



# Thyroid Health Diet

TRACY KACZMARCZYK



# Thyroid Health Diet

HEAVY METAL FITNESS

**THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE**

An ultra-nourishing meal plan carefully designed to support a sluggish thyroid - This 7-day meal plan was created to show a sluggish thyroid some love. It includes foods that are known to support the thyroid while minimizing those that may harm this finicky gland. By including selenium-rich Brazil nuts, healing bone broth, nourishing coconut fat, iodine-packed sea foods, and plenty of omega-3s, this meal plan contains important dietary components to support optimal thyroid health.

All meals are free from soy, uncooked cruciferous veggies, gluten, and dairy in order to give the body a break from these potentially goitrogenic foods.

This program was created by a Registered Dietician with the following key considerations:

## **IODINE**

The thyroid gland controls metabolism and regulates heart rate, breathing, body weight, muscle strength, body temperature, menstrual cycles, and cholesterol levels. Iodine is required for thyroid hormone synthesis and may be protective against thyroid cancer. Iodine is incorporated into this meal plan from dulse, nori, salmon, and shrimp.

## **SELENIUM**

Selenium plays an essential role in the metabolism of thyroid hormones and managing certain autoimmune conditions. This program provides the daily recommended allowance for selenium from Brazil nuts, shrimp, turkey, chicken, and eggs.

## **MAGNESIUM**

There is a strong relationship between magnesium and thyroid hormone production. Low magnesium levels are associated with an increased rate of hypothyroidism and may result in thyroid and other hormonal disorders during menopause. Magnesium is included in this plan from chia seeds, banana, avocado, and broccoli.



## **CALCIUM & PHOSPHORUS**

The parathyroid hormone (PTH) plays a central role in maintaining bone health and is affected by calcium and phosphorus. This plan provides calcium-rich foods like fortified milk beverages, salmon, kale, and broccoli, and ensures you get good sources of phosphorus found naturally in both animal and vegetable products.

## **IRON**

Iron is an essential element for healthy thyroid function and is a common nutrient deficiency found in thyroid diseases. This program incorporates iron-rich foods like lamb, poultry, fish, swiss chard, spinach, and quinoa. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

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## **GROCERY LIST TIPS**

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## **SHOPPING TIPS**

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## **RECIPE TIPS**

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## **HOW TO USE**

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

## **LEFTOVERS**

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Carrot Cake Chia Pudding



**SNACK 1**  
Dried Mango & Brazil Nuts



**LUNCH**  
Slow Cooker Cod & Sea Veggie Soup



**SNACK 2**  
Immunity Boosting Bone Broth



**DINNER**  
Baked Salmon with Broccoli & Quinoa

## TUE



**BREAKFAST**  
Carrot Cake Chia Pudding



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Baked Salmon with Broccoli & Quinoa



**SNACK 2**  
Apple Slices & Nori Crisps



**DINNER**  
15 Minute Shrimp & Cabbage Stir Fry

## WED



**BREAKFAST**  
Zucchini Turkey Breakfast Skillet



**SNACK 1**  
Dried Mango & Brazil Nuts



**LUNCH**  
15 Minute Shrimp & Cabbage Stir Fry



**SNACK 2**  
Immunity Boosting Bone Broth



**DINNER**  
Slow Cooker Cod & Sea Veggie Soup

## THU



**BREAKFAST**  
Zucchini Turkey Breakfast Skillet



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Slow Cooker Cod & Sea Veggie Soup



**SNACK 2**  
Dried Mango & Brazil Nuts



**DINNER**  
Sausage & Sauerkraut Skillet

## FRI



**BREAKFAST**  
Zucchini Turkey Breakfast Skillet



**SNACK 1**  
Apple Slices & Nori Crisps



**LUNCH**  
Sausage & Sauerkraut Skillet



**SNACK 2**  
Smoked Salmon Wrapped Avocado



**DINNER**  
Zucchini Alfredo with Turmeric Chicken

## SAT



**BREAKFAST**  
Gut Healing Green Smoothie



**SNACK 1**  
Dried Mango & Brazil Nuts



**LUNCH**  
Zucchini Alfredo with Turmeric Chicken



**SNACK 2**  
Smoked Salmon Wrapped Avocado



**DINNER**  
Rosemary Lamb Chops with Sweet Potato Mash

## SUN



**BREAKFAST**  
Gut Healing Green Smoothie



**SNACK 1**  
Smoked Salmon Wrapped Avocado



**LUNCH**  
Slow Cooker Cod & Sea Veggie Soup



**SNACK 2**  
Apple Slices & Nori Crisps



**DINNER**  
Rosemary Lamb Chops with Sweet Potato Mash

## MON

**FAT 43%**    **CARBS 32%**    **PROTEIN 25%**

Calories 1687  
Fat 85g  
Carbs 141g  
Fiber 36g  
Sugar 48g  
Protein 108g  
Cholesterol 177mg  
Sodium 2595mg  
Vitamin A 22678IU  
Vitamin C 211mg  
Calcium 1147mg  
Iron 18mg

## TUE

**FAT 41%**    **CARBS 33%**    **PROTEIN 26%**

Calories 1505  
Fat 72g  
Carbs 130g  
Fiber 42g  
Sugar 39g  
Protein 106g  
Cholesterol 443mg  
Sodium 1288mg  
Vitamin A 12149IU  
Vitamin C 344mg  
Calcium 1384mg  
Iron 16mg

## WED

**FAT 40%**    **CARBS 25%**    **PROTEIN 35%**

Calories 1626  
Fat 74g  
Carbs 107g  
Fiber 25g  
Sugar 62g  
Protein 146g  
Cholesterol 762mg  
Sodium 3423mg  
Vitamin A 17464IU  
Vitamin C 210mg  
Calcium 757mg  
Iron 17mg

## THU

**FAT 42%**    **CARBS 29%**    **PROTEIN 29%**

Calories 1423  
Fat 68g  
Carbs 107g  
Fiber 21g  
Sugar 65g  
Protein 106g  
Cholesterol 482mg  
Sodium 4368mg  
Vitamin A 19189IU  
Vitamin C 95mg  
Calcium 500mg  
Iron 19mg

## FRI

**FAT 54%**    **CARBS 23%**    **PROTEIN 23%**

Calories 1571  
Fat 98g  
Carbs 92g  
Fiber 31g  
Sugar 49g  
Protein 94g  
Cholesterol 477mg  
Sodium 2539mg  
Vitamin A 4966IU  
Vitamin C 125mg  
Calcium 342mg  
Iron 15mg

## SAT

**FAT 57%**    **CARBS 25%**    **PROTEIN 18%**

Calories 1856  
Fat 124g  
Carbs 122g  
Fiber 33g  
Sugar 66g  
Protein 87g  
Cholesterol 161mg  
Sodium 1815mg  
Vitamin A 16871IU  
Vitamin C 117mg  
Calcium 399mg  
Iron 11mg

## SUN

**FAT 41%**    **CARBS 32%**    **PROTEIN 27%**

Calories 1443  
Fat 69g  
Carbs 121g  
Fiber 32g  
Sugar 56g  
Protein 99g  
Cholesterol 178mg  
Sodium 3367mg  
Vitamin A 26162IU  
Vitamin C 79mg  
Calcium 407mg  
Iron 14mg



## FRUITS

- 4 Apple
- 3 Avocado
- 1 Banana
- 1 3/4 Lemon

## BREAKFAST

- 20 pieces Dried Unsweetened Mango

## SEEDS, NUTS & SPICES

- 1 cup Brazil Nuts
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tsp Dried Rosemary
- 2 tbsps Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1 tsp Turmeric
- 1/4 cup Walnuts

## VEGETABLES

- 3 cups Baby Spinach
- 4 cups Broccoli
- 2 Carrot
- 2 stalks Celery
- 10 Garlic
- 2 tbsps Ginger
- 8 cups Green Cabbage
- 2 cups Kale Leaves
- 4 cups Mushrooms
- 1 cup Parsley
- 3 Sweet Potato
- 2 cups Swiss Chard
- 2 1/2 Yellow Onion
- 4 Zucchini

## BOXED & CANNED

- 1 cup Canned Coconut Milk
- 1/2 cup Quinoa
- 1 cup Salsa
- 8 cups Vegetable Broth

## BAKING

- 1/8 tsp Ground Cloves
- 2 tbsps Raw Honey
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 4 Cod Fillet
- 1 lb Extra Lean Ground Turkey
- 8 ozs Lamb Shoulder Chop
- 10 ozs Salmon Fillet
- 1 lb Shrimp
- 5 1/4 ozs Smoked Salmon
- 1 Whole Chicken Carcass

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Coconut Oil
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1 cup Sauerkraut

## COLD

- 3 Egg
- 2 cups Unsweetened Almond Milk

## OTHER

- 1 1/3 ozs Dulse
- 6 Nori Sheets
- 9 1/4 cups Water



**SAVE \$15 ON YOUR FIRST MONTH OF  
NUTRITION COACHING**

**Behavior-Based Food Habits & Accountability**

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

**Using small, consistent actions, you can build the habits you need to look and feel better for life.**

**“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”**

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

**\$195/MONTH**

**No rules. No restrictions. Just good habits for life.**

**Here's what's in the Nutrition Coaching Program:**

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions\***
-  **Optional Access to Meal Planning App for Recipe DIY\***
-  **Your Choice of 4 7-Day RD-Created Meal Plans\***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



## INGREDIENTS

1 Carrot (medium, grated)  
1/2 tsp Cinnamon  
1/8 tsp Ground Cloves  
1/4 tsp Ground Ginger  
1 tsp Stevia Powder (to taste)  
2 cups Unsweetened Almond Milk  
1/2 cup Chia Seeds  
1/4 cup Walnuts (chopped)  
2 tbsps Unsweetened Coconut Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	415	Cholesterol	0mg
Fat	32g	Sodium	184mg
Carbs	30g	Vitamin A	5597IU
Fiber	16g	Vitamin C	2mg
Sugar	2g	Calcium	751mg
Protein	12g	Iron	5mg

## DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

## NOTES

### STORAGE

Keeps well in the fridge for 3 to 4 days.

### EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

# Zucchini Turkey Breakfast Skillet

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 tps Coconut Oil  
1 lb Extra Lean Ground Turkey  
2 Zucchini (large, finely diced)  
1 cup Salsa  
3 Egg  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Cholesterol	298mg
Fat	20g	Sodium	802mg
Carbs	10g	Vitamin A	1041IU
Fiber	3g	Vitamin C	25mg
Sugar	7g	Calcium	107mg
Protein	37g	Iron	4mg

## DIRECTIONS

- 01 Add the coconut oil to a large skillet and place over medium heat.
- 02 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 03 Add the salsa to the skillet and stir well to mix.
- 04 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 05 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

## NOTES

### LEFTOVERS

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

### MORE PROTEIN

Add extra eggs.

### VEGETARIAN

Use lentils instead of ground turkey.

### MORE GREENS

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

### NO SALSA

Use crushed tomatoes instead.



# Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 1/2 cups Water (cold)  
2 cups Kale Leaves  
1/2 Avocado (peeled and pit removed)  
1 Banana (frozen)  
1 tbsp Chia Seeds  
2 tbsps Ground Flax Seed  
1/4 cup Hemp Seeds  
2 tbsps Raw Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	22g	Sodium	22mg
Carbs	42g	Vitamin A	1124IU
Fiber	10g	Vitamin C	30mg
Sugar	24g	Calcium	149mg
Protein	11g	Iron	3mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO KALE

Use spinach instead.

### NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

### LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

### STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

# Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



## INGREDIENTS

20 pieces Dried Unsweetened Mango  
(large)

1 cup Brazil Nuts

## DIRECTIONS

01 Divide dried mango and brazil nuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	339	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	36g	Vitamin A	1500IU
Fiber	4g	Vitamin C	12mg
Sugar	31g	Calcium	73mg
Protein	7g	Iron	1mg

# Slow Cooker Cod & Sea Veggie Soup

4 SERVINGS 6 HOURS



## INGREDIENTS

3 tbsps Coconut Oil  
1 Yellow Onion (medium, diced)  
4 cups Mushrooms (sliced)  
3 Garlic (cloves, minced)  
2 tbsps Ginger (peeled and grated)  
1 1/3 ozs Dulse (torn apart into small pieces)  
2 Sweet Potato (medium, diced)  
4 Cod Fillet (cubed)  
8 cups Vegetable Broth (or bone broth)

## NUTRITION

### AMOUNT PER SERVING

Calories	423	Cholesterol	99mg
Fat	12g	Sodium	1650m...
Carbs	28g	Vitamin A	10466...
Fiber	6g	Vitamin C	10mg
Sugar	9g	Calcium	107mg
Protein	49g	Iron	6mg

## DIRECTIONS

- 01 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 02 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 03 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 04 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container up to 3 days or freeze.

### FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

# Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



## INGREDIENTS

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	634mg
Carbs	7g	Vitamin A	3918IU
Fiber	2g	Vitamin C	22mg
Sugar	3g	Calcium	84mg
Protein	1g	Iron	2mg

## DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

### LOW FODMAP

Omit garlic and onions.



# Apple Slices & Nori Crisps

3 SERVINGS 5 MINUTES



## INGREDIENTS

6 Nori Sheets  
1/2 tsp Extra Virgin Olive Oil  
3 Apple (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	112	Cholesterol	0mg
Fat	1g	Sodium	8mg
Carbs	27g	Vitamin A	898IU
Fiber	6g	Vitamin C	14mg
Sugar	19g	Calcium	31mg
Protein	2g	Iron	1mg

## DIRECTIONS

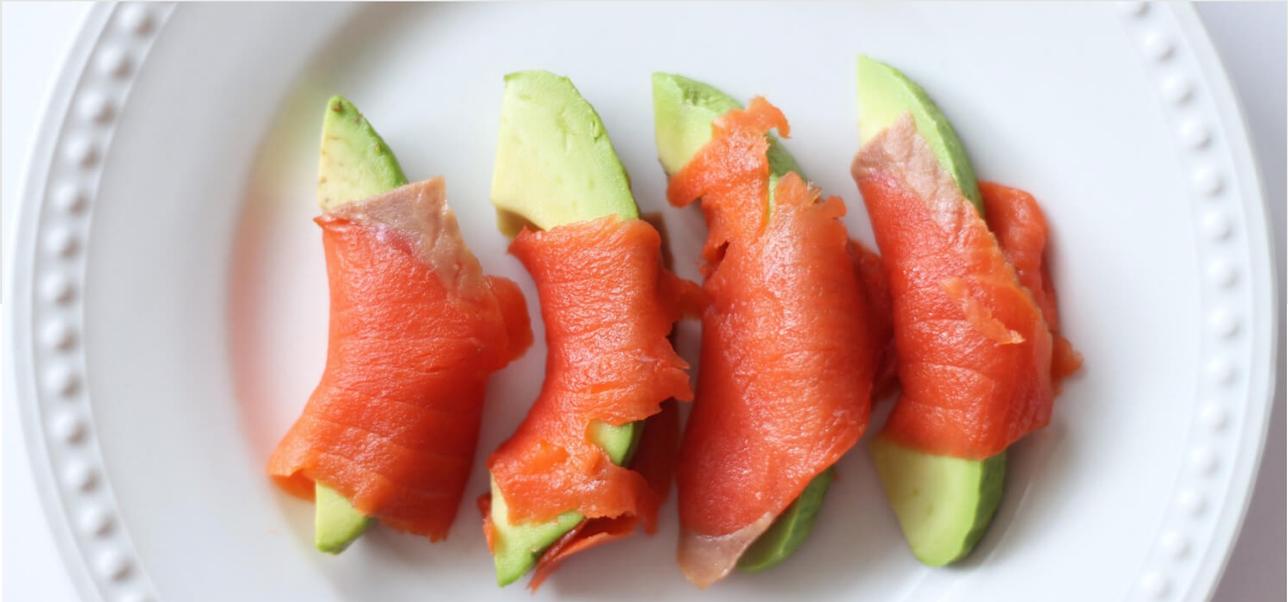
- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

## NOTES

**SAVE TIME**  
Buy pre-toasted nori sheets.

# Smoked Salmon Wrapped Avocado

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 Avocado  
5 1/4 ozs Smoked Salmon (sliced)

## DIRECTIONS

01 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	219	Cholesterol	12mg
Fat	17g	Sodium	343mg
Carbs	9g	Vitamin A	190IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	18mg
Protein	11g	Iron	1mg

# Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	480	Cholesterol	78mg
Fat	19g	Sodium	126mg
Carbs	40g	Vitamin A	1197IU
Fiber	8g	Vitamin C	165mg
Sugar	3g	Calcium	132mg
Protein	39g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## NOTES

### LEFTOVERS

Store covered in the fridge up to 2 days.

### SPEED IT UP

Cook the quinoa ahead of time.

### VEGAN

Use tofu steaks instead of salmon fillets.

# 15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Coconut Oil (divided)  
1 lb Shrimp (raw, peeled and deveined)  
3 Garlic (cloves, minced)  
1 Lemon (juiced)  
1/2 tsp Red Pepper Flakes  
8 cups Green Cabbage (finely sliced)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Cholesterol	365mg
Fat	20g	Sodium	336mg
Carbs	26g	Vitamin A	539IU
Fiber	10g	Vitamin C	141mg
Sugar	12g	Calcium	386mg
Protein	52g	Iron	4mg

## DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

## NOTES

### MORE CARBS

Serve with brown rice or quinoa.

### LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

# Sausage & Sauerkraut Skillet

2 SERVINGS 40 MINUTES



## INGREDIENTS

5 ozs Chicken Sausage  
1 1/2 tsps Coconut Oil  
1/2 Yellow Onion (diced)  
1 Apple (peeled, cored and diced)  
1 Garlic (cloves, minced)  
2 cups Swiss Chard (washed, stems removed and chopped)  
1 cup Sauerkraut (liquid drained off)

## NUTRITION

### AMOUNT PER SERVING

Calories	265	Cholesterol	85mg
Fat	14g	Sodium	1281mg
Carbs	26g	Vitamin A	2264IU
Fiber	6g	Vitamin C	26mg
Sugar	15g	Calcium	129mg
Protein	12g	Iron	6mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge up to three days.

### VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

### NO SWISS CHARD

Use kale or spinach instead.

# Zucchini Alfredo with Turmeric Chicken

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Zucchini  
1 tbsp Extra Virgin Olive Oil  
8 ozs Chicken Breast (sliced)  
1 tsp Turmeric  
1 tsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1 Avocado (peeled and pit removed)  
1 cup Canned Coconut Milk (full fat)  
1/2 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	609	Cholesterol	82mg
Fat	46g	Sodium	105mg
Carbs	20g	Vitamin A	573IU
Fiber	9g	Vitamin C	50mg
Sugar	7g	Calcium	57mg
Protein	32g	Iron	3mg

## DIRECTIONS

- 01 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 02 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 03 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 04 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 05 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

## NOTES

### MORE CARBS

Use brown rice pasta instead of zucchini noodles.

### VEGAN OR VEGETARIAN

Use chickpeas or white beans instead of chicken.

# Rosemary Lamb Chops with Sweet Potato Mash

2 SERVINGS 35 MINUTES



## INGREDIENTS

8 ozs Lamb Shoulder Chop  
1 tsp Sea Salt (coarse)  
1 tsp Dried Rosemary  
1 Sweet Potato (medium, peeled and chopped)  
1 tbsp Extra Virgin Olive Oil  
3 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Cholesterol	67mg
Fat	17g	Sodium	1344mg
Carbs	15g	Vitamin A	13484I...
Fiber	3g	Vitamin C	15mg
Sugar	3g	Calcium	102mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 Generously season both sides of each lamb chop with sea salt. Let sit for 15 to 20 minutes to tenderize.
- 02 Bring a large pot of water to a boil.
- 03 After the chops have sat for 15 to 20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
- 04 Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
- 05 Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
- 06 Place spinach in the grill pan over medium heat and saute 1 to 2 minutes until wilted. Season with salt and pepper to taste.
- 07 Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container up to 3 days.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the Thyroid-Friendly Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breasts, sausage, smoked salmon and lamb chops.	You'll be reminded later on in the week when to set them out to thaw.
		In the morning, start the Immunity Boosting Bone Broth.	Follow the recipe and move onto other tasks while it cooks. Once finished, divide between jars, let cool and store in fridge.
		Portion out Dried Mango and Brazil Nuts snacks.	Divide into small containers or small baggies for snacks during the week.
		Make the Carrot Cake Chia Pudding.	Follow the recipe, divide into jars and top with coconut and walnuts. Store in the refrigerator.
		In the evening, make the Slow Cooker Cod & Sea Veggie Soup.	Follow the recipe and add to the slow cooker to cook overnight.
1 Mon		Finish the Slow Cooker Cod & Sea Veggie Soup.	Divide between containers and let cool. Store 2 portions in the fridge and freeze the remaining portions for later.

		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Dried Mango and Brazil Nuts, Slow Cooker Cod & Sea Veggie Soup and Immunity Boosting Bone Broth.
		Make Baked Salmon with Broccoli & Quinoa for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Slice and toast nori crisps.	For the Apple Slices & Nori Crisps snacks.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Immunity Boosting Bone Broth, Baked Salmon with Broccoli & Quinoa, and Apple Slices & Nori Crisps.
		Make 15 Minute Shrimp & Cabbage Stir Fry for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Optional: make the Zucchini Turkey Breakfast Skillet.	If you know you will be short on time tomorrow morning. Divide portions into containers and store in the fridge.
<b>3 Wed</b>		Make the Zucchini Turkey Breakfast Skillet.	If you haven't already. Have one serving for breakfast and store leftovers in the fridge.
		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Dried Mango & Brazil Nuts, 15 Minute Shrimp & Cabbage Stir Fry, and Immunity Boosting Bone Broth.

		Reheat Slow Cooker Cod & Sea Veggie Soup for dinner.	Reheat on the stove and enjoy!
		Take one more serving of the Sea Veggie Soup out of the freezer.	Let thaw in the fridge overnight for lunch tomorrow.
		Transfer the chicken breasts, sausage and smoked salmon into the fridge to thaw.	For tomorrow and Friday night's dinner and snacks.
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Immunity Boosting Bone Broth, Slow Cooker Cod & Sea Veggie Soup, and Dried Mango & Brazil Nuts.
		Make the Sausage & Sauerkraut Skillet for dinner.	Transfer the leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Prepare Smoked Salmon Wrapped Avocado snacks.	Divide into containers. Seal and store in the fridge.
<b>5 Fri</b>		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Apple Slices & Nori Crisps, Sausage & Sauerkraut Skillet, and Smoked Salmon Wrapped Avocado.
		Make Zucchini Alfredo with Turmeric Chicken for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Transfer the lamb chops into the fridge to thaw.	For tomorrow night's dinner.

<b>6 Sat</b>		Make the Gut Healing Green Smoothie for breakfast.	Have one serving for breakfast and store the other in the refrigerator for an easy breakfast tomorrow.
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Dried Mango & Brazil Nuts, Zucchini Alfredo with Turmeric Chicken, and Smoked Salmon Wrapped Avocado.
		Make Rosemary Lamb Chops with Sweet Potato Mash for dinner.	Transfer leftovers into a container and store in the refrigerator for dinner tomorrow.
		Take one serving of the Slow Cooker Cod & Sea Veggie Soup out of the freezer.	Let thaw in the fridge overnight for lunch tomorrow.
<b>7 Sun</b>		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Smoked Salmon Wrapped Avocado, Slow Cooker Sea Veggie Soup, and Apple Slices & Nori Crisps.
		Enjoy leftover Rosemary Lamb Chops with Sweet Potato Mash for dinner.	Reheat in a toaster oven. Enjoy!

## **WAIVER**

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