list will keep your digestive tract calmed down as you heal internally and your belly starts to look and feel better as early as the first week.

Not only will you lose excess flab and flatten your belly, but with the new plan of eating (not a strict diet,) you will prevent illness, inflammation, weight gain, and digestive distress.

▶ TOP 10 FOODS FOR FLATTER THYROID BELLY

These foods will support a healthy digestive system that is extremely important with low thyroid and belly bloat issues.

1. Bone Broth
2. Organic Fruits - Especially Blueberries and Cherries
3. Organic Vegetables and Plant Based Protein Powders (organic non GMO)
4. Pasture Raised Animal Protein
5. Pasture Raised Eggs
6. Goat's Milk, Cheese, and Kefir - Plain (raw kefir is best for thyroid belly)
7. Orange Foods - Particularly Squash
8. Asparagus, Artichokes, Beets
9. Ginger, Turmeric, and Organic Spices
10. Pure Filtered Water



▶ TERRIBLE 10

These are the highest inflammatory foods that will destroy your flat belly thyroid plan goals and make weight loss nearly impossible!

1. Wheat - (If you choose breads opt for gluten free or Ezekiel which is a sprouted grain bread that is tolerable if you have your thyroid under control but still want to lose weight!) For baking you can use coconut flour or almond flour ...however it is NOT the same measurements and you cannot substitute unless you know exact measurements.
2. Dairy
3. Sugar
4. Diet, Low Sugar, or Artificially sweetened juices and energy drinks
5. Conventional Raised Animal Protein
6. GMO's
7. Grains - Choose Crackers Made of Almonds and Gluten Free Oats
8. Pre packaged Foods
9. Non Organic Fruits and Vegetables
10. Alcohol