

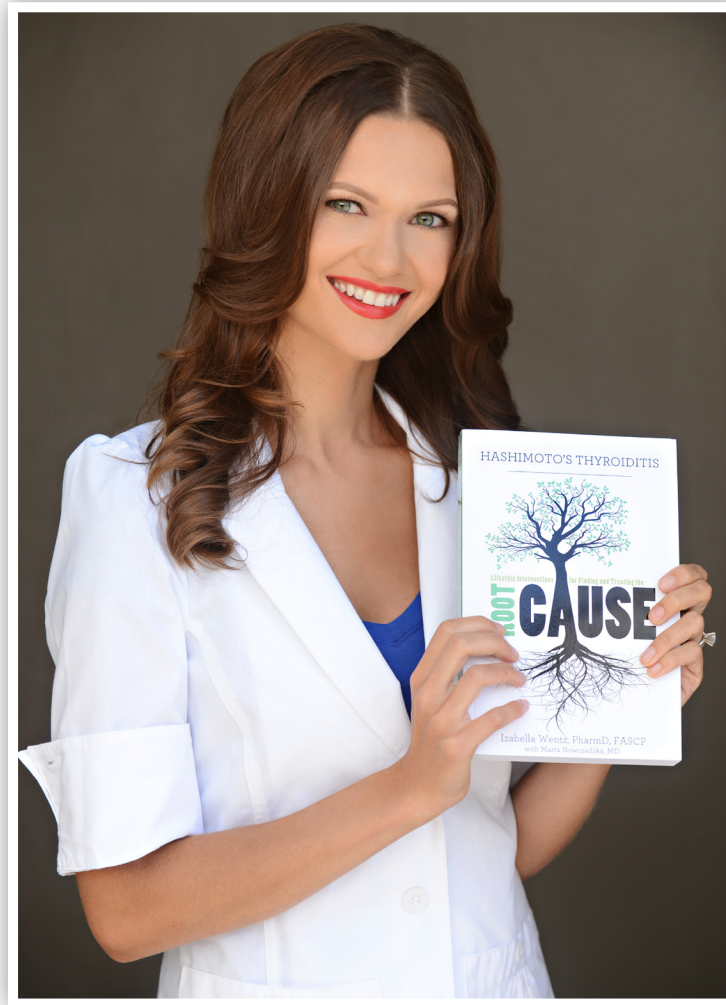


Root Cause Low FODMAP Autoimmune Menu: WEEK 2

Izabella Wentz, PharmD, FASCP



About The Author



Dr. Izabella Wentz, PharmD, FASCP, is a pharmacist who has dedicated herself to addressing the root causes of autoimmune thyroid disease, after being diagnosed with Hashimoto's Thyroiditis in 2009.

She is the author of the New York Times best-selling patient guide *Hashimoto's Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause* and is an ardent champion of incorporating lifestyle change and functional medicine into the treatment of autoimmune disease.

www.thyroidpharmacist.com
www.facebook.com/thyroidlifestyle
www.rootcauserecipes.com
www.hackinghashimotos.com

AI FOODS INCLUDED

- Most organic vegetables
- Fermented foods
- Most organic meats
- Low-glycemic organic fruits
- Herbs and spices
- Sweet potatoes

AI FOODS AVOIDED

- Dairy
- Eggs
- Grains
- Legumes
- Nightshades
- Potatoes
- Tomatoes
- Bell Peppers
- Eggplant
- Nightshade spices
- Paprika
- Chilis - All Types (jalapeño, habaero, etc.)
- Chili powder
- Chili/Red Pepper flakes
- Cayenne
- Curry
- Nuts
- Seeds
- Sugar
- Seaweed

HIGH FODMAP FOODS AVOIDED

FRUIT

- Apples
- Apricots
- Avocados
- Blackberries
- Canned fruit
- Cherries
- Dates
- Dried fruit
- Figs
- Fruit in juice
- Fruit juice
- Guava
- Longon
- Lychees
- Mangoes
- Nashi
- Nectarines
- Papaya
- Peaches
- Pears
- Plums
- Prunes
- Tamarillo
- Watermelon

NUTS/SEEDS

- Almond flour
- Almonds
- Cashews
- Pistachios

VEGETABLES

- Artichokes
- Asparagus
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Fennel
- Figs
- Garlic
- Green bell peppers
- Jicama
- Leeks
- Mushrooms
- Okra
- Onions
- Peas
- Pomegranate
- Sauerkraut
- Savoy Cabbage
- Snow Peas
- Spring Onions
- Sugar Snap Peas

CONDIMENTS

- Agave Syrup
- Carob
- Honey
- Garlic powder
- Molasses
- Onion powder
- Tahini
- Tomato Paste
- Vinegar

OTHER

- Chicory Root
- Kefir
- Kombucha
- Sorbitol
- Mannitol
- Xylitol

USE SPARINGLY

- Almonds
- Banana (should not be ripe)
- Butternut Squash
- Coconut
- Grapes
- Maple Syrup
- Oranges
- Pumpkin
- Pumpkin seeds
- Sweet potato

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1

DAY 1 BREAKFAST: Banana Pancakes and Crispy Bacon

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

8 additive-free bacon slices

1 cup coconut flour

1/4 cup full fat coconut milk

1/2 cup water

3 medium bananas, peeled

1/2 teaspoon baking soda

1 tablespoon coconut oil

Directions:

Preheat oven to 400 degrees F.

Line a large baking sheet with parchment paper.

Place bacon slices onto lined baking sheet and bake for 25 minutes or until desired crispiness. Set aside and keep warm.

In a large bowl, mix the coconut flour through the baking soda to form a batter.

In a large skillet over medium-high heat, heat oil and place small amounts of batter and cook about 3 to 5 minutes per side, or until the batter bubbles in the center.

Serve warm alongside crispy bacon.

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DAY 1 LUNCH:

Tilapia with Carrot and Sweet Potato Mash

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

3 cups water

4 cups carrots, peeled and cubed

2 cups sweet potato, peeled and cubed

2 tablespoons unsweetened coconut milk

1/2 cup full fat coconut milk

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

3 tablespoons coconut oil, divided

4 (6 ounce) tilapia filets

2 cups spinach

Directions:

In a medium-size cooking pot on high heat, add water and bring to a boil. Add the carrots and cook about 8 to 10 minutes until tender and slightly softened.

In a food processor or blender, puree the carrots with the 2 tablespoons of coconut milk. Set aside and keep warm.

In the same heated skillet, place 3 tablespoons coconut oil and add tilapia filets, seasoning with sea salt and pepper to taste as needed while in the skillet. Let cook for about 10 minutes, flipping halfway or until most of the fish has turned from opaque to white. Add the spinach and cook for two more minutes.

Serve warm alongside carrot and sweet potato mash.

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DAY 1 DINNER: Beef Bacon Bourguignon

Serves 4

Prep Time: 10 minutes

Cook Time: 1 hour 10 minutes

Ingredients:

2 pounds stew meat, chopped into cubes

6 large carrots, peeled and chopped

2 parsnips, peeled and chopped

3 cooked additive-free bacon slices, finely chopped

12 cups bone broth (use marrow bones not cartilage bones, cook for less than 8 hours)

3 tablespoons gelatin

3 tablespoons thyme, chopped

1 bay leaf

1 teaspoon ground ginger

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a large cooking pot over medium heat, add the first five ingredients (beef through broth) and bring to a simmer. Then add the remaining ingredients and mix well to combine. Cover and continue to simmer.

Cook until vegetables are softened and the meat has cooked throughout, about 60 minutes.

Serve warm.

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DAY 1 SNACK: Chicken Slices and Pineapple

Serves 4

Prep Time: 3 minutes

Cook Time: N/A

Ingredients:

2 cups cooked and sliced chicken breast

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut aminos

1 tablespoon lime juice

1 cup pineapple, diced

1 cup chopped basil

Directions:

In a large bowl, mix all the ingredients and serve in small bowls.

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DAY 2 BREAKFAST: Herb Roasted Bacon and Sweet Potatoes

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

1 pound additive-free bacon, chopped

4 cups diced sweet potato

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon chopped rosemary

2 teaspoons chopped oregano

Directions:

Preheat oven to 400 degrees F.

In a large bowl, mix all the ingredients well.

On a large baking sheet, pour the contents of the bowl into an even layer. Place the baking sheet into the oven and bake for 10 minutes, then stir and bake for 10 more minutes, until bacon is crisp and potatoes are tender.

Serve warm.

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DAY 2 LUNCH: Salmon and Carrot Slaw

Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

2 cups cubed salmon

2 tablespoons chives, chopped

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 cups carrots, shredded

1 cup daikon, shredded

3 cups spinach leaves

1/4 cup olive oil

1/4 cup fresh lime juice

2 tablespoons maple syrup

Directions:

In a large skillet over medium heat, heat the oil. To the skillet, add the salmon and cook for 10 minutes. To the salmon mixture add the chives, salt and pepper and cook for 5 minutes, until fish flakes easily with fork.

Remove from heat and allow to cool.

In a large bowl, mix the salmon mixture with the carrots, daikon and spinach. In a small bowl whisk the remaining ingredients, season with salt and pepper to taste and pour over the salad and toss.

Serve right away.

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DAY 2 DINNER: Veggie Lover's Meatza

Serves 4

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

2 pounds ground beef

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 teaspoon dried oregano

1 teaspoon ground ginger

1/8 teaspoon ground cinnamon

2 cups chopped kale

1 1/2 cups diced butternut squash

1 small zucchini, sliced

1/2 cup kalamata olives, pitted and sliced

Directions:

Preheat the oven to 350 degrees F.

In a large mixing bowl, combine the first 6 ingredients (beef through cinnamon) and mix well.

On a large baking sheet, line with parchment paper and spread the meat mixture over the baking sheet, flattening it evenly to about 1/4 inch. Bake for 10 minutes or until cooked throughout.

Transfer meat crust to a pizza stone or a wire rack on top of a baking sheet.

Add the toppings (kale through kalamata olives), then return to the oven for 10 minutes or until the toppings are cooked.

Slice and serve warm.

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DAY 2 SNACK: Cucumber and Chicken Sushi

Serves 4

Prep Time: 10 minutes

Cook Time: N/A

Ingredients:

4 large collard green leaves

1/2 pound sliced additive-free deli chicken breast

1 medium cucumber, peeled and sliced

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 cup shredded carrot

1 tablespoon grated ginger

1/2 cup coconut aminos

Directions:

On a large serving platter, layer the collard leaves, chicken, cucumber, salt and pepper, carrot and grated ginger. Roll up each leaf then cut into thirds length-wise.

Serve the sushi with the coconut aminos as a dipping sauce.

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DAY 3 BREAKFAST: Simple Tuna Salad

Serves 4

Prep Time: 10 minutes

Cook Time: N/A

Ingredients:

3 cups canned tuna, drained

1 large cucumber, peeled and chopped

2 tablespoons full fat coconut milk

1 tablespoon olive oil

1 teaspoon chopped dill

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a medium-size bowl, combine all ingredients and season to taste with sea salt and pepper.

Serve chilled.

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DAY 3

LUNCH:

Butternut Squash Chili with Fresh Spinach

Serves 4

Prep Time: 10 minutes

Cook Time: 1 hour 15 minutes

Ingredients:

2 tablespoons coconut oil

2 pounds ground beef

8 ounces pumpkin puree

3 cups zucchini, chopped

3 cups diced butternut squash

1 tablespoon dried oregano

1 tablespoon dried basil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups baby spinach

4 tablespoon coconut aminos

Directions:

In a large pot on medium-high heat, heat oil and add ground beef. Cook until cooked throughout.

Add the next 7 ingredients (pumpkin through salt and pepper), stir and reduce heat to medium-low and bring to a simmer.

Cover and cook for 60 minutes, stirring regularly.

Serve warm on a bed of fresh spinach with coconut aminos.

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DAY 3 DINNER: Sautéed Burgers and Melon

Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

1 pound ground beef

2 tablespoon oregano, chopped

1/2 cup chives, chopped

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut oil

1 cup diced honeydew melon

Directions:

In a medium-size bowl, combine the first four ingredients (ground beef through pepper) and form mixture into patties.

In a large skillet over medium-high heat, heat oil and cook patties for 5 to 8 minutes per side or until cooked to desired doneness.

Serve warm alongside diced melon.

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DAY 3 SNACK: No Bake Berry Pie

Serves 4

Prep Time: 5 minutes
Cook Time: 15 minutes

Ingredients:

4 tablespoons coconut oil
1 cup blueberries
1 cup strawberries
1 cup raspberries
1 tablespoon pure vanilla extract
1 teaspoon ground cinnamon
1/8 teaspoon ground mace
1/8 teaspoon ground cloves
1 1/2 cups unsweetened, dried coconut flakes

Directions:

In a medium-size pot over medium-high heat, heat oil, add berries and cook for 3 minutes, stirring regularly, until softened. Add the remaining ingredients and cook for 5 more minutes.

Place cooked mixture into a small glass baking dish and pack down into dish to form berry pie.

Serve warm.

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DAY 4 BREAKFAST: Italian Spiced Sausage

Serves 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

1 pound ground beef

1 pound ground pork

1 tablespoon oregano, chopped

1 tablespoon thyme, chopped

1 tablespoon parsley, chopped

2 tablespoons chives, chopped

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon coconut oil

4 cups baby spinach

Directions:

In a large mixing bowl, add the sausage ingredients (ground beef through salt and pepper) and mix thoroughly. Form into patties and place on a lined plate.

In a large skillet, heat coconut oil over medium heat and once the oil is hot, add patties. Cook 10 minutes a side or until each is thoroughly cooked.

Serve warm on a bed of baby spinach.

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DAY 4 LUNCH: Shrimp and Pineapple with Ginger

Serves 4

Prep Time: 3 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 pound deveined and shelled shrimp

2 teaspoons grated ginger

2 cups bok choy, chopped

2 cups carrots, chopped

1/2 cup bone broth (use marrow bones not cartilage bones, cook for less than 8 hours)

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon lime zest, grated

1 teaspoon lemongrass, chopped

2 teaspoons maple syrup

1/4 cup chopped cilantro

1/2 cup diced pineapple

Directions:

In a large skillet over medium heat, heat oil. To the oil, add the next 4 ingredients (shrimp through carrots). Cook for 5 minutes, until fragrant.

In a medium bowl, whisk together the remaining ingredients and pour over the shrimp mixture. Reduce heat to low and simmer for 5 to 10 minutes, until shrimp is opaque and vegetables are tender.

Serve warm.

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DAY 4 DINNER: Coconut-Poached Mahi-Mahi and Plantains

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

1/2 cup bone broth (use marrow bones not cartilage bones, cook for less than 8 hours)

1/2 cup full fat unsweetened coconut milk

4 (6-ounce) mahi-mahi filets

6 cups diced plantains

2 teaspoons fresh lime juice

1/2 cup chopped cilantro

2 tablespoons unsweetened shredded coconut

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a large skillet over medium-high heat, whisk together broth and milk and bring to a low boil. Add fish to skillet and let cook, uncovered, for 4 minutes. Flip fish gently, cover, and cook for 3 to 4 more minutes until opaque throughout. Remove fish, set aside and keep warm.

In the same heated skillet with juices over medium-high heat, add plantains and return liquid to a low boil. Cover and let plantains cook for 3 minutes until tender and the liquid has thickened to a sauce. Remove from heat and stir in the lime juice, cilantro, coconut and salt and pepper.

Serve warm fish over the plantains with sauce from the skillet.

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DAY 4 SNACK: Ham and Tangy Vegetable Salad

Serves 4

Prep Time: 3 minutes

Cook Time: 15 minutes

Ingredients:

2 cups red wine vinegar

4 tablespoons maple syrup

2 tablespoons chopped dill

1 large carrot, chopped

1/2 cup radishes, chopped

1 medium cucumber, sliced

2 cups cooked and chopped additive-free ham

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a medium saucepan over medium heat, add vinegar and maple syrup. Stir and bring to a boil. Turn off heat and add the next 4 ingredients to the saucepan (dill through cucumber). Allow vinegar mixture to cool then place in an air tight container and refrigerate overnight.

In a large bowl, spoon pickled vegetables (leaving liquid behind). To the bowl, add the ham and salt and pepper to taste.

Toss and serve.

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DAY 5 BREAKFAST: Bacon Meatloaf Muffins

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1 pound ground beef

5 cooked additive-free bacon slices, chopped

1/4 cup full fat unsweetened coconut milk

2 tablespoons lemon zest

1/3 cup minced chives, chopped

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chopped parsley, divided

4 cups mixed salad leaves

Directions:

Preheat oven to 400 degrees F.

In a large bowl, add all ingredients and mix until smooth and well combined. Put mixture into a lined muffin tray evenly. Bake for 30 minutes or until cooked throughout.

Serve warm with mixed salad leaves.

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DAY 5 LUNCH: Turkey Stir-Fry with Bok Choy

Serves 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

2 tablespoons coconut oil, divided

1/2 pound ground turkey

1 large sweet potato, cubed

2 cups chopped bok choy

1 teaspoon grated ginger

1 tablespoon coconut aminos

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a large skillet over medium-high heat, heat oil and add ground turkey, cook for 5 to 8 minutes or until cooked throughout.

Add the next three ingredients (potatoes through ginger) and continue cooking for 5 to 7 minutes or until the vegetables have softened slightly.

Add coconut amino and season mixture to taste as needed with sea salt and pepper.

Serve warm.

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DAY 5 DINNER:

Jerk Chicken with Lemony Mixed Greens

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients:

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 teaspoons ground ginger

2 teaspoons dried thyme

1 teaspoon cinnamon

1 teaspoon whole cloves

5 chicken drumsticks

5 chicken wings

4 cups mixed greens

4 tablespoons olive oil

4 tablespoons fresh lemon juice

Directions:

Preheat oven to 350 degrees F.

Line a large baking sheet with parchment paper and set aside.

In a large bowl, combine all spices. Then add chicken and coated evenly with mix spices. Bake for 35 minutes or until the chicken has cooked throughout.

Serve warm alongside mixed greens drizzled with olive oil and lemon juice.

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DAY 5 SNACK: Dried Asian Beef Leather

Serves 4

Prep Time: 15 minutes

Cook Time: 6 to 10 hours

Ingredients:

3 pounds ground beef

2 teaspoons maple syrup

2 teaspoons fish sauce

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 tablespoons coconut aminos

1 teaspoon grated lime zest

1 cup bone broth (use marrow bones not cartilage bones, cook for less than 8 hours)

Directions:

In a large bowl, mix all the ingredients well. Place meat mixture into a piping bag and refrigerate for 1 hour.

On a parchment paper lined cookie sheet, pipe beef mixture into strips.

Preheat oven to 145 degrees F. Place cookie sheet in the oven and bake for 6 to 10 hours, until meat is cooked through. Allow jerky to cool on paper towels (to absorb any excess moisture).

Serve at room temperature.

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DAY 6 BREAKFAST: Rosemary Sweet Potato Hash

Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoons coconut oil

1 medium zucchini, chopped

1 large sweet potato, peeled and shredded

2 cups cooked and shredded chicken breast

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chopped rosemary

Directions:

In a large skillet over medium heat, heat coconut oil. To the skillet, add the leek and sweet potato and cook for 10 minutes, until sweet potato is tender.

To the sweet potato mixture, add the remaining ingredients and stir.

Cook for 5 minutes and serve warm.

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DAY 6 LUNCH:

Balsamic Chicken Thighs with Herbed Mashed Potatoes

Serves 4

Prep Time: 15 minutes

Cook Time: 10 to 15 minutes

Ingredients:

1/4 cup balsamic vinegar

1/4 cup olive oil

1 tablespoon lemon juice

Sea salt/pink Himalayan salt to taste.

Pepper to taste (if tolerated)

1 tablespoon coconut oil

1 pound chicken thighs

4 large sweet potatoes, cubed and steamed

1/2 cup coconut cream

1 teaspoon minced thyme

1 teaspoon minced oregano

Directions:

Blend the first 4 ingredients (balsamic vinegar through salt and pepper).

In a large skillet over medium heat, heat coconut oil. To the skillet, add the chicken and cook for 5 minutes, until brown. To the chicken, add the balsamic sauce and cook for 5 to 10 minutes, until chicken is cooked through.

In a mixer, blend the remaining ingredients until smooth.

Serve chicken with mashed potatoes.

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DAY 6 DINNER: Parsnip and Shrimp Slaw

Serves 4

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

2 tablespoons coconut oil

1 pound shelled and deveined shrimp

1/2 cup chives, chopped

2 tablespoons lemon juice

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups shredded parsnips

2 cups shredded carrot

2 teaspoons olive oil

1/2 cup chopped cilantro

2 tablespoons red wine vinegar

Directions:

In a large skillet over medium heat, heat oil. To the skillet, add the shrimp, chives, lemon juice, salt and pepper and cook for 10 minutes, until shrimp is pink and cooked through. Allow to cool and then set aside.

In a large bowl toss the remaining ingredients.

To the parsnip mixture, add the shrimp mixture, toss and serve.

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DAY 6 SNACK: Coconut Berry Salad

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients:

2 cups fresh strawberries

2 cups fresh blueberries

2 cups fresh cranberries

2 cups fresh raspberries

1/2 cup dried coconut flakes

2 tablespoons lime juice

2 tablespoons full fat coconut milk

2 tablespoons chopped mint

Directions:

In a large bowl, mix together all the ingredients well and serve.

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DAY 7 BREAKFAST: Chicken and Greens Skillet

Serves 4

Prep Time: 10 minutes

Cook Time: 15 to 20 minutes

Ingredients:

1 tablespoon coconut oil

1 pound chopped chicken breast

1 tablespoon lemon juice

2 tablespoons balsamic vinegar

2 teaspoons maple syrup

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 cups chopped dandelion greens

3 cups spinach leaves

Directions:

In a large skillet over medium heat, heat coconut oil. To the oil, add the chicken and garlic. Cook for 5 minutes, until chicken is brown.

To the chicken mixture, add the remaining ingredients and stir. Cook for 5 to 10 minutes, until chicken is cooked through and greens are tender.

Serve warm.

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DAY 7 LUNCH: Endive and Salmon Salad

Serves 4

Prep Time: 15 minutes

Cook Time: 15 to 20 minutes

Ingredients:

1 pound salmon, cut into filets

2 teaspoons coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups chopped endive

1/2 cup capers

1/4 cup full fat unsweetened coconut milk

1 tablespoon lemon juice

1 tablespoon chopped dill

2 teaspoons maple syrup

Directions:

Preheat oven to 375 degrees F.

In a large baking dish, place the fish. Rub fish with oil and season with salt and pepper. Place the baking dish into the oven and bake for 15 to 20 minutes, until fish flakes easily with a fork. Allow fish to cool then flake into bite sized pieces.

In a large bowl, add the endive and capers. Top the salad with the flaked salmon. In a small bowl, whisk the remaining ingredients with salt and pepper.

Pour the dressing over the salad and toss and serve.

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DAY 7 DINNER: Pesto Steak Stir-Fry

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

2 cups basil

2 cups chopped spinach

Sea salt and freshly ground black pepper to taste

1 tablespoon chives, chopped

1 tablespoon grated lemon zest

2 tablespoons lemon juice

1/4 cup olive oil

1 tablespoon coconut oil

1 pound sliced steak of choice

2 cups shredded daikon

2 cups shredded carrots

2 cups chopped kale

Directions:

In a food processor, place the first 6 ingredients (basil through lemon juice). Pulse a few times then turn the food processor on low speed and slowly drizzle the olive oil through the top. Blend until smooth.

In a large skillet over medium heat, heat the coconut oil. To the oil, add the steak and cook for 5 minutes, until brown. To the steak, add the remaining ingredients and stir. Cook for 5 to 10 minutes, until steak is cooked to desired level of doneness and vegetables are tender crisp. Pour the pesto over the steak mixture and stir.

Serve warm.

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DAY 7 SNACK: Balsamic Plantain Chips

Serves 4

Prep Time: 10 minutes

Cook Time: 10 to 15 minutes

Ingredients:

3 large plantains, sliced

2 tablespoons balsamic vinegar

2 teaspoons maple syrup

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon olive oil

Directions:

Preheat oven to 250 degrees F.

In a large bowl, mix all the ingredients. Place a large wire rack on a large baking sheet. Place the plantains in a single layer on the rack. Place the cookie sheet in the oven and bake for 1 hour, flipping chips halfway through, until plantains are crispy and golden brown.

Serve warm or at room temperature.

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SHOPPING LIST

MEAT

- Bacon (16 additive-free slices)
- Bacon (1 pound, additive-free)
- Beef (10 pounds, ground)
- Chicken breast (1 pound)
- Chicken breast (2 cups, sliced)
- Chicken breast (2 cups, shredded)
- Chicken drumsticks (5)
- Chicken thighs (1 pound)
- Chicken wings (5)
- Chicken breast (1/2 pound, deli slices, additive-free)
- Ham (2 cups, chopped, additive-free)
- Mahi-mahi filets (4 (6-ounce))
- Pork (1 pound, ground)
- Salmon (2 cups, cubed)
- Salmon (1 pound, cut into filets)
- Shrimp (2 pounds, deveined and shelled)
- Steak (1 pound)
- Stew meat (2 pounds, cubes)
- Tilapia filets (4 (6 ounce))
- Tuna (3 cups canned, drained)
- Turkey (1/2 pound, ground)

BAKING

- Coconut flour (1 cup)
- Baking soda (1/2 teaspoon)

PRODUCE

- Bananas (3, medium)
- Blueberries (3 cups)
- Bok choy (4 cups, chopped)
- Butternut Squash (4 1/2 cups, diced)
- Carrot (7 large)
- Carrot (6 cups, cubed)
- Carrot (6 1/2 cup, shredded)
- Collard green leaves (4, large)
- Cranberries (2 cups)
- Cucumber (2 medium)
- Cucumber (1 large)
- Daikon (3 cup, shredded)
- Dandelion greens (2 cups, chopped)
- Endive (4 cups, chopped)
- Greens (4 cups, mixed)
- Honeydew Melon (1 cup, diced)
- Kale (4 cups, chopped)
- Lemon juice (11 tablespoons)
- Lemon zest (3 tablespoons)
- Lime juice (2 teaspoons)
- Lime juice (3 tablespoons)
- Lime juice (1/4 cup)
- Lime zest (2 teaspoons)
- Parsnips (2, chopped)
- Parsnips (4 cups, shredded)
- Pineapple (1 1/2 cup, diced)
- Plantains (3, large)
- Plantains (6 cups, diced)
- Radishes (1/2 cup, chopped)
- Raspberries (3 cups)
- Salad leaves (4 cups, mixed)
- Spinach (8 cups, baby)
- Spinach (8 cups)
- Spinach (2 cups, chopped)
- Strawberries (3 cups)
- Sweet Potatoes (6, large)
- Sweet Potatoes (6 cups, cubed)
- Zucchini (1 small)
- Zucchini (1 medium)
- Zucchini (3 cups, chopped)

(Continued next page)

SHOPPING LIST (continued)

CANNED GOODS (OR HOMEMADE)

- Bone broth (14 cups, marrow bones, less than 8 hours cooking time)
- Capers (1/2 cup)
- Coconut cream (1/2 cup)
- Coconut milk (6 tablespoons)
- Coconut milk (1 3/4 cup)
- Olives (1/2 cup, kalamata, pitted and sliced)
- Pumpkin puree (8 ounces)

DRY GOODS

- Coconut (2 tablespoons, shredded)
- Coconut flakes (2 cups)
- Gelatin (3 tablespoons)

FROZEN

- Blueberries (4 cups, frozen)

CONDIMENTS

- Balsamic Vinegar (4 tablespoons)
- Balsamic Vinegar (1/4 cup)
- Coconut aminos (11 tablespoons)
- Coconut aminos (1/2 cup)
- Coconut oil (2 teaspoons)
- Coconut oil (23 tablespoons coconut oil)
- Fish sauce (2 teaspoons, additive-free)
- Maple syrup (10 teaspoons)
- Maple syrup (6 tablespoons)
- Olive oil (3 teaspoons)
- Olive oil (5 tablespoons)
- Olive oil (3/4 cup)
- Red Wine Vinegar (2 tablespoons)
- Red Wine Vinegar (2 cups)

SPICES/HERBS

- Basil (1 tablespoon, dried)
- Basil (2 cups, fresh)
- Basil (1 cup, fresh, chopped)
- Bay leaf (1)
- Black Pepper (to taste, if tolerated)
- Chives (5 tablespoons, fresh, chopped)
- Chives (1 1/3 cup, fresh, chopped)
- Cilantro (1 1/4 cup, fresh, chopped)
- Cinnamon (2 1/8 teaspoon, ground)
- Cloves (1 teaspoon, whole)
- Cloves (1/8 teaspoon, ground)
- Dill (1 teaspoon, fresh, chopped)
- Dill (3 tablespoons, fresh, chopped)
- Ginger (3 teaspoons, fresh, grated)
- Ginger (1 tablespoon, fresh, grated)
- Ginger (4 teaspoons, ground)
- Lemongrass (1 teaspoon, fresh, chopped)
- Mace (1/8 teaspoon, ground)
- Mint (2 tablespoons, fresh, chopped)
- Oregano (1/2 teaspoon, dried)
- Oregano (1 tablespoon, dried)
- Oregano (1 teaspoon, fresh, minced)
- Oregano (2 teaspoons, fresh, chopped)
- Oregano (3 tablespoons, fresh, oregano)
- Parsley (3 tablespoons, fresh, chopped)
- Rosemary (3 tablespoons, fresh, chopped)
- Sea salt/Pink Himalayan salt (to taste)
- Thyme (2 teaspoons, dried)
- Thyme (1 teaspoon, fresh, minced)
- Thyme (4 tablespoons, fresh, chopped)
- Vanilla extract (1 tablespoon, pure)

Dear Reader,

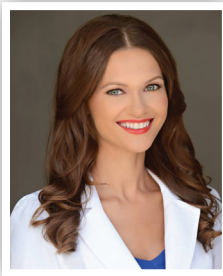
I hope that you have found this guide helpful.

I'm passionate about teaching patients and clinicians how to overcome and reverse Hashimoto's! I've dedicated the last 6+ years to research on the subject. The more I learn, the more I share.

You can sign up to get the Depletions and Digestion chapter of my book, a free thyroid diet guide and recipes at www.thyroidpharmacist.com/gift

If you found this short guide helpful, you may also be interested in my Hashimoto's book (link: www.thyroidpharmacist.com/book) - my New York Times bestselling patient guide on how to overcome Hashimoto's.

Wishing you all the best on your journey!



Warmly,

Izabella Wentz, PharmD

Izabella Wentz, PharmD, FASCP

www.thyroidpharmacist.com

www.rootcauseresources.com

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