



THYROID COOKBOOK

21 DAY MEAL PLAN



This is a 21 day “done for you” “thyroid friendly” meal plan.

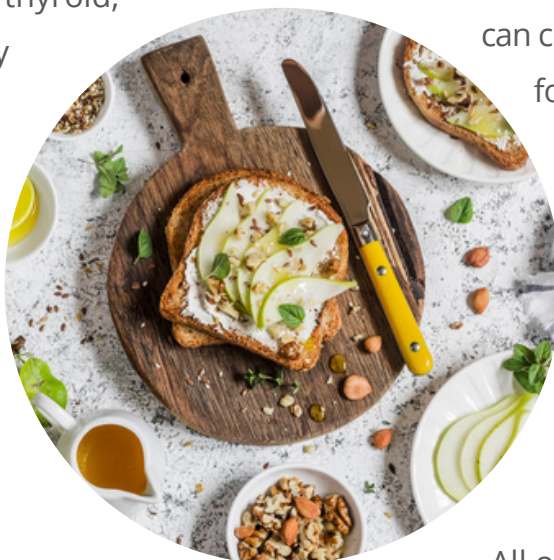
It is easy to follow and every choice is not only tasty but will help to regulate thyroid, fat burning hormones, energy levels... and get your body revitalized fast! Unlike most meal plans, this plan has options, and every one of them is one that will keep you full, support your sluggish digestion and metabolic rate and get you primed for lifelong wellness.

The first week is the most important. You will start every morning with a Thyroid Boosting Flat Belly Detoxifying Smoothie from the smoothie book, and two “Can’t Believe They are

Healthy Cookies.” This will keep you full with flat belly nutrients that support your thyroid and keep you energized until lunch time.

The 21 day “calendar” lays out meal plan.

However there are other tasty options you can choose, from the recipes listed for lunch and dinner, in addition to adding in a smoothie if you are pressed for time. Mix it up as you choose, depending on what your taste buds are craving. I promise you that none of the recipes below are bland or tasteless.



All of the recipes, in addition to any foods that you’ll find on the grocery list, are great options to support your thyroid. This will calm inflammation, while rebooting your entire metabolic system.

Breakfasts that Kickstart Your Sluggish Thyroid

The first week you start each day with a Thyroid Boosting Flat Belly Detoxifying Smoothie and two “Can’t Believe They’re Healthy Breakfast Cookies.”

For the following two weeks, you can drink a smoothie listed in the meal plan, eat a breakfast recipe option, OR eat 3 of the breakfast cookies.

All options are “ok” and will lead to the same goals.

This plan involves options so that you get results fast, and love what you are eating along the way while never feeling like you are sacrificing taste.

THYROID FRIENDLY FLAT BELLY BREAKFAST RECIPES

Here are a few additional smoothies to wake up energized and add “thyroid power” to your mornings!

Sunrise-n-Shine Healing Smoothie



- 1 Cup Coconut Water
- 1/2 Cup Plain Kefir
- 1/2 Mango
- 1/4 sliced peaches
- 1 TBSP. Chia Seeds

Add Ice, Blend, Enjoy!

Green Up and Cleanse Smoothie



- 1 1/2 cups water
- 1 Peeled Kiwi
- 1 Cup chopped spinach
- 1 peeled and seeded cucumber
- Juice of one lemon
- Juice of one lime

Blend in blender, Enjoy!

Belly Calming Peach Banana Ginger Smoothie



- 1 cup Almond Milk
- 1/2 cup peaches sliced (can be frozen)
- 1/4 cup Plain Kefir or Plain Greek Yogurt
- 1 banana
- 1 large dash ground ginger powder (or shaved ginger root)

Blend in blender, Enjoy!

Sweet Potato Power Smoothie



(Great pre or post workout smoothie!)

- 1 small peeled baked potato
- 1 small frozen banana
- 1 cups coconut water
- 1/2 cup unsweetened almond or coconut milk
- 1 dash cinnamon
- 1 large dash ground ginger powder (or shaved ginger root)

Blend in blender, Enjoy!



“Can’t Believe They’re Healthy” Breakfast Cookies

GREAT SOURCE OF ENERGY FOR LONG DAYS!



PREP AND COOK TIME:

40 MINUTES

- 2 Oz. dark chocolate or cacao nibs (70% or greater)
- 2 Cups rolled gluten free oats
- 1 Cup shredded coconut (unsweetened)
- 1/4 Cup Chia Seeds
- 2 T. Maca Powder
- 1 T. Brewer's yeast
- 1 tsp cinnamon
- 2 bananas
- 1/4 cup natural almond butter
- 1/4 cup pure maple syrup
- 1 tsp pure vanilla extract

- 1 Preheat oven to 350.
- 2 In medium bowl mix chocolate, oats, coconut, chia, maca, yeast, and cinnamon in a separate bowl with a mixer on medium. In another bowl, Blend bananas, almond butter, maple syrup and vanilla until smooth, then pour over dry ingredients. Stir with a large spoon to combine.
- 3 Using a large cookie scoop, scoop (about 1/4 cup) dough onto a large parchment lined baking pan. Moisten fingers and flatten each cookie slightly.
- 4 Bake for 20 minutes or until golden.
- 5 Cool, then transfer to airtight container and store in fridge for up to 1 week.

Thyroid Friendly Breakfast Veggie Skillet



SERVES 2

PREP AND COOK TIME: 20 MINUTES

- 1/2 medium onion minced
 - 1/2 red pepper minced
 - 2 medium cloves garlic chopped
 - 3 slices cooked nitrate free bacon, chopped
 - 3 cups rinsed and finely chopped kale or spinach (stems removed)
 - 5 omega-3 enriched eggs
 - Salt and black pepper to taste
- 1 Mince onion and pepper and chop garlic
 - 2 Preheat broiler on low.
 - 3 Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Saute onion and pepper over medium heat, for about 3 minutes, stirring often.
 - 4 Add garlic, bacon, and cook for another 3 minutes on medium heat.
 - 5 Add kale. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix.
 - 6 Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
 - 7 Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.

Quinoa Breakfast Bowl



SERVES 2 ★ PREP AND COOK TIME: 20 MINUTES

Quinoa

- 1/2 cup quinoa
- 1 cups water
- sea salt to taste

Topping

- 1/2 cup blueberries
- 2 TBS pumpkin seeds
- 2 TBS sliced almonds
- 1/2 C. Almond, Hemp, Rice or Coconut Milk

Preparing Quinoa

- 1 Placed well-rinsed quinoa with water and salt in a saucepan, cover and bring to a boil.
- 2 Turn the heat to low, keep covered, and simmer for 15 minutes.
- 3 Put Quinoa in bowl, top with pumpkin seeds, almonds and blueberries, add milk.

Healthy Morning Toast



SERVES 1

- 1 slice toasted Ezekiel toast
- 1 avocado, mashed
- 1/2 Tsp. sea salt
- Arugula
- Sliced tomatoes

Toast bread. Layer avocado spread, top with arugula and sliced tomato. Sprinkle with salt.

Paleo Flat Belly Banana Pancakes



SERVES 2 ★ PREP AND COOK TIME: 10 MINUTES

- 2 Bananas
- 3 Eggs
- 1 T. Cinnamon
- 1/4 Tsp. Baking Powder
- 1/4 C. Fresh Fruit (optional)
- 1 T. Coconut Oil

- 1 Heat pancake griddle with Coconut Oil
- 2 In Bowl, whisk eggs.
- 3 In separate bowl mash bananas, add other ingredients.
- 4 Lightly blend all ingredients together.
- 5 Drop onto heated griddle. Flip when browned.

Serve with fresh fruit on top.

Protein Power Blueberry Oat Crepes



SERVES 2 ★ PREP AND COOK TIME: 10 MINUTES

- 3 Eggs
 - 1/4 Cup Gluten Free Oats
 - 1 T. Flax Seeds
 - 2 Scoops Plant Based Vanilla Protein
 - 1/2 C. Blueberries
 - 1 T. Coconut Oil
- 1 Heat griddle with Coconut Oil
 - 2 Whisk Eggs and Protein Powder into bowl with flax seeds
 - 3 Gently blend in oats
 - 4 Pour onto heated griddle, will be very thin, so do one pancake at a time.
 - 5 Lightly set blueberries onto each pancake as it starts to set and bubble.
 - 6 Flip gently when lightly browned

Eggs N Greens



SERVES 2 ★ PREP AND COOK TIME: 15 MINUTES

- 2 omega-3 enriched eggs
- 2 Cups chopped fresh spinach (or kale or collard greens)

- 1 TBS extra virgin olive oil
- 1 tsp fresh lemon juice
- 1 medium clove garlic
- sea salt and pepper to taste

SPINACH

- 1 Use a large pot (3 quart) with lots of water. Bring water to rapid boil.
- 2 While water is coming to a boil, press or chop garlic and let it sit for at least 5 minutes.
- 3 Wash spinach.
- 4 When water is at full boil, place spinach into the pot. Do not cover. Cook spinach for 1 minute; begin timing as soon as you drop the spinach into the boiling water.
- 5 After the spinach has cooked for 1 minute (do not wait for water to return to a boil), use a mesh strainer with a handle to remove spinach from the pot. Press out excess liquid. Set aside.

POACHED EGGS

- 1 Bring 1 quart water to a high simmer in a 10-inch skillet with 1 tsp of vinegar.
- 2 When water comes to a high simmer lightly drop eggs into skillet for about 5 minutes, or until whites are firm. Remove from water with a slotted spoon and place over spinach mixture.

Ultimate Flat Belly Oats



SERVES 2 ★ PREP AND COOK TIME: 15 MINUTES

- 2-1/4 cups water
- dash salt
- 1 cup gluten free oats
- 1/2 tsp cinnamon
- 1/4 cup chopped almonds
- 1 TBS ground flaxseeds
- 1 cup vanilla almond milk

- 1 Combine the water and salt in a small saucepan and turn the heat to high.
- 2 When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, almonds, and flaxseeds. Stir, cover the pan, and turn off heat. Let set for 5 minutes. Serve with almond milk.

Kefir, Fruit and Nuts Breakfast “granola” Cereal Mix



SERVES 2

- 1 Organic Apple Washed, cored, diced
- 1/2 C. Almonds
- 1/2 C. Golden Raisins
- 1 Tsp. Ground Cinnamon
- 1/2 C. Chopped Medjool Dates
- 1/2 C. Plain Kefir
- 1/4 C. Almond or Coconut Milk

Blend all ingredients into bowl.

THYROID FRIENDLY FLAT BELLY LUNCHES (OR DINNERS)

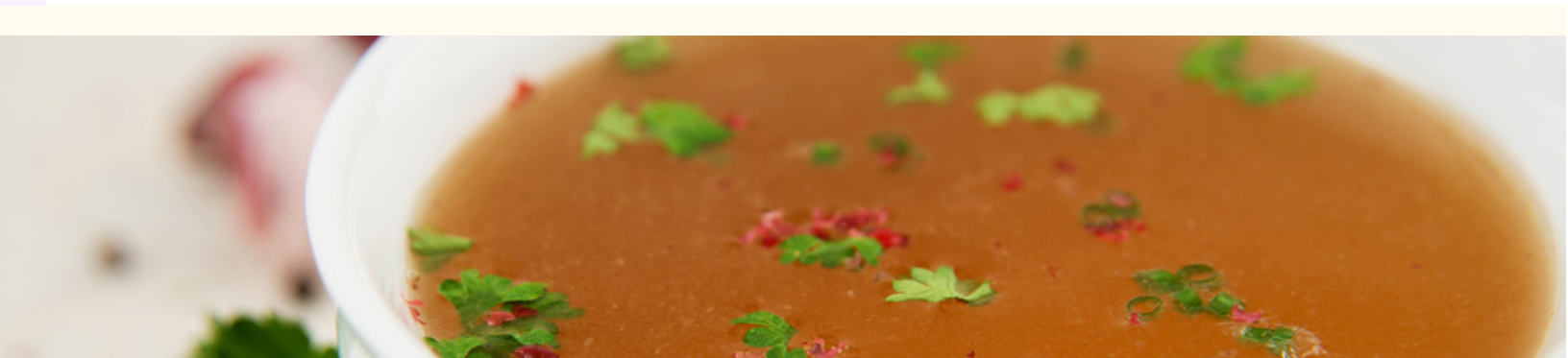


THYROID FRIENDLY FLAT BELLY LUNCHES (OR DINNERS)

* Can substitute any lunch with a Smoothie from the Thyroid Boosting Flat Belly Smoothie Recipes Guide. And add a cup of bone broth at any time of day or night for a thyroid flat belly soother.

Beef Bone Broth in Slow Cooker

CAN MAKE WITH CHICKEN, BEEF OR PORK BONES



SERVES 4 ★ PREP AND COOK

TIME: 6-8 HOURS

- 3-4 lbs beef, chicken, beef or pork bones from a local butcher or farmers market.
- 4 cloves garlic chopped
- 1 medium onion
- 3 stalks celery
- 2 Chopped Carrots
- 2 T. Apple Cider Vinegar
- 1 T. Kosher salt
- 1 T. Sea Salt
- 1 T. turmeric

- 1 Put all veggies and garlic into bottom of slow cooker.
- 2 Lay Bones on top of vegetables.
- 3 Drop in Bay Leaf and top with cider vinegar.
- 4 Cover all with water.
- 5 Cook on low for 6-8 hours.
- 6 When done, take out bones, throw away.
- 7 Strain all ingredients through a strainer over a large bowl or pan.
- 8 Discard solids.
- 9 Set broth in fridge overnight in covered glass bowl (pyrex or corning ware).
- 10 In morning, top will be covered with the hardened grease, skim the white layer off top and throw away.
- 11 The broth will have a thick gel like consistency, this is good!
- 12 Heat and enjoy a cup or bowl at any time of day or night! (can also use to simmer chicken, or meats)

Cashew Asian Chicken Slaw



SERVES 4 ★ PREP AND COOK TIME: 10 MINUTES

- 6 cups napa cabbage, sliced thin
- 2 stalks green onion sliced
- 1/4 cup raw cashews
- 4 TBS extra virgin olive oil
- 4 TBS rice vinegar
- 1 1/2 TBS minced ginger
- 1 medium clove garlic, pressed
- 2 TBS chopped fresh cilantro
- 2 cooked chicken breasts, shredded or cut into 1" cubes

Toss all ingredients together and serve. Or, keep in airtight container refrigerated for up to 2 days.

Tasty Tuna Salad



SERVES 2 ★ PREP AND COOK TIME: 15 MINUTES

- 1 can solid albacore tuna in water (or diced cooked grilled chicken)
- 4 T. Plain greek yogurt
- 2 C. Mixed Salad Greens
- 2 green olives chopped (optional)
- 2 stalks celery chopped fine
- 1/4 small red onion chopped fine
- 2 T. Fresh dill (optional)

- 1 Drain tuna
- 2 Blend all ingredients
- 3 Can be served on a bed of salad greens or on Ezekiel toast.

Energizing Mediterranean Lentil Salad

CAN BE SERVED FOR LUNCH OR DINNER WITH GRILLED CHICKEN BREAST ON TOP)



SERVES 4 ★ PREP: 20 MINUTES ★

COOKING: 25 MINUTE ★ CHILL TIME: 1 HOUR

- 3/4 cup dried green lentils (you want to end up with 2 cups cooked)
- 2 cups water
- 3 oz jar roasted bell peppers chopped
- 2 TBS finely minced onion
- 2 medium cloves garlic, pressed
- 1/2 cup chopped fresh basil
- 1/3 cup coarsely chopped walnuts
- 3 TBS balsamic vinegar
- 1 TBS fresh lemon juice
- 2 TBS + 2 TBS extra virgin olive oil
- salt and cracked black pepper to taste
- 1 bunch arugula, chopped
- 1 firm avocado

- 1 Wash lentils, remove any foreign matter, and drain.
- 2 Combine lentils and 2 cups lightly salted water in medium saucepan. Bring to a boil. Reduce heat, and cook at low temperature for about 20 minutes, or until lentils are cooked but still firm. Cook gently so lentils don't get mushy. When done, drain any excess water, and lightly rinse under cold water. Continue to drain excess water.
- 3 Mince onion and press garlic and let sit for 5 minutes. Place lentils in a bowl and add peppers, onion, garlic, basil, walnuts, vinegar, and 2 TBS olive oil. Season with salt and pepper to taste. Marinate for at least 1 hour before serving.
- 4 Toss arugula with 2 TBS olive oil, 1 TBS lemon juice, salt and pepper. Slice Avocado and arrange on plate with lentils.

Mexican Lettuce Wraps



SERVES 3-5 AS AN APPETIZER

- 10 Large Bib Lettuce Leaves
- 1 1/2 Cups shredded roasted or baked chicken breasts
- 1 diced firm avocado
- 1 small can black beans
- 1/2 cup salsa
- 1 jalapeno chopped (optional)
- Juice of one Lime
- 1 TBSP cilantro- or small bunch fresh cilantro
- 1 Tsp. cumin
- 1 Tsp. salt

- 1 Blend all ingredients lightly into mixing bowl, except for lettuce and salsa.
- 2 Arrange ingredients onto lettuce leaves, top with spoonful of salsa.

Spinach/Apple/Cherry Inflammation Fighting Salad



SERVES 4

- 6 cups Organic Baby Spinach
- 3 Apples Cored, and diced
- 1 Cup Red Tart Cherries - Pits removed
- 1/2 Cup Walnuts or Cashews

DRESSING

- 1/4 Cup Olive Oil
- 1/4 Cup Balsamic or Red Wine Vinegar

- 1 Mix all salad ingredients into a large bowl.
- 2 Blend olive oil and vinegar in a blender.
- 3 Lightly toss dressing into salad, and serve.
- 4 Can be served with 2 Shredded Chicken Breasts for a meal.

Bean Soup with Vegetables



SERVES 4 ★ PREP AND COOK TIME:: 40 MINUTES

- 1 medium onion, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 3 cloves garlic, pressed
- 4 cups organic chicken or vegetable broth
- 4 cups kale, minced
- 1 15 oz can diced tomatoes
- 2 slices nitrate free bacon
- 2 TBS chopped oregano(or 2 tsp dried oregano)
- 1 tsp red pepper flakes (optional)
- 2 15oz cans navy beans (No BPA), drained
- salt & pepper to taste

- 1 Using 5 tablespoons of broth, saute onion, carrot, bacon and celery in large soup pot over medium low heat for 5 minutes, stirring frequently.
- 2 Add garlic and continue to sauté for another minute.
- 3 Add rest of chicken or vegetable broth, kale, and tomatoes. If using dried oregano, add them now as well. Add pepper flakes.
- 4 Simmer for 40 minutes over medium heat.
- 5 Add beans, salt, and pepper. If using fresh herbs, add them now. Cook for several minutes so beans can heat through.

Arugula Pistachio Berry Beet Salad



SERVES 4 ★ PREP AND COOK TIME: 5 MINUTES

- 1 package Organic Arugula
- 2 Whole Roasted Beets cut into large pieces
- Small handful organic blueberries
- 1/4 cup shelled pistachios
- 1/4 Cup Goat Cheese Crumbles (optional)
- 4 T. Shelled pistachios
- 1/4 small thinly sliced red onion

DRESSING

- 1/8 Cup Olive Oil
- 2 T. ground ginger or ginger paste
- 4 T. Rice vinegar
- Sea Salt and Pepper to taste

*Can also top with 2 sliced grilled chicken breasts for a great, filling and fat burning meal!

Healthy Grilled Chicken Salad with Goat Cheese



SERVES 4 ★ PREP AND COOK TIME: 15 MINUTES

- 4 boneless chicken breasts
- 1/2 lb mixed salad greens
- 4 oz goat cheese
- 2 TBS fresh lemon juice
- salt and black pepper to taste

DRESSING

- 2 TBS fresh lemon juice
- 1 TBS extra virgin olive oil
- salt and cracked black pepper to taste

- 1 Grill chicken breasts.
- 2 Toss greens with lemon juice, olive oil, salt, and pepper.
- 3 Distribute greens onto 4 plates. Place chicken breasts on top of greens, top with goat cheese.

Flat Belly Crunchy Turkey Salad



SERVES 4 ★ PREP AND COOK TIME: 10 MINUTES

- 6 cups mixed greens
- 1 medium tomato, sliced
- 8 oz fresh cooked turkey breast, sliced
- 1 firm avocado sliced
- 4 TBS sunflower seeds

Avocado Oil and Lemon Dressing

SERVES 2

- 1/4 Cup avocado Oil
- Juice of One Whole Lemon
- Salt and Pepper to taste

Combine all ingredients and drizzle with dressing.

Steak and Goat Cheese Salad



PREP AND COOK TIME: 15 MINUTES

- 6 cups mixed greens
- 1 medium tomato, sliced
- 8 oz grilled sliced flank or tenderloin steak
- 1 firm avocado sliced
- 1/2 small red onion

Olive Oil and Lemon Dressing

SERVES 2

- 1/4 Cup Olive Oil
- Juice of One Whole Lemon
- Salt and Pepper to taste

- 1 Combine all ingredients except steak and avocado.
- 2 Top salad mixture with steak and arrange sliced avocado and drizzle with dressing.

Classic Mushroom Soup



SERVES 4

- ½ oz dried shiitakes
- 1/2 oz. dried cremini mushrooms
- 1 lb fresh mushrooms, quartered
- 2 pints organic or homemade chicken stock
- 2 garlic cloves, crushed
- 5 spring onions, sliced
- 1 teaspoon tarragon,
- Pinch of salt
- Pinch of pepper

- 1 Rinse mushrooms and place in a bowl with hot water. Soak for 20 minutes.
- 2 In a stock pot, pour 1 pint stock. Add fresh mushrooms, garlic, spring onions, and tarragon. Allow to simmer.
- 3 Rinse dried mushrooms with running water. Add to the pot. Add remaining stock. Season with salt and pepper. Bring to a low boil.

Spinach, Avocado and Strawberry Salad



SERVES 2 ★ PREP TIME: 10 MINUTES

- 4 cups baby spinach
- 1 sliced avocado
- 1/2 cup sliced strawberries
- 2 T. raw pumpkin seeds
- 2 T. crumbled goat cheese

Layer in this order.

Spinach
Avocado
Strawberries
Pumpkin Seeds
Goat Cheese

DRESSING

2 T. olive oil
2 T. honey
juice of one lemon
mix together with whisk

Layer in this order.



THYROID FRIENDLY FLAT BELLY DINNERS

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Chicken with Capers



SERVES 4 ★ PREP AND COOK

TIME: 30 MINUTES

- 4 organic chicken breasts
 - 1 cup canned artichoke hearts chopped
 - 1 lemon
 - 2 garlic cloves sliced thin
 - 2 T. olive oil
 - 2 T. ghee or grass fed butter
 - 3 T. capers (optional)
 - 1/2 cup dry white wine (optional)
 - Sea Salt
 - Ground Pepper
- 1 Slice Chicken Breasts in half the long way to make a thin fillet.
 - 2 Pound with a mallet on a cutting board to make very thin.
 - 3 In large saute pan, saute garlic, oil, butter and seasonings
 - 4 Lay on top of mixture the thin chicken breasts and cook over medium heat, turning once, until almost completely done.
 - 5 Cover chicken with artichokes and capers. Pour in wine(optional) and cover, cook for additional 5 minutes until flavors blend and chicken is cooked through.

Modern Meatloaf



SERVES 4 ★ PREP AND COOK TIME: 1 HOUR

- 2 lbs. grass fed ground beef 85/15 fat content
- 1 small diced yellow onion
- 2 cloves garlic diced
- 2 T. ground chia seeds
- 1/4 cup dry gluten free oats (or can cut up one slice Ezekiel Bread)
- 1 - 4 oz. can organic crushed tomatoes
- 1 cup packed chopped fresh spinach
- 2 eggs
- Sea Salt
- Pepper

- 1 Preheat oven to 375 degrees
- 2 Blend all ingredients together and form into bread pan.
- 3 Bake at 375 for 45 minutes, or until fork stuck in the middle comes out clean.

Grilled Pork Tenderloin with Savory and Sweet Turmeric Sauce



SERVES 5-6 ★ PREP AND COOK TIME:

40 MINUTES (NOT COUNTING MARINADE TIME)

- 2 Lbs. Pork tenderloin
- Zest of one lime, and one orange
- 2 crushed garlic cloves
- Salt and Pepper

Savory and Sweet Curry Sauce

- 1 can cream of coconut
- 3 TBSP. powdered organic curry
- 1/2 tsp. Cumin
- 1 TBSP sea salt
- 3 cloves garlic diced

- 1 Pat tenderloin dry with paper towel, rub with salt and pepper, roll in crushed garlic and lime and orange zest. Refrigerate in ziploc baggie from 1-4 hours.,
- 2 Combine all sauce ingredients into a saucepan, cook on low until bubbly. Turn off and set aside.
- 3 Grill pork after on oiled grill (so it doesn't stick) for about 20 minutes or until center is at a temperature of 145 degrees.
- 4 Let pork rest for 5 minutes on plate. Slice into 1 inch medallions.
- 5 Serve sauce over the top, or in a separate dish.

Quinoa Veggie Chicken Bowl



SERVES 4-6 ★ PREP AND COOK TIME:

45 MINUTES

- 1 Cup Cooked Quinoa
- 2 Grilled Chicken Breasts, diced
- 1 Tsp. Olive or Avocado Oil
- 1 Small onion chopped
- 1/2 Green Pepper chopped
- 1/2 Red Pepper chopped
- 12 Stalks Asparagus cut into bitesize pieces
- 2 Tsp. Lemon juice
- 1 Tsp. Cumin
- 1 Tsp. Sea Salt
- 1 pinch fresh black pepper

- 1 Cook quinoa as directed. Set aside.
- 2 In large saucepan, heat oil, garlic, onion and saute until translucent.
- 3 Add peppers, and asparagus, cook until slightly soft but still crisp.
- 4 Add chicken and salt and spices.
- 5 Add in quinoa, stir until heated through for approximately 2 minutes.

Chicken Marsala with Mushrooms and Artichokes



SERVES 3-4 ★ PREP AND COOK TIME:

40 MINUTES

- 6 chicken breast fillets, boneless, skinless (can slice raw whole chicken breasts thinly if desired into 3 fillets each)
- 1/4 t black pepper
- 1/2 c organic chicken broth
- Juice of 1/4 lemon wedge
- 1 small can baby artichokes in water
- 1 c fresh sliced portabello mushrooms
- 1/2 c Marsala wine
- 2 T. grass fed butter or ghee

- 1 Heat a heavy skillet over medium heat with butter.
- 2 Cook chicken in pan uncovered until almost done (approximately 3 minutes each side.)
- 3 To skillet, add wine, lemon juice, broth, artichokes and mushrooms.
- 4 Cover and simmer for 5 minutes until chicken is cooked through, turning occasionally.

Heart Healthy Fish with Mediterranean Sauce



SERVES 4 ★ PREP AND COOK TIME: 35 MINUTES

- 4 Halibut, Cod or Swordfish Fillets
- 2 teaspoon olive oil
- 1 large onion, sliced
- 1 can (16 oz.) whole tomatoes, drained (reserve juice) and coarsely chopped
- 3 T. capers
- 1 clove garlic, minced
- 1/2 cup reserved tomato juice, from canned tomatoes
- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1 tablespoon fresh grated orange peel
- 1 teaspoon fennel seeds, crushed
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried basil, crushed
- Black pepper to taste

1 Heat oil in large nonstick skillet. Add onion and sauté over moderate heat 5 minutes or until soft. Add all remaining ingredients except fish. Stir well and simmer 15 minutes, uncovered.

2 Grill fish on foil brushed with avocado oil,

OR bake:

3 Arrange fish in 10x6" baking dish; cover with sauce. Bake uncovered at 375° F about 12-20 minutes, depending on thickness of fish, or until fish flakes easily. (test fish by sticking a fork in center, if it comes out flaky it is done)

Spicy Pineapple Shrimp Saute'



SERVES 2 ★ PREP AND COOK TIME: 15 MINUTES

- 1/2 lb medium-sized shrimp, peeled and deveined
- 2 TBS + 1 TBS fresh lemon juice
- Sea salt and pepper to taste
- 3 TBS low-sodium chicken or vegetable broth
- 2 medium garlic cloves
- 1/8 tsp red pepper flakes
- Juice of two whole oranges
- 1 Cup fresh cubed pineapple
- 2 TBS red hot sauce
- 1 TBS minced fresh ginger
- 1 TBS extra virgin olive oil

- 1 Chop garlic and let sit
- 2 Peel and devein shrimp.
- 3 Rub shrimp with 2 TBS lemon juice, salt and pepper.
- 4 Heat 3 TBS broth over medium-low heat in a stainless steel skillet.
- 5 When broth begins to steam, add shrimp, red pepper flakes, orange juice, red hot and ginger and sauté. Stir frequently. After 2 minutes, turn the shrimp over and add garlic. Sauté until shrimp are pink and opaque throughout (approximately 3 minutes). Shrimp cook quickly, so watch your cooking time. They become tough if overcooked.
- 6 Add in pineapple at the last minute and stir til warmed.
- 7 Drizzle with the extra virgin olive oil and the remaining 1 TBS lemon juice.

Simple Broiled Tropical Mahi Mahi



SERVES 2 ★ PREP TIME: 15 MINUTES

- 2 Mahi Mahi Steaks
- Juice of one lime
- Juice of one Orange
- Salt , pepper to taste

- 1 Preheat broiler for about 10 minutes.
- 2 Season Mahi Mahi steaks with a pinch of salt and pepper.
- 3 Place fish directly on broiler pan. Broil for just about 2-3 minutes, depending on thickness of fish. Do not turn as it is cooking on both sides simultaneously.
- 4 Drizzle with juices before serving.

Avocados Stuffed with Shrimp Salad



SERVES 4 ★ PREP TIME: 10 MINUTES

- 4 Avocados Peeled, seed removed, cut in half
- 1 cup small cooked salad shrimp rinsed
- 1/4 C. Plain kefir
- 1 T. Lemon Juice
- 1 T. minced onion
- 1 T. dill weed

- 1 Set avocados on plate facing up. Set aside
- 2 Combine all ingredients in bowl, except dill weed.
- 3 Stuff each avocado with shrimp mixture.
- 4 Sprinkle with Dill.

Asian Chicken Cashew Saute



SERVES 4 ★ PREP AND COOK TIME: 30 MINUTES

- 2 TBS low-sodium chicken or vegetable broth
- 1 cup chopped scallions
- 2 TBS fresh minced ginger
- 2 skinless, boneless chicken breasts, cut into bite-sized pieces or shredded
- 1½ cups sliced fresh asian blend mushrooms
- 1/2 cup shredded carrots
- 4 cups chopped bok choy
- 1/8 cup raw cashews
- 2 TBS soy sauce
- 1 TBS rice vinegar
- salt and white pepper to taste
- pinch of red pepper flakes

- 1 Heat broth in a stainless steel skillet.
- 2 When broth begins to steam, add scallions and saute for 2 minutes.
- 3 Add ginger and continue to sauté for another minute.
- 4 Add chicken and continue to sauté.
- 5 After 2-3 minutes, add mushrooms, carrots and bok choy. Continue to sauté for another 3-4 minutes, and then add soy sauce, rice vinegar, salt, and pepper. Top with cashews and simmer for one additional minute to heat.

Mediterranean Flat Belly Steak and Arugula Salad

CAN ALSO BE SERVED FOR LUNCH WITH GRILLED CHICKEN BREAST



SERVES 2 ★ PREP AND COOK TIME: 20 MINUTES

- 1 Grilled Strip Steak Sliced Sliced
- 3 oz jar roasted bell peppers chopped
- 2 TBS finely minced onion
- 1 medium cloves garlic, pressed
- 1/2 cup chopped fresh basil
- 1/3 cup coarsely chopped walnuts
- 3 TBS balsamic vinegar
- 1 TBS fresh lemon juice
- 2 TBS + 2 TBS extra virgin olive oil
- salt and cracked black pepper to taste
- 1 package arugula
- 1 firm avocado

- 1 Mince onion and press garlic and let sit for 5 minutes .
- 2 Add peppers, onion, garlic, basil, walnuts, vinegar, and 2 TBS olive oil. Season with salt and pepper to taste. Marinate for at least 1 hour before serving.
- 3 Toss arugula with 2 TBS olive oil, 1 TBS lemon juice, salt and pepper.
- 4 Slice Avocado and arrange on top of arugula on plate.
- 5 Top with Steak

Tantalizing Steak



SERVES 4 ★ PREP AND COOK TIME: 15 MINUTES

***PREPARE NIGHT BEFORE**

- 1 Flank Steak or Skirt Steak (approximately 2 lbs.)
 - Juice from 2 Oranges
 - 1 T. Cider Vinegar
 - 2 medium cloves garlic chopped
 - 1/4 tsp salt
 - 1/4 tsp black pepper
- 1 In One gallon zip loc baggie, blend all ingredients, including steak.
 - 2 Let sit overnight in refrigerator.
 - 3 Preheat broiler on high heat for 5 minutes with broiler pan left in.
 - 4 Once pan is hot, lay marinated steak on pan and cook on one side for 5 minutes, turning over for another 3-4 minutes. Cook until still very reddish pink in center. (will cook when sitting in step 5)
 - 5 Take out of oven, let sit for 5 minutes, then slice “against the grain diagonally” with an electric or serrated knife.

Greek Lemon Chicken



SERVES 2 ★ PREP TIME: 30 MINUTES

- 2 Chicken Breasts halved
 - 1 Cup Plain Kefir
 - Juice of one lemon
 - 1 Clove garlic chopped
 - 1 Tsp. Oregano
 - Salt and Pepper (dash of each)
- 1 Overnight place all ingredients in a ziplock bag and refrigerate.
 - 2 Prior to cooking, preheat grill or broiler
 - 3 Lay chicken on grill on medium heat, cook for 10 minutes
 - 4 Flip breasts over and raise grill to higher heat, cook for 5 more minutes or until juice runs clear when pierced with a fork.

Baked Salmon with Walnuts and Goat cheese



SERVES 4 ★ PREP TIME: 35 MINUTES

- 4 Salmon Steaks (or one long salmon filet enough for 4)
 - 4 T Lemon Juice
 - 2 T. dill weed
 - 1/4 Cup Walnuts Chopped
 - 1/4 Cup Goat Cheese Crumbles
- 1 Preheat oven to 350 degrees.
 - 2 Rinse and pat dry salmon steaks or filet, set aside.
 - 3 Line a baking dish with foil.
 - 4 Cut a long slit in fish lengthwise.
 - 5 Sprinkle lemon juice on fish, then fill slit in fish with crumbled cheese and walnuts.
 - 6 Bake for 30 minutes or until flaky.

Healing Indian Spicy Chicken



SERVES 4 ★ PREP AND COOK TIME: 30 MINUTES

- 2 Chicken Breasts diced
- 1/2 Cup Plain Kefir
- 1 clove garlic diced
- 1 Cup Coconut Milk
- 1/2 cup organic chicken broth
- 1 T. Turmeric seasoning
- 2 T. Cumin seasoning
- 1 T. Curry powder (mild or spicy)
- 1 T. Salt
- 2 T. Olive Oil

- 1 Heat oil, and garlic in pan on low.
- 2 Add broth, seasonings and chicken, cook for 10 minutes, or until chicken is cooked through.
- 3 Slowly add in coconut milk, stirring slowly, then add in kefir and stirring until heated.

Chicken Broccoli and Asparagus Bowl



SERVES 2 ★ PREP AND COOK TIME: 15 MINUTES

- 1 medium onion
- 3 medium cloves
- 1 TBS chicken broth
- 1 TBS ginger
- 1 large boneless, skinless chicken breasts, cut into 1 inch pieces
- 1 bunch asparagus cut into pieces (about 2 cups when cut)
- 1 C. broccoli florets
- 1 red pepper sliced thin
- 1 TBS rice vinegar
- pinch red chili flakes
- salt and white pepper to taste

- 1 Cut onion and mince garlic and let both sit.
- 2 Heat 1 TBS broth in a 12-inch stainless steel skillet. Brown onion in broth for about 2 minutes over medium-high heat.
- 3 Add ginger, garlic, chicken, and continue to saute for another 3-4 minutes.
- 4 Add asparagus, broccoli, red pepper, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. This may have to cook for an extra couple minutes if the asparagus is thick. Season with salt and pepper to taste.



THYROID FRIENDLY FLAT BELLY SIDES

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Sweet n Savory Squash



SERVES 2 ★ PREP TIME: 20 MINUTES

- 1 Acorn Squash
 - 2 T. Coconut Oil
 - 1 T. Cinnamon
- 1 Cut bottom of “stalk” off of Squash so it lays flat.
 - 2 Cut squash in half and scoop out insides.
 - 3 Put both halves facing up in microwave safe dish, covered.
 - 4 Cook on high in 5 minute intervals until soft when pierced with a fork.
 - 5 Top with coconut oil and sprinkle with cinnamon.

Spicy “Fried” Green Beans



SERVES 4 ★ PREP TIME: 15 MINUTES

- 3 Cups trimmed washed green beans
 - 1 T. cayenne pepper
 - 1 T. red pepper flakes
 - 1 T. Grass fed butter
 - 1 T. Avocado Oil
 - Salt and pepper to taste
- 1 Simmer beans in skillet covered with 1/4 cup water and oil, until soft and water is gone.
 - 2 Add butter and seasonings.
 - 3 Turn pan on high and flash fry until beans are seared and starting to get brown.

Roasted Cauliflower



SERVES 4 ★ PREP TIME: 45 MINUTES

- 1 large head Cauliflower
- 2 T. Olive or Avocado Oil
- 1 clove crushed garlic
- Salt, pepper

- 1 Heat oven to 400 degrees.
- 2 Rinse cauliflower, and pat dry with paper towel and break apart into small pieces.
- 3 Blend cauliflower, spices and oil in bowl.
- 4 Bake on baking dish for 35- 45 minutes or until desired doneness.

Heavenly “No Guilt” Sweet Potatoes



SERVES 4 ★ PREP TIME: 15 MINUTES

- 2 Sweet Potatoes
- 2 T. Organic Coconut Oil
- 1 T. Cinnamon

- 1 Microwave or Bake 2 Large Sweet Potatoes
- 2 Scoop out flesh, mash into bowl,
- 3 Add Organic coconut oil and 1 T. Cinnamon.
- 4 Blend

Power Greens Saute



SERVES 4 ★ PREP TIME: 15 MINUTES

- 1 Package organic kale/swiss chard/spinach mix
- Or 2 cups of each if purchased separately
- 1 Clove minced garlic
- 2 T. Olive oil
- Sea Salt and Pepper

- 1 In large skillet, saute garlic with salt and pepper
- 2 Add in Greens
- 3 Saute until wilted

Sauteed Mushrooms



SERVES 4 ★ PREP TIME: 15 MINUTES

- 1 lb mixed button, crimini, shiitake, and oyster mushrooms
- 2 T. Ghee or Grass Fed Butter
- 1/3 dry red wine
- 1 clove crushed garlic
- salt , pepper to taste

- 1 Rinse and pat dry mushrooms.
- 2 Put all ingredients into sauce pan and simmer until mushrooms are tender and wine is reduced.

Roasted Beets



SERVES 4 ★ PREP AND COOK TIME:

5 OR 55 MINUTES

- 6 small whole beets
- 2 TBS balsamic vinegar
- 2 TBS extra virgin olive oil
- 2 medium cloves garlic, pressed
- salt and cracked black pepper to taste
- 1 TBS chopped fresh parsley

- 1 Preheat oven to 400°F/200°C. Wash beets well and place in a baking dish just big enough to hold beets, without crowding them.
- 2 Cover and roast for about 55 minutes, stirring occasionally, until you can slide tip of sharp knife into the center of the beets fairly easily. Remove from oven.
- 3 When beets have cooled enough to handle, peel and cut into bite-sized pieces. Toss with vinegar, olive, oil, and garlic. Add salt and pepper to taste.
- 4 Top with chopped parsley.

Roasted Asparagus with Balsamic Drizzle

SERVES 2-4 ★ PREP TIME: 15 MINUTES

- 1 Bunch Asparagus
- Balsamic Vinegar
- Salt, Pepper

- 1 Pre-heat oven to 425 degrees
- 2 Rinse and Trim Asparagus, dry with paper towel
- 3 Lay Asparagus on baking sheet, drizzle with olive oil
- 4 Bake for 10 minutes
- 5 Drizzle with Aged Balsamic Vinegar, sprinkle with salt and pepper.

Lemon Yogurt Dill Dip

Great with raw veggies or on fish

- 1 Cup plain Kefir
- 1 medium cucumber, seeded and diced
- 1 TBS dill weed
- 1 tsp fresh mint
- 2 TBS fresh squeezed lemon juice
- black pepper to taste



Sweet and Kickin Mango Salsa

SERVES 5 ★ PREP TIME: 2 MINUTES

- 1 medium mango , diced
- 1 TBS cilantro, minced
- 1 small serrano pepper (or if you like it milder, one jalapeno chopped)
- Juice of one lime
- Salt and Pepper to taste

Combine all ingredients and enjoy! (this can be served over grilled chicken or fish!)

Trail mix

Make your trail mix with the nuts and seeds that promote thyroid health, and avoid those that interfere with thyroid function. Add dried berries to taste, and if desired, add some dark chocolate chips or carob chips to make it a treat. Here's an example:

- 1 C raw cashews
- 1 C raw pumpkin seeds
- 1 C raw almonds
- 1 C raw cashews
- ½ C sunflower seeds
- 1 oz unsweetened coconut flakes

Mix thoroughly and store in sealed glass container.

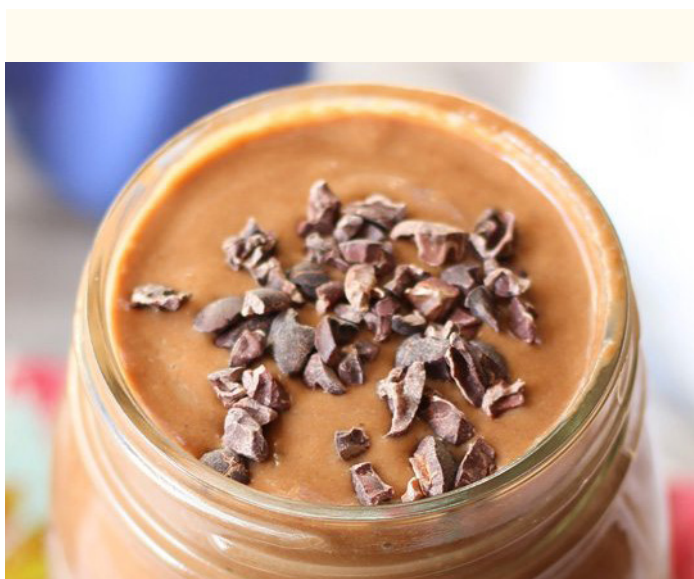
Enjoy in ¼ C servings.

THYROID FRIENDLY FLAT BELLY DECADENT DESSERTS



THYROID FRIENDLY FLAT BELLY DECADENT DESSERTS

Sinful & Healthy Chocolate Coconut “Dream”



SERVES 1 ★ PREP TIME: 30 MINUTES

- 1/2 Cup coconut milk
- 1 T. cocoa powder
- 2 Scoops chocolate protein powder
- 1 C. plain nonfat Kefir

- 1 Put all ingredients into blender and blend.
- 2 Put into Freezer Safe Container for 30 minutes.

Enjoy!

Gluten Free Blueberry Cobbler Cups



SERVES 4 ★ PREP TIME: 35 MINUTES

- 1 1/2 Cups Gluten Free Oats
- 1 Cup Blueberries
- 2 T. Ground Flax Seeds
- 1 T. Cinnamon
- 1/4 Cup Coconut Oil

- 1 Grease Muffin tin with coconut oil
- 2 Preheat oven to 350
- 3 Blend all ingredients
- 4 Drop by spoonfuls into muffin cups until 1/2 full.
- 5 Bake for 30-35 minutes until golden brown and bubbling.

Apple Walnut Tart (no bake!)

SERVES 8 ★ PREP AND COOK TIME:

30 MINUTES, CHILLING TIME: ABOUT 1 HOUR

CRUST

- 2-1/2 cups walnuts
- 1-1/2 cups dates (Medjool dates work well)
- sea salt to taste

FILLING

- 3 green apples, such as Granny Smith, sliced
- juice of 1 lemon in 2 cups water

- 1/4 tsp cinnamon
- 1/2 tsp allspice
- 1/8 tsp ground clove
- 2 TBS raw honey
- 1/2 cup apple juice (use organic)
- 1/4 cup golden raisins

- 1 Combine walnuts and dates in food processor. Make sure you remove pits if dates have them and cut off end. Process until well mixed and ground, but not smooth (about 40 seconds). It should be a coarse texture when done. Press evenly into a 9-inch tart pan. Set in refrigerator while making the filling.
- 2 Slice apples. Cut out core and slice crosswise in 1/4 inch thick slices. Put into lemon water while you finish cutting apples. Drain well before next step.
- 3 Place apples in a large skillet with rest of the ingredients and cook for about 10 minutes, stirring frequently on medium heat.
- 4 Remove apples with a slotted spoon from hot pan and cool completely.
- 5 Keep cooking liquid until reduced to about half the volume and then cool.
- 6 Spread apples evenly over crust. Brush apple-juice syrup over apples. The tart can be served right away or it will keep in refrigerator until needed. Keep tart covered in refrigerator so it doesn't pick up moisture. Top with a little vanilla yogurt if desired.

Almond Coconut Energy Bars



MAKES 12 BARS ★ PREP AND COOK TIME:

15 MINUTES

- 1 cup raw almonds
- 1 TBS minced fresh ginger
- 2 TBS sesame seeds
- 1 cup raisins
- 2 TBS honey
- 1 TBS coconut oil

- 1 Grind all ingredients, except for the honey and coconut oil , in a food processor until fairly fine but still having some texture (you don't want it to have the consistency of peanut butter).
- 2 Add honey and coconut oil and process just long enough for it to blend in.
- 3 Press into a square about 3/4-inch thick on a plate or square pan and refrigerate for about an hour or more.
- 4 Cut into 2-inch squares.
- 5 Store wrapped separately in waxed paper in an airtight container refrigerated.

Coconut Krisp Almond Butter Cookies



MAKES 20 COOKIES ★ PREP AND COOK TIME:

20 MINUTES

- 3/4 C. coconut oil
- 1/4 C. all-natural, no-stir almond butter (I used crunchy, but smooth works just fine)
- 1/2 C. coconut sugar
- 1 t. baking soda
- ½ t. pure vanilla extract
- 1 large egg
- 1 C. unsweetened coconut
- 1/2 C. cocoa nibs

- 1 Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the coconut butter, almond butter, sugar, baking soda, vanilla, and egg until everything is blended & a large ball of dough begins to form.
- 3 Fold in the shredded coconut.
- 4 Using a small cookie scoop, scoop the dough by rounded teaspoons onto the prepared baking sheet.
- 5 Slightly press 3-4 cocoa nibs into the top of each cookie.
- 6 Bake for 10-12 minutes or until lightly golden brown.
- 7 Let the cookies cool completely on the sheet so that they can crisp up.

Best Ever Healthy Chocolate Chip Cookies



MAKES 18-20 COOKIES ★ PREP AND COOK TIME:

1 HOUR

- 1 Egg
- 1 c. coconut sugar
- 1 c. unsalted, organic almond butter
- 1 t. pure vanilla extract
- 1 t. instant espresso powder
- 1 t. salt
- ¼ c. coconut flour
- 1 t. baking powder
- ½ c. cacao nibs

- 1 Preheat the oven to 350 degrees F. Line a cookie sheet with parchment paper.
- 2 In a large mixing bowl, combine the egg, coconut sugar, almond butter, vanilla, espresso powder, and salt, mixing lightly.
- 3 Stir in the coconut flour and baking powder until a dough begins to form.
- 4 Fold in the cacao nibs.
- 5 Roll the dough into heaping tablespoon sized balls. Place each piece of dough onto the prepared baking sheet and flatten slightly using the palm of your hand.
- 6 Cover the tray with plastic wrap and refrigerate for 1 hour.
- 7 Bake the cookies for 7-8 minutes, or until slightly golden brown.
- 8 Let cool slightly on cookie sheet, cool on wire rack.

Chocolate Chia Protein Pudding



PREP TIME: 5 MINUTES (BUT SITS OVERNIGHT)

- 1 C. Coconut Milk
- 3/4 C. Water
- 2 T. Cacao powder
- 2 Scoops Chocolate Protein Powder
- 1/8 tsp. salt
- 1 T. Pure Vanilla Extract

- 1 Combine coconut milk, water, chia seeds in large jar or container (the chia seeds will absorb all liquid and expand), shake well.
- 2 Add remaining ingredients, shake well.
- 3 Refrigerate overnight.
- 4 Can be a breakfast, or dessert!