



Healthy Thyroid Recipe Bundle

NUTRIENT-RICH MEALS DESIGNED
TO SUPPORT HORMONES &
ENERGY.

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Healthy Thyroid Breakfast

KICKSTART YOUR DAY

Strawberry Compote with Yogurt



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 240 MINUTES

INGREDIENTS

- **16 oz** [453.6 g] Strawberries (*Stems removed and cut in half*)
- **1 tbsp** [14 g] Lemon Juice
- **1 large (3-1/16" dia)** [184 g] Orange (*Juiced*)
- **0.25 cup** [48 g] Organic Coconut Sugar
- **1 tsp** [1.2 g] Kosher Salt
- **6 cup** [1362 g] Whole Milk Greek Yogurt - Vanilla

DIRECTIONS

1. Add the strawberries, lemon juice, orange juice, organic coconut sugar, and salt to a slow cooker. Cook on low for 4 hours or on high for 2 hours. Stir occasionally to avoid burning the sugar around the edges of the slow cooker pot.
2. Add the cooked strawberries to a blender and blend until smooth. Refrigerate for at least 6 hours or overnight before serving. This will allow the compote to thicken slightly.
3. Serve strawberry compote over Greek yogurt.

NOTES

1. **Texture and color** : The strawberry compote will be darker in color and slightly looser than those bought premade. This is due to the absence of added food coloring, gelatin, or pectin in this recipe.
2. **Sweetness** : Increase the amount of organic coconut sugar to double the original amount for a sweeter and less tart strawberry compote.

3. **Serving options:** Strawberry compote can be served over yogurt, unsweetened apple sauce, or non-dairy vanilla ice cream.

NUTRITION INFO

Energy : 484 kcal Fat : 16 g Carbs : 44.2 g Protein : 41.5 g Fiber : 3.5 g Sugar : 32.8 g

Citrus Coconut Chia Seed Pudding



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Chia Seed
- **0.5 cup** [113 g] Light Coconut Milk
- **0.5 cup** [122.5 g] Almond Milk
- **2 scoop** [48 g] Organic Vegan Protein Powder
- **0.5 tsp** [2.1 g] Vanilla Extract
- **1 -** [74 g] Mandarin Orange (*Segmented*)
- **1 small (approx 3-1/2" dia)** [200 g] Grapefruit (*Segmented*)

DIRECTIONS

1. Add the chia seeds, coconut milk, almond milk, protein powder, and vanilla extract to a bowl and mix until combined. Refrigerate overnight.
2. Serve with mandarin orange and grapefruit segments.

NUTRITION INFO

Energy : 485 kcal Fat : 24 g Carbs : 37.1 g Protein : 36.5 g Fiber : 46.1 g Sugar : 23.4 g

Cinnamon Egg Custard



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 cup** [226 g] Light Coconut Milk
- **3 scoop** [72 g] Organic Vegan Protein Powder
- **3 large** [51 g] Egg Yolk
- **0.25 cup** [48 g] Organic Coconut Sugar
- **1 tsp** [2.3 g] Cinnamon
- **0.25 tsp** [0.3 g] Kosher Salt
- **1 medium** Lemon (*Two one inch slices of lemon peel per every cup of coconut milk used*)
- **0.5 tsp** [2.1 g] Vanilla Extract
- **1 tablespoon** [7 g] Cornstarch (Hydrolyzed Powder)

DIRECTIONS

1. Dissolve the cornstarch with half of the coconut milk in a sauce pot. Whisk until all clumps are fully dissolved.
2. To the sauce pot, add the remaining coconut milk, egg yolks, coconut sugar, cinnamon, vanilla extract, protein powder, salt, and lemon peels. Whisk until all ingredients are combined.
3. Heat the mixture over medium-low heat, stirring constantly to prevent the mixture from curdling.
4. Cook for 10–15 minutes, until the mixture thickens, and you can draw a line across the back of a spoon.
5. Turn the heat off and remove lemon peels.
6. Pour the mixture into two equal-sized containers. Cover with plastic wrap and refrigerate for a minimum of four hours.

NUTRITION INFO

Energy : 396 kcal Fat : 17.9 g Carbs : 34.9 g Protein : 26.9 g Fiber : 2.9 g Sugar : 26.5 g

Turkey Bacon and Veggie Frittata



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- **10 large** [500 g] Egg
- **0.75 cup** [169.5 g] Cottage Cheese (4% milk fat)
- **4 tsp** [18.68 g] Avocado Oil
- **2 potato medium (2-1/4" to 3-1/4" dia)** [426 g] Red Potatoes (Flesh and Skin) (*Chopped*)
- **0.5 medium** [55 g] Yellow Onions (*Chopped*)
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper (*Chopped*)
- **1 cup** [36 g] Swiss Chard (*Chopped*)
- **1 tsp** [4 g] Minced Garlic
- **24 g** Turkey Bacon (*Roughly chopped*)
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper

DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degrees C).
2. In a large bowl, whisk together eggs, cottage cheese, salt and black pepper.
3. Heat avocado oil in a large oven-safe skillet over medium heat.
4. Add the potatoes and turkey bacon. Cook, stirring occasionally, until the potatoes have softened (5–7 minutes).
5. Add the onion and bell pepper. Cook, stirring occasionally, until the onions are translucent (3–5 minutes).
6. Add the Swiss chard and garlic. Cook, stirring occasionally, for 1 minute.
7. Remove the skillet from heat and pour in the egg mixture. Stir everything together until well combined.
8. Bake in the oven for 20–25 minutes or until the eggs have set.

NUTRITION INFO

Energy : 382 kcal

Fat : 19.2 g

Carbs : 23 g

Protein : 24.9 g

Fiber : 2.9 g

Sugar : 5.4 g

Zucchini Bread Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 1 cup** [120 ml] Pure Almond Milk - Unsweetened Original (Silk)
- **0.25 cup** [60 ml] Coconut Milk (from a can)
- **1 scoop** [20 g] Protein Powder - Vanilla
- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **0.25 cup, grated** [31 g] Zucchini
- **1 tbsp** [20 g] Maple Syrup
- **0.5 2 tbsp** [7 g] Organic Ground Flaxseed (Spectrum)
- **1 tsp** [4.2 g] Vanilla Extract
- **0.5 tsp** [1.15 g] Cinnamon

DIRECTIONS

1. Add ingredients to a mason jar or small container and stir well to combine.
2. Cover and refrigerate overnight.

NUTRITION INFO

Energy : 458 kcal Fat : 16.4 g Carbs : 46.3 g Protein : 31.5 g Fiber : 7.4 g Sugar : 15.3 g

Quinoa Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.5 cup, cooked** [80 g] Quinoa (Cooked)
- **4 oz** [112 g] Ground Turkey
- **1 large** [50 g] Egg (*Scrambled*)
- **1 leaves** [15 g] Kale (*Chopped*)
- **0.25 tsp** [0.3 g] Kosher Salt (*Divided*)
- **0.13 tsp** [0.35 g] Garlic Powder
- **0.13 tsp, leaves** [0.13 g] Thyme (Dried)
- **0.5 tsp** [2.4 g] Apple Cider Vinegar

DIRECTIONS

1. Add the ground turkey to a skillet over medium-high heat. Season with the garlic powder and half of the salt. Cook, breaking it into small pieces, until fully browned.
2. While the turkey cooks, crack the eggs into a small bowl and scramble.
3. Once the turkey is cooked, add the chopped kale and $\frac{1}{8}$ tsp dried thyme. Cook for about 3 minutes, until the kale begins to wilt.
4. Add the scrambled eggs to the skillet, stir to combine, and cook until the eggs are set to your liking.
5. Serve the turkey mixture over the cooked quinoa. Drizzle with apple cider vinegar and season with the remaining salt, to taste. Enjoy!

NOTES

1. **Swap:** Option to use lemon juice instead of apple cider vinegar.

NUTRITION INFO

Energy : 357 kcal

Fat : 14.9 g

Carbs : 23.2 g

Protein : 32.8 g

Fiber : 1.9 g

Sugar : 0.5 g

Steak, Egg, Spinach and Sweet Potatoes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **6 oz** [168 g] Sirloin Steak
- **2 large** [100 g] Egg
- **1 tsp** [4.67 g] Avocado Oil
- **2 sweetpotato**, [260 g] Sweet Potato (*Cut into small cubes*)
- **2 cup** [60 g] Spinach
- **1 dash** [0.4 g] Salt

DIRECTIONS

1. On low heat, warm a skillet with oil.
2. Add sweet potatoes and salt. Cook for 15 minutes.
3. Increase heat to medium, move sweet potatoes to one said of the pan and cook the steak.
4. Cook on each side for at least 5-7 minutes or until al dente. Remove the steak and let it cool for 5 minutes.
5. Add the spinach and cook for about 2 minutes until withered.
6. Cook eggs over easy. Serve warm.

NUTRITION INFO

Energy : 357 kcal Fat : 14.9 g Carbs : 27.6 g Protein : 26.4 g Fiber : 4.6 g Sugar : 5.9 g

Coconut Chia Seed Bowls with Berries and Pecans



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Chia Seeds
- **2 scoop** [48 g] Organic Pea Protein
- **1 tbsp** [6 g] Unsweetened Shredded Coconut
- **0.75 cup** [180 ml] Organic Unsweetened Almond Milk
- **1 tsp** [4.2 g] Vanilla Extract
- **0.5 cup** [72.5 g] Blueberries
- **1 cup** [152 g] Strawberries (*Chopped*)

DIRECTIONS

1. Whisk chia seeds, protein powder, almond milk, and coconut flakes together.
2. Add to a bowl, mug, or jar.
3. Top with strawberries, blueberries, and pecans.
4. Can be eaten right away or stored in refrigerator for up to 3 days.

NOTES

1. **TIP:** Add a little more almond milk if the mixture seems to dry.

NUTRITION INFO

Energy : 466 kcal Fat : 20.3 g Carbs : 39.2 g Protein : 36.6 g Fiber : 17.6 g Sugar : 17.2 g

Mushroom and Onion Egg Bites



SERVINGS: 6

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **2 cup** [180 g] Brown Mushrooms (Crimini Italian) (*Sliced*)
- **1 medium** [110 g] Yellow Onions (*Sliced*)
- **1 tbsp** [14 g] Olive Oil
- **6 large** [300 g] Egg
- **2 cup** [486 g] Egg White
- **0.75 cup** [84 g] Almond Flour
- **1 dash** [0.63 ml] Kosher Salt
- **1 tsp** [4.6 g] Baking Powder
- **3 tbsp** [15 g] Nutritional Yeast
- **6 medium** [1080 g] Apples

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Heat olive oil in a pan.
3. Add onions and sauté until translucent.
4. Add mushrooms and cook for about 5-7 minutes. Once cooked, remove from heat and set aside.
5. While mushrooms and onions are cooking, add eggs, egg whites, almond flour, nutritional yeast, salt, and baking powder to a bowl and mix together.
6. Add the mushrooms and onions to the egg mixture.
7. Add 1/2 cup of the mixture to a large muffin tray (silicone works best).
8. Cook for about 20-25 minutes.
9. Enjoy warm with an apple on the side, or store in the refrigerator for up to 4 days.

NUTRITION INFO

Energy : 335 kcal

Fat : 13.7 g

Carbs : 32.7 g

Protein : 21.9 g

Fiber : 7.4 g

Sugar : 22.9 g

Cottage Cheese Scrambled Eggs with Sweet Potatoes



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **0.5 cup, small curd (not packed)** [112.5 g] Cottage Cheese
- **1 medium** [114 g] Sweet Potato
- **0.5 tsp** [2.4 g] Olive Oil
- **1 dash** [0.63 ml] Kosher Salt

DIRECTIONS

1. Preheat your oven to 400 degrees F (204 degrees C).
2. Toss the sweet potatoes in olive oil and salt/pepper to taste. Line them on a baking sheet and cook for about 20 minutes, until cooked throughout.
3. Scramble the eggs and cottage cheese together in a bowl. Add to a pan over medium heat and cook for about 5 minutes, until the eggs are set.
4. Serve the eggs and sweet potatoes together. Add a dash of salt (optional).

NUTRITION INFO

Energy : 389 kcal

Fat : 17.5 g

Carbs : 27.8 g

Protein : 28.6 g

Fiber : 4 g

Sugar : 8.1 g

A top-down view of a light-colored ceramic bowl filled with a healthy meal. The bowl contains a large portion of flaked salmon, garnished with fresh dill. Several bright yellow lemon slices are arranged on the left side of the bowl. Mixed with the salmon are small pieces of red and purple vegetables, possibly tomatoes and onions. In the background, a small white bowl contains a brown powder, likely a spice mix. A blue and white striped cloth is visible in the upper right corner.

Healthy Thyroid Lunch

RE-FUEL AND RE-ENERGIZE

Cod and Potato Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 cup, flaked** [272 g] Dried Salted Cod (Salt Removed)
- **2 cup** [330 g] Fingerling Potatoes (*Cut in quarters*)
- **2 medium** [88 g] Egg (*Hard boiled and chopped*)
- **0.5 cup, chopped** [63 g] Red Onions (*Diced*)
- **1 tbsp** [14 g] Olive Oil
- **2 tsp** [9.4 g] Lemon Juice
- **2 tsp** [12 g] Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **1 avocado** [136 g] Avocado (*Sliced*)

DIRECTIONS

1. Bring 10 cups of water to a boil in a large pot.
2. While the water heats, rinse the salted cod fillets under cold water until all visible salt is removed. Once the water is boiling, add the cod and cook for 5 minutes. You may notice foam rising to the top – this is normal.
3. Drain the cod and rinse again under cold water. Repeat the boiling and rinsing process once more to further remove excess salt. After the second boil, drain thoroughly and transfer the cod to a large bowl to cool.
4. In a separate pot, add the fingerling potatoes and half of the salt. Cover with water and bring to a boil. Cook until the potatoes are fork-tender, then drain.
5. Add the warm potatoes to the bowl with the cooled cod. Gently fold the mixture until the cod begins to flake into smaller pieces.
6. Add the chopped hard-boiled eggs, sliced red onion, lemon juice, olive oil, black pepper, and remaining salt. Carefully fold all ingredients together until well combined.

7. Refrigerate until chilled. Serve cold, ideally with a side of sliced avocado.

NUTRITION INFO

Energy : 514 kcal

Fat : 23.1 g

Carbs : 39.4 g

Protein : 35.7 g

Fiber : 10.4 g

Sugar : 1.6 g

Meal Replacement Blueberry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup, chopped** [21 g] Kale
- **1 cup** [226 g] Light Coconut Milk
- **1 cup** [145 g] Blueberries
- **1 medium** [118 g] Banana
- **2 scoop** [48 g] Organic Vegan Protein Powder

DIRECTIONS

1. Add kale, blueberries, coconut milk, banana, and protein powder to a blender, then blend until well combined.
2. For a smoother texture, strain the smoothie before serving.

NOTES

1. **Green option** : The kale can be substituted with spinach.

NUTRITION INFO

Energy : 495 kcal

Fat : 21 g

Carbs : 53.4 g

Protein : 32.8 g

Fiber : 8.6 g

Sugar : 30.9 g

Sour Cream and Chive Scrambled Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **4 medium** [176 g] Egg
- **1 tbsp** [14.4 g] Sour Cream
- **0.5 tsp** [3 g] Salt
- **0.25 tsp** [0.53 g] Black Pepper
- **1 tbsp** [5 g] Nutritional Yeast
- **2 tbsp chopped** [6 g] Chives
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **1 cup** [145 g] Blueberries

DIRECTIONS

1. Crack the eggs into a bowl. Whisk the eggs well until the yolks and whites are thoroughly combined.
2. Add the nutritional yeast, chives, salt, black pepper, and sour cream to the whisked eggs and mix until combined.
3. Cook the whisked eggs in a non-stick pan greased with ghee over medium-low heat until they are fully cooked.
4. Serve with a side of blueberries.

NOTES

1. **Chives:** Scallions, also known as spring onions, can be used as a substitute for chives.

NUTRITION INFO

Energy : 454 kcal

Fat : 27.4 g

Carbs : 25.6 g

Protein : 27 g

Fiber : 4.9 g

Sugar : 15.9 g

Sweet Potato "Fritters" and Eggs



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **5 large** [250 g] Egg
- **2 medium** [228 g] Sweet Potato (*Shredded*)
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tsp** [2.4 g] Onion Powder
- **1 tsp** [2.8 g] Garlic Powder
- **2 tbsp** [25.6 g] Clarified Butter Ghee
- **2 tbsp** [10 g] Nutritional Yeast
- **1 medium** [15 g] Scallions or Spring Onions (*Chopped*)
- **2 tbsp** [28.8 g] Sour Cream

DIRECTIONS

1. Crack the eggs into a bowl and whisk until the yolks and whites are thoroughly combined. Set aside.
2. Add the shredded sweet potatoes, a fifth of the whisked eggs, onion powder, garlic powder, and half of the salt and black pepper to a bowl. Mix until well combined.
3. Form the shredded sweet potatoes into quarter-cup patties. Cook the sweet potato patties in ghee over medium-low heat in a non-stick pan until fully cooked and slightly crispy on both sides.
4. Once cooked, remove the sweet potato fritters from the pan and place them on a clean paper towel or dish towel to drain.
5. Add the nutritional yeast, scallions, and the remaining salt and pepper to the whisked eggs and mix until combined.
6. Cook the whisked eggs in a non-stick pan over medium-low heat until fully cooked.
7. Serve the sweet potato "fritters" and scrambled eggs with sour cream for dipping.

NUTRITION INFO

Energy : 467 kcal

Fat : 28.4 g

Carbs : 30.4 g

Protein : 21.8 g

Fiber : 5.6 g

Sugar : 8.9 g

Citrus Marinated Chicken and Arugula Salad



SERVINGS: 4

PREP TIME: 40 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **24 oz** [672 g] Skinless Chicken Breast
- **6 tbsp** [84 g] Olive Oil (*Divided*)
- **4.5 tbsp** [67.5 g] Apple Cider Vinegar (*Divided*)
- **3 tbsp** [42 g] Lemon Juice (*Divided*)
- **3 tbsp** [45 g] Orange Juice
- **3 tbsp** [63 g] Honey (*Divided*)
- **2 tbsp** [33 g] Dijon Mustard (*Divided*)
- **3 clove** [9 g] Garlic (*Minced, Divided*)
- **1.13 tsp** [6.75 g] Salt (*Divided*)
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tsp, ground** [0.6 g] Oregano
- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **2 cup** [40 g] Arugula (*Rocket*)
- **1 medium** [166 g] Pear (*Diced*)
- **2 tbsp, chopped** [10 g] Red Onions
- **4 tbsp** [28 g] Chopped Walnuts

DIRECTIONS

1. Add 1/4 cup olive oil, 1/4 cup apple cider vinegar, 1 Tbsp lemon juice, 1 Tbsp honey, 1 Tbsp Dijon mustard, 1 tsp salt, 2 cloves of minced garlic, and all of the black pepper and oregano to a mixing bowl and stir to combine.
2. Add chicken breasts to a large container or ziploc bag, cover with the marinade, and seal. Let it marinate in the fridge for at least 30 minutes and up to 2 hours.
3. Preheat the oven to 425 degrees F (220 degrees C).
4. Place chicken on a baking sheet and bake for 20–25 minutes, or until the chicken reaches an internal temperature of 165 degrees F (74 degrees C).
5. While the chicken is baking, whisk together the orange juice and the remaining olive oil, lemon juice, Dijon mustard, honey, apple cider vinegar, salt, and minced garlic.
6. Combine the arugula, salad greens, diced pears, chopped red onions, and chopped walnuts in a bowl for serving.
7. Top salads with dressing and serve alongside baked chicken.

NUTRITION INFO

Energy : 513 kcal

Fat : 27.8 g

Carbs : 25.8 g

Protein : 42.5 g

Fiber : 3.4 g

Sugar : 19.3 g

Ground Beef Balls with Roasted Vegetables



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **4 ounce** [112 g] Ground Beef (90% Lean / 10% Fat) (*Rolled into balls*)
- **1 cup, cubes** [133 g] Sweet Potato
- **1 medium** [196 g] Yellow Summer Squash (*Chopped*)
- **1 medium** [196 g] Zucchini (*Chopped*)
- **1 tablespoon** [13.5 g] Olive Oil
- **1 tbsp** [8.4 g] Garlic Powder
- **1 dash** [0.63 ml] Kosher Salt

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Add sweet potato, zucchini, and squash to baking sheet. Toss with oil, salt and garlic powder.
3. Cook for 25–30 minutes.
4. Roll ground beef into small balls and place on another baking sheet.
5. Cook for 20 minutes or until desired likeness.
6. Serve warm.

NUTRITION INFO

Energy : 519 kcal

Fat : 25.5 g

Carbs : 46 g

Protein : 30.6 g

Fiber : 9.2 g

Sugar : 15.3 g

Chicken Quinoa Bowl with Lemon Dressing



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **5 oz** [141.75 g] Shredded Chicken
- **0.5 cup, cooked** [80 g] Quinoa (Cooked)
- **10 -** [170 g] Cherry Tomatoes (*Halves*)
- **0.5 avocado** [68 g] Avocado
- **2 tbsp, chopped** [10 g] Red Onions
- **0.5 medium** Lemon (*Juiced*)
- **0.5 tbsp** [7 g] Olive Oil
- **1 clove** [3 g] Garlic (*Minced*)
- **1 dash** [0.63 ml] Kosher Salt
- **1 tsp** [1 g] Dill (Dried)

DIRECTIONS

1. Cook quinoa to package instructions.
2. Mix lemon, oil, garlic and salt together.
3. Top quinoa with tomatoes, avocado, and onion, then top with shredded chicken seasoned with dill.
4. Drizzle lemon dressing over chicken and enjoy.

NUTRITION INFO

Energy : 527 kcal

Fat : 23.1 g

Carbs : 42.6 g

Protein : 39 g

Fiber : 10.8 g

Sugar : 7 g

Homemade Turkey Sausage with Berries



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- **8 oz** [224 g] Ground Turkey
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **0.25 tsp** [0.53 g] Black Pepper
- **0.5 tsp** [3 g] Salt
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **0.5 cup** [30 g] Parsley (*Chopped*)
- **3 cubic inch** [51 g] Brie Cheese
- **2 cup, halves** [304 g] Strawberries
- **2 cup** [40 g] Arugula (Rocket)

DIRECTIONS

1. In a large bowl, combine ground turkey, turmeric, salt, black pepper, and chopped parsley. Form into small balls, about the size of a golf ball.
2. In a large skillet, warm ghee over medium/high heat.
3. Add the turkey balls, flattening slightly onto the skillet. Cook for approximately 5 minutes per side, until browned through the center.
4. Serve the turkey sausage warm or cooled over a bed of arugula with a side of strawberries and fresh mozzarella.

NUTRITION INFO

Energy : 363 kcal

Fat : 22.2 g

Carbs : 13.8 g

Protein : 29.3 g

Fiber : 4 g

Sugar : 7.7 g

Sweet Potato, Ground Beef and Cottage Cheese Bowls



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **4 oz, cooked** [112 g] Ground Beef (Cooked)
- **1 medium** [114 g] Sweet Potato (*Diced*)
- **0.5 cup** [112.5 g] 1% Low Fat Cottage Cheese
- **1 tsp** [7.1 g] Honey
- **1 tsp** [4.8 g] Olive Oil
- **0.5 tsp** [1.15 g] Cinnamon
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper

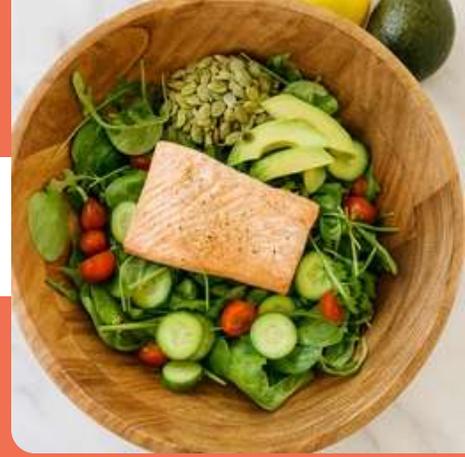
DIRECTIONS

1. Preheat your oven to 400 degrees F (204 degrees C).
2. Toss the sweet potatoes in the olive oil, cinnamon, and add a dash of salt and pepper to taste. Line the sweet potatoes on a baking sheet and bake for about 20 minutes, flipping halfway through.
3. Once the sweet potatoes are cooked, add them to a bowl with the ground beef. Add cottage cheese on the side with a drizzle of honey on top.

NUTRITION INFO

Energy : 558 kcal Fat : 26.5 g Carbs : 35.5 g Protein : 42.5 g Fiber : 4.6 g Sugar : 17.5 g

Grilled Salmon Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **5 oz, boneless, raw** [141.75 g] Salmon
- **1 cup** [20 g] Arugula Lettuce
- **1 cup** [30 g] Baby Spinach
- **1 medium** [201 g] Cucumber (*Sliced*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **1 tbsp** [7 g] Pumpkin Seeds
- **0.25 medium** [37.5 g] Avocado (*Sliced*)
- **1 tbsp** [14 g] Olive Oil
- **2 tbsp** [28 g] Lemon Juice
- **0.5 tsp** [0.9 g] Italian Seasoning
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Prepare your grill or oven to about 350 degrees F (176 degrees C).
2. Season the salmon with salt and pepper, then cook on the grill for about 10-15 minutes, until cooked to your desired liking.
3. Add the olive oil, lemon juice, Italian seasoning, and a dash of salt and pepper to a small bowl. Whisk to combine.
4. Add the arugula, spinach, cucumbers, tomatoes, avocado, and pumpkin seeds to a medium bowl. Add the dressing and mix well. Top with the grilled salmon.

NUTRITION INFO

Energy : 488 kcal

Fat : 32 g

Carbs : 14.6 g

Protein : 37.1 g

Fiber : 6.2 g

Sugar : 5.5 g



Healthy Thyroid Dinner

FINISH STRONG

Baked Lemon Salmon with Sour Cream Cucumber Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- **2 medium (7" long)** [402 g] Cucumber (*Thinly sliced*)
- **2 tbsp chopped** [6 g] Chives
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)
- **0.75 cup** [172.5 g] Sour Cream
- **2 sprigs** [0.4 g] Dill (*Minced*)
- **1.5 tbsp** [21 g] Red Wine Vinegar
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **8 oz, boneless, raw** [226.8 g] Salmon (*Skinless*)
- **1 medium** Lemon (*Zested and thinly sliced*)
- **1 tbsp** [14 g] Olive Oil
- **2 tbsp, minced** [17 g] Garlic
- **1 tsp, ground** [0.6 g] Oregano
- **0.25 tsp** [0.53 g] Paprika
- **0.25 tsp** [0.6 g] Onion Powder

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. In a bowl, mix olive oil, garlic, oregano, paprika, onion powder, lemon zest, half the salt, and half the pepper to make the sauce. Set aside.
3. In a separate bowl, combine cucumbers, chives, red onion, sour cream, dill, vinegar, and the remaining salt and pepper. Mix well and refrigerate.
4. Pat salmon dry and place on a large sheet of foil (about twice the size of the fish).
5. Pour sauce over the salmon. Fold foil edges up to contain the liquid, then spread sauce evenly over the top. Add lemon slices.
6. Fold foil over the salmon to form a tent, leaving space between the foil and lemon slices. Crimp edges to seal. Use a second sheet of foil if needed.
7. Bake for 15–20 minutes, until salmon is nearly cooked through.
8. Carefully open the foil. Broil on high for 3–5 minutes, until the top is lightly browned and salmon is cooked through. Watch closely to prevent burning.

NUTRITION INFO

Energy : 462 kcal

Fat : 32.1 g

Carbs : 15.2 g

Protein : 29.5 g

Fiber : 4.9 g

Sugar : 5.1 g

Cuban Beef Picadillo



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **6 oz** [170.1 g] Ground Beef (95% Lean / 5% Fat)
- **0.13 cup, chopped** [16.38 g] Red Onions
- **0.13 cup, chopped** [14.82 g] Red Bell Pepper
- **1 tbsp, minced** [8.5 g] Garlic
- **2 tbsp** [2 g] Cilantro (Coriander)
- **0.25 cup** [61.25 g] Tomato Sauce (no sugar added)
- **0.25 cup** [60 g] Beef Bone Broth
- **1 tbsp, ground** [1.8 g] Oregano
- **1 tsp** [6 g] Salt
- **0.25 tsp** [0.53 g] Black Pepper
- **2 10 small** [58 g] Green Olives (*Cut in half and set aside one tablespoon of olive brine for every six ounces of ground beef*)
- **0.5 cup** [92.5 g] White Rice (Uncooked)
- **0.5 avocado** [68 g] Avocado (*Sliced*)

DIRECTIONS

1. Cook rice according to package instructions.
2. Heat oil in a large skillet over medium heat. Sauté red onions and bell peppers for 2-3 minutes until softened, then add garlic and sauté for 30 seconds.
3. Add ground beef and cook, breaking it apart, until browned, about 5 minutes. Reduce heat to medium-low.
4. Stir in beef broth, olive brine, tomato sauce, cilantro, oregano, salt, and pepper. Simmer for 10-12 minutes until fragrant and saucy.
5. Remove from heat and fold in olives. Serve over rice with sliced avocado.

NOTES

1. **Protein options**: The ground beef can be substituted with ground turkey or chicken.

NUTRITION INFO

Energy : 436 kcal

Fat : 16 g

Carbs : 46.8 g

Protein : 25.3 g

Fiber : 6.9 g

Sugar : 2.6 g

Simple Quiche with a Sweet Potato Crust



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **16 oz** [453.6 g] Sweet Potato (*Peeled and diced into small cubes*)
- **2 tbsp** [28 g] Olive Oil
- **12 medium** [528 g] Egg
- **0.25 cup, chopped** [31.5 g] Red Onions (*Diced*)
- **4 tbsp** [20 g] Nutritional Yeast
- **2 tsp** [2.4 g] Kosher Salt
- **1 tsp** [2.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 350°F (176°C). Line a 9-inch baking pan with parchment paper.
2. Heat olive oil in a large skillet over medium heat. Add sweet potatoes, half the salt, and black pepper. Cook, tossing occasionally, until browned around the edges and slightly undercooked, about 10–12 minutes.
3. Transfer sweet potatoes to a paper towel to drain.
4. Press sweet potatoes into the prepared baking pan, spreading them to the edges with the back of a spoon.
5. Bake for 10 minutes.
6. In a bowl, whisk eggs, red onions, nutritional yeast, and remaining salt and pepper until well combined.
7. Pour the egg mixture over the sweet potato crust. Bake for 20–25 minutes, or until eggs are fully cooked.

NUTRITION INFO

Energy : 374 kcal

Fat : 19.9 g

Carbs : 26.7 g

Protein : 21.5 g

Fiber : 4.8 g

Sugar : 6 g

Pork Tenderloin with Red Potatoes and Steamed Green Beans



SERVINGS: 4

PREP TIME: 35 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- **16 oz** [453.6 g] Pork Loin (Tenderloin)
- **16 oz** [453.6 g] Red Potatoes (Flesh and Skin) (*Large dice*)
- **16 oz** [453.6 g] Green String Beans (*Ends trimmed*)
- **5 tbsp** [70 g] Olive Oil (*Divided*)
- **2.25 tsp** [2.7 g] Kosher Salt (*Divided*)
- **1 tsp** [2.1 g] Black Pepper (*Divided*)
- **1 tbsp** [16.5 g] Dijon Mustard
- **1 tbsp** [1.7 g] Rosemary (*Finely chopped*)
- **4 clove** [12 g] Garlic (*Minced*)
- **1 tbsp** [12.8 g] Clarified Butter Ghee

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Season pork tenderloin with 1 tsp salt.
3. In a bowl, combine 4 tbsp olive oil, garlic, rosemary, Dijon, and ½ tsp pepper.
4. Coat pork with marinade and let sit for at least 30 minutes or overnight.
5. Toss potatoes with remaining olive oil, 1 tsp salt, and half the remaining pepper. Spread on a baking sheet and roast for 45–60 minutes.
6. After 20 minutes, place pork on a separate baking sheet and roast for 25–30 minutes, or until internal temp reaches 145°F (62°C).
7. Meanwhile, steam green beans in a basket over boiling water for 5–7 minutes, until bright green and crisp-tender.
8. Drain and toss green beans with ghee, remaining salt, and black pepper.

NUTRITION INFO

Energy : 458 kcal

Fat : 26.7 g

Carbs : 27.9 g

Protein : 28 g

Fiber : 6.4 g

Sugar : 2.9 g

Chicken Sausage and White Bean Soup



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **3 tbsp** [42 g] Olive Oil (*Divided*)
- **3 cup** [750 g] Cannellini Beans (Canned) (*Drained and rinsed*)
- **8 link (2.3 oz)** [544 g] Organic Chicken Sausage (*Removed from casings*)
- **1.5 cup** [91.5 g] Crushed Tomatoes
- **1 medium** [196 g] Zucchini (*Chopped*)
- **1 medium** [110 g] Yellow Onions (*Chopped*)
- **2 medium** [122 g] Carrot (*Chopped*)
- **2 cup** [72 g] Swiss Chard (*Chopped*)
- **2 clove** [6 g] Garlic (*Minced*)
- **6 cup** [1440 ml] Organic Chicken Bone Broth
- **1.5 tsp** [1.2 g] Thyme (*Minced*)
- **1.5 tsp** [1.05 g] Rosemary (*Minced*)
- **1 tsp, ground** [0.6 g] Oregano
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper

DIRECTIONS

1. Heat half the olive oil in a large pot over medium heat. Add chicken sausage and cook 5–7 minutes, breaking it up as it browns. Remove and set aside.
2. Add remaining olive oil to the pot. Sauté onion, carrots, and zucchini until softened, about 7 minutes.
3. Stir in garlic and cook for 30 seconds.
4. Add bone broth, beans, tomatoes, herbs, salt, and pepper. Bring to a boil, then reduce heat and simmer for 15–20 minutes.
5. Return sausage to the pot, add Swiss chard, and cook for 5 minutes, until wilted.

NUTRITION INFO

Energy : 513 kcal Fat : 17.2 g Carbs : 40.7 g Protein : 51.6 g Fiber : 17.5 g Sugar : 9.2 g

Shrimp and Grits



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **3 cup, florets** [213 g] Broccoli
- **1.5 tbsp** [21 g] Olive Oil
- **1 dash** [0.63 ml] Kosher Salt
- **1 tsp** [2.8 g] Garlic Powder
- **2 cup** [474 g] Water
- **0.5 cup, cooked** [121 g] Grits
- **1 tbsp** [5 g] Nutritional Yeast
- **0.5 cup** [130.5 g] Canned White Beans
- **16 oz** [454.4 g] Shrimp (Prawns)
- **0.5 tsp** [0.3 g] Cajun Seasoning

DIRECTIONS

1. Preheat oven to 375 degrees F (176 degrees C) .
2. Toss broccoli with half of the oil, salt, and garlic powder. Cook in the oven for 20–25 minutes.
3. While vegetables are cooking, bring water to a boil.
4. Slowly add grits, nutritional yeast, a dash of salt, and beans. Cover and cook on low for an additional 15 minutes.
5. Add the mixture to the food processor to blend in the beans.
6. In a separate bowl, toss shrimp with cajun seasoning.
7. Heat a skillet with the remaining oil and cook the shrimp on each side for about 3–5 minutes, until they are pink.
8. Serve warm and enjoy.

NUTRITION INFO

Energy : 392 kcal

Fat : 14.1 g

Carbs : 24.9 g

Protein : 42.3 g

Fiber : 6 g

Sugar : 0.4 g

Protein Style Burger with Sweet Potato Fries



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **6 oz** [170.1 g] Ground Beef (95% Lean / 5% Fat)
- **2 leaf** [40 g] Romaine Lettuce (*For wrapping burger*)
- **1 small** [148 g] Red Onions (*Sliced*)
- **3 slice** [18 g] Pickles
- **1 sweetpotato**, [130 g] Sweet Potato (*Sliced*)
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [0.4 g] Salt
- **1 medium slice (1/4" thick)** [20 g] Tomatoes

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Toss sweet potatoes with avocado oil and salt and add to baking sheet. Cook for 20-25 minutes until tender inside. Option to air fry at 350 degrees F (176 degrees C) for 20 minutes.
3. While potatoes cook, form ground beef into a patty.
4. Warm cast iron pan using medium-high heat, and cook burger to desired temperature.
5. Wrap with lettuce and top with tomatoes, onions, pickles or toppings of your choice.

NUTRITION INFO

Energy : 509 kcal

Fat : 22.8 g

Carbs : 32.7 g

Protein : 39.6 g

Fiber : 6 g

Sugar : 8.4 g

Garlic Chicken Thighs with Cauliflower Mash and Crispy Asparagus



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **12 oz** [339 g] Boneless Skinless Chicken Thighs (raw)
- **1 head** [30 g] Garlic (*Minced*)
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [0.63 ml] Kosher Salt
- **1 large head (6-7" dia)** [840 g] Cauliflower (*Chopped and steamed*)
- **1.5 oz** [42.53 g] Cashew Nuts (*Raw and soaked for 4 hour- overnight*)
- **3 tbsp** [15 g] Nutritional Yeast
- **1 medium** Lemon (*Juiced*)
- **1 bundle** [100 g] Asparagus (*Chopped into small pieces*)

DIRECTIONS

1. Add avocado oil to a pan and heat on medium heat.
2. Saute asparagus until crispy and set aside.
3. Steam cauliflower and set aside.
4. Saute garlic in the pan that the asparagus was cooked in. Once fragrant, add chicken thighs.
5. While chicken is cooking, add cauliflower, cashews, nutritional yeast, lemon, salt. Blend together until creamy.
6. Cook chicken until internal temperature reaches 165 degrees F (73 degrees C).
7. Serve warm and enjoy!

NUTRITION INFO

Energy : 556 kcal Fat : 25.3 g Carbs : 39.6 g Protein : 52.4 g Fiber : 14.3 g Sugar : 12.2 g

Coconut Aminos Shrimp Stir-Fry



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **16 oz** [454.4 g] Shrimp
- **0.75 cup, cooked** [118.5 g] White Rice
- **0.5 cup, chopped** [62 g] Zucchini
- **2 medium** [238 g] Bell Peppers (*Chopped*)
- **0.5 cup, chopped** [35 g] Mushrooms
- **1 tbsp** [14 g] Olive Oil
- **1 leaves** [15 g] Kale (*Chopped*)

DIRECTIONS

1. Add the olive oil to a medium pan and heat until warm.
2. Add the zucchini, bell peppers, kale and mushrooms to the pan and sauté until soft, about 5–8 minutes.
3. Push the vegetables to one side, then add the shrimp. Cook for about 3 minutes per side or until cooked throughout. Season with salt and pepper to taste. Serve over the rice.

NUTRITION INFO

Energy : 369 kcal

Fat : 11 g

Carbs : 27.8 g

Protein : 35.6 g

Fiber : 3.1 g

Sugar : 5.7 g

Crockpot Pesto Chicken Bowls



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 360 MINUTES

INGREDIENTS

- **6 oz** [168 g] Skinless Chicken Breast
- **1 cup** [225 g] 1% Low Fat Cottage Cheese
- **4 tbsp** [56 g] Pesto Sauce
- **2 2 oz** [112 g] Chickpea Pasta (Banza)
(Cooked according to the package.)
- **1 cup** [149 g] Cherry Tomatoes

DIRECTIONS

1. Add the chicken breast, pesto and cottage cheese to a crockpot. Cook on low for 6 hours.
2. One hour prior to completion, shred the chicken and mix well. Add the cherry tomatoes and cook for the remaining hour.
3. Serve pesto chicken over the pasta.

NUTRITION INFO

Energy : 537 kcal Fat : 20.4 g Carbs : 43.4 g Protein : 48.6 g Fiber : 6.1 g Sugar : 8.2 g