



5-day Meal Plan for Hypothyroidism

The Key Nutrients for Thyroid Health

Key Nutrients	Super Foods	Food to Avoid
+ Selenium	* Roasted seaweed such as kelp, nori, and wakame which are all rich in iodine	- Food with soy including edamame, tofu, and miso
+ Omega-3 Fatty Acids	* Salted nuts such as Brazil nuts, macadamia, and hazelnuts which are excellent sources of selenium	- Cruciferous Vegetables Like Broccoli, Cauliflower, Bok Choy, Brussels sprouts, Cabbage, Collard/spring greens, Kale, Kohlrabi, Mustard, Radish, Turnip, Watercress, Wasabi
+ Vitamin E	* Baked fish rich in Omega-3 fatty acids and selenium	- Fruits with w/ goitrogen like Currants, Pears
+ Zinc	* Dairy products like yogurt, ice cream, and milk contain iodine	- Gluten, found in bread and pasta
+ Vitamin A	* Fresh eggs which contain healthy amounts of selenium and iodine	- Fatty foods such as butter, meat, and all things fried
+ Vitamin D	* Antioxidant-rich vegetables and fruits	- Sugary foods to be taken in moderation
+ Iron	* Wild-caught fish	- Processed foods in packages and frozen aisles
	* Coconut oil	- Excess fiber from beans, legumes, and vegetables
	* Probiotic-rich coconut yogurt and coconut kefir	- Alcohol
	* Kimchi and sauerkraut	
	* Bone Broth	

The 5-day Menu

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	Eggs, boiled or fried in EVO Toasted Sourdough Bread with Sliced Avocado	Apple & Raisin Overnight Oats Berry Smoothies w/ Coconut Kefir or Coconut Yogurt	Shiitake Mushroom & Spinach Omelet Fresh Banana or Apple	Eggs, boiled or fried in EVO Toasted Whole-grain Bread with Almond Butter or Apple Butter	Apple & Raisin Overnight Oats Banana, Apple, Kiwi Smoothies w/ Coconut Kefir
Lunch	Greek Chicken Bake Roasted Carrots & Sweet Potatoes	Hamburger Steaks w/ Sauerkraut Roasted Rosemary Red Potato Garden Salad	Chicken Fajita on Lettuce Wrap Baked Sweet Potato Fries	Hamburger Steaks w/ Sauerkraut Roasted Rosemary Red Potato Garden Salad	Baked Salmon Steamed Wild Rice Roasted Greenbeans & Tomatoes
Dinner	Tuna Salad on Whole-grain Toast Soup Garden Salad	Zucchini Pizza Boats Soup	Cajun Shrimp Quinoa Rice Steamed Carrots	Tuna Melt on Sourdough Bread Garden Salad Soup	Egg Salad on Whole-grain Toast Soup Garden Salad
Drinks	Fruit Juices (Apple, Orange, Cranberry), Almond Milk, Chamomile Tea, Coffee or Black Tea - To be consumed 1 hour after taking thyroid medications or as advised by physicians.				
Salad	Garden Tossed Salad (Lettuce, Tomato, Onion, Cucumber, Carrots) w/ Homemade Raspberry Walnut Vinaigrette (Lunch or Dinner)				
Soup	Bone Broth with Spinach & Dried Nori Seaweed (Lunch or Dinner)				
Desserts	Homemade Berry Yogurt Pops, Yogurt Ice Cream, Fresh Fruit Bowl (Lunch or Dinner)				
Snacks	Brazil nuts, Macadamia, Hazelnuts, Fruit Smoothies, Fresh Fruit Bowl (Anytime of the Day)				

The Grocery List

Animal Protein	Fresh Vegetables	Dry Herbs & Seasoning
Chicken breasts - 11 pcs Tuna (2.5 oz.) pouch – 3-4 pouches Beef marrow bones, joints, or knuckles - 2 lbs. Ground beef - 2 lbs. Eggs - 10-12 Shrimp raw (devained, tail on/off)- 2 lbs. Wild salmon fillet - 4 pcs.	Avocado - 2 pcs. Carrots - 12 pcs. Sweet potatoes - 3 medium pcs. Sweet potatoes - 3 large pcs. Celery - 1 bunch Onions - 2 pcs. Thyme - 2 sprigs Rosemary - 6 sprigs Parsley - 2 sprigs Spinach - ½ lb. Lemon - 4 pcs. Red potatoes - 2 lbs Garlic, fresh - 2 heads Zucchini - 3 pcs Cherry tomatoes - 1 ½ lb. Roman tomatoes - 6 pcs. Basil leaves - 1 sprig Shiitake mushrooms - 1 lb. Head of lettuce - 2 Cucumber - 3 pcs. Bell peppers - 3 pcs. Green beans - 1 lb	Sea salt Ground black/white pepper Garlic powder Onion powder Paprika Parsley Dill Bay leaf Cinnamon Nutmeg Cornstarch Turmeric Chili powder Oregano
Fresh Fruits	Oil & Sauces	Dairy
Raspberry - 1 cup (½ lb.) Blueberries - 2 cups (1 lb) Strawberries - 2 cups (1 lb) Apples - 3 pcs. Banana - 2 pcs. Kiwi - 1 pc.	EVO Avocado oil Mustard Apple cider vinegar Worcestershire sauce Red wine vinegar Balsamic vinegar	Mozzarella shredded - 3 lbs. Cheddar cheese slices - 5 slices Yogurt Ice Cream (optional)
Other Items	Grains	Non-Dairy
Walnut - 1 cup Nori seaweed sheets - 2 Raisins dried - 1 cup Sauerkraut - 2 cups Honey Hummus - 1 cup Almond or Apple butter Brazil/Macadamia/Hazelnuts (snacks) Juices (Apple/Orange/Cranberry) Coffee/Tea	Whole-grain Bread - 1 loaf Sourdough bread - 2 Wild rice - 2 cups Quinoa - 2 cups Steel-cut oats - 2 cups	Greek yogurt - 1 cup Coconut yogurt - 4 cups Almond milk, unsweetened - 2 (1 quart/32 oz. containers)

The Recipe Tips

1. All the recipes in this meal plan are mere suggestions, feel free to adjust them based on your prescribed diet or preferences.
2. To adjust the serving size, look at the *Total Yield* number and multiply by 2 to double up the portion. Likewise, divide by 2 to cut the portion in half.
3. *Honey* is used in all the recipes that call for sugar or sweetener. You can also use a plant-based sweetener like *Stevia* if you prefer.
4. For *Bone Broth* recipe, save the remaining broth by transferring the broth in mason jars or freezer bags and keep them in the freezer.
5. Before heading out for shopping, check your pantry or cupboards first and cross out items you already have. This will save you space and money.
6. If you prefer organic items, though they may be more expensive, but they are a better and healthier choice.
7. For *Smoothies* recipes, you can use frozen fruits as long as there are no preservatives used. Otherwise, fresh is always the best.
8. Hypothyroid diet suggests limiting *Dairy* intake. There are recipes here that call for dairy ingredients. Those dairy products were selected to be more tolerable to hypothyroid diet. Consuming any food in moderation always deliver good results.
9. *Nut allergy*. Few recipes have walnut, Brazil nut, Macadamia nut and Hazel nut ingredients. If these are allergens for you, you can remove it from the recipe.
10. *Almond Milk*. If this is an allergen for you, simply substitute with Coconut or Oat Milk.
11. *Sea salt* is used in most of the recipes. If you have any other kind prescribed by your specialist, simply change it.
12. If you refer to the *Menu*, the rows that show the *Drinks*, *Salad*, *Soup*, *Dessert*, and *Snacks* were drawn across the page, which means you can eat them anytime of the day.

The Recipes, Key Thyroid Nutrients & Prep Work



DAY -1

BREAKFAST:

- + Prepare the eggs for breakfast.
- + Slice the avocado.
- + Toast the sourdough bread.

Prep Work —

1. Prep and start the Bone Broth early in the day. This will take 12 hrs to cook.
2. Prep the Blueberry Yogurt Pops for dessert. They need to freeze prior to eating.

LUNCH:

- + Make the Greek Chicken Bake.
- + Roast the Carrots and Sweet Potatoes.

Prep Work —

3. Prep the Tuna Salad for today's dinner. It needs to be refrigerated for dinner.
4. Prep the homemade Raspberry Walnut Vinaigrette for dinner.

DINNER:

- + Assemble the Tuna Salad Sandwich on Whole-grain Toast.
- + Serve the soup if it cooks in 12 hrs. Otherwise, include this for tomorrow's lunch or dinner.
- + Make enough Garden Salad for dinner.

Prep Work —

5. Prep Apple Raisin Overnight Oats for tomorrow's breakfast. It needs to soak overnight.
6. Take groundbeef out of the freezer and thaw overnight for tomorrow's lunch.

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GREEK CHICKEN BAKE	
Total Yield: 3-6 Servings	
Ingredients	Preparations & Cooking
<p>* Chicken breast or thighs – 6 pcs</p> <p>* Sea salt & pepper to season</p> <p>* Low-fat plain/Greek yogurt - 1 cup</p> <p>* Mozzarella shredded - 1 cup</p> <p>* Spices: garlic powder, onion powder, paprika, parsley dried – 1 Tsp each</p>	<ol style="list-style-type: none"> 1. Wash the chicken breast and pat dry with paper towels. Gently rub the salt and pepper over the chicken and set aside. 2. Preheat the oven to 350 F. 3. In a bowl, combine the yogurt and all the spices. 4. Lay a paper liner over a baking sheet or spray with grease. 5. Dip each chicken breast into the yogurt mixture. 6. Lay the chicken breast onto the baking sheet and bake for 20-25 minutes or until the internal temperature of the chicken is at least 165 F. 7. In the remaining 5 minutes of baking, take the chicken out of the oven and sprinkle with shredded mozzarella. Place the chicken back in the oven and finish the baking time.
<p>Key Thyroid Nutrients: Iron, Selenium, Zinc, Probiotics, Anti-inflammation</p>	

OVEN-ROASTED CARROTS & SWEET POTATOES	
Total Yield: 4 Large Servings	
Ingredients	Preparations & Cooking
<p>* Carrots - 4-5 pcs.</p> <p>* Sweet Potatoes - 3 medium pcs.</p> <p>* EVO/Avocado oil – 1/4 cup</p> <p>* Balsamic vinegar - 3 Tbsp.</p>	<ol style="list-style-type: none"> 1. Preheat the oven to 350 F. 2. Wash and cut the vegetables in cubes. 3. Toss the veggies with oil, salt and pepper and herbs seasoning in a bowl. Transfer the vegetables in the baking sheet. 4. Roast the vegetables for 30-35 minutes or until tender.

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<p>* Sea salt and pepper to taste</p> <p>* Any dry herb seasoning (of choice)</p>	<p>5. After 20 minutes of roasting, take the baking sheet out and drizzle the vegetables with balsamic vinegar. Place the vegetables back in the oven and finish roasting.</p>
<p>Key Thyroid Nutrients: Iron, Vitamin A, Vitamin C, Vitamin E</p>	

<p style="text-align: center;">TUNA SALAD ON WHOLE-GRAIN BREAD</p> <p style="text-align: center;">Total Yield: 2-3 Cups</p>	
<p>Ingredients</p>	<p>Preparations</p>
<p>* Tuna, light in water (2.5 oz.) vacuum-sealed pouch – 3-4 pouches</p> <p>* Celery (finely chopped) – ½ cup</p> <p>* Onions or Spring onions (finely chopped) – ½ cup</p> <p>* Dry herbs: Garlic powder, Paprika, Dill, Parsley flakes – ½ Tbsp each.</p> <p>* Mustard – 2 Tsp.</p> <p>* Hummus – ½ cup</p> <p>* EVO/Avocado oil – 2 Tbsp.</p> <p>* Sea salt and pepper to taste</p> <p>* Whole-grain Bread</p>	<p>1. Drain the tuna.</p> <p>2. Chop the onions very finely. Wash the celery and chop the same way.</p> <p>3. Combine the tuna, vegetables and dry herbs together.</p> <p>4. In a separate bowl, combine the hummus, mustard, and oil. Whisk gently and add the hummus mixture into the tuna mixture.</p> <p>4. Adjust the taste by adding sea salt and pepper, if needed.</p> <p>5. Use it as a sandwich spread or as a topping to a fresh vegetable salad.</p>
<p>Key Thyroid Nutrients: Selenium, Antioxidants, Anti-inflammatory, Probiotics, Vitamin D, Iron, Omega-3 Fatty Acids, Vitamin E</p>	

HOMEMADE RASPBERRY WALNUT VINAIGRETTE	
Total Yield: 3-4 Cups	
Ingredients	Preparations
<ul style="list-style-type: none"> * EVO/Avocado oil – 2 cups * Fresh raspberry - 1 cup * Red wine vinegar - ¼ cup * Walnut - ½ cup * Seasalt - 1 Tsp. * Pepper - ½ Tsp. 	<ol style="list-style-type: none"> 1. Wash the raspberries and pat dry using paper towels. Set aside. 2. Set the food processor on a Grind setting. Run the walnuts until fully grounded. 3. Slowly add the oil, salt, pepper and red wine vinegar in the food processor and run it on a Pulse setting. 4. When the mixture are fully combined, slowly add the fresh raspberries and continue with the pulse setting. 5. Adjust the texture by adding more oil if needed. 6. Adjust the taste by adding salt or pepper.
Key Thyroid Nutrients: Omega-3 Fatty Acids, Vitamin C, Fiber, Vitamin E	

GARDEN TOSSED SALAD w/ RASPBERRY WALNUT VINAIGRETTE	
Total Yield: 2 Servings	
Ingredients	Preparations
<ul style="list-style-type: none"> * Lettuce - 1 cup * Cherry Tomato - 1 cup * Cucumber - 1 cup * Carrots - 1 cup 	<ol style="list-style-type: none"> 1. Wash the vegetables thoroughly. 2. Slice the vegetables in bite size. 3. Combine and toss with vinaigrette.

BONE BROTH WITH SPINACH & DRIED NORI SEAWEED	
Total Yield: 10-12 cups	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Beef marrow bones, joints, or knuckles - 2 lbs. (Add Chicken bones, if 	<ol style="list-style-type: none"> 1. Thaw the bones fully, 3 days earlier if bought frozen. 2. Wash the bones very well under warm water. 3. Place all the bones in a soup kettle or any soup pot.

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available) * Water - 20 cups * Apple cider vinegar - ¼ cup * Fresh thyme, rosemary, parsley - 2 sprigs each herb * Bay leaf - 2 pcs.	4. Add the vinegar and all the herbs. 5. Fill the pot with water enough to cover the bones. 6. On high heat, bring to a boil. Skim off the scum that rises to the top of the pot using any ladle or large spoon. 7. Bring the heat to medium, and simmer the broth for at least 12 hours. 8. After 12 hours, turn the heat off. Let it cool. 9. Strain the broth through a fine-mesh strainer. 10. Transfer the broth to Mason jars or any container with tight lids for refrigeration.
* Sea salt & Pepper - to taste * Spinach * Nori seaweed	To heat the soup, simply pour enough amount into a bowl or small pot. Add in some spinach and nori seaweed and warm it up in the microwave or stovetop. Season with salt and pepper, if needed.
Key Thyroid Nutrients: Iron, Zinc, Selenium, Vitamin A	

BLUEBERRY YOGURT POPS Total Yield: 8-10 Servings	
Ingredients	Preparations
* Coconut yogurt or Kefir - 2 cups * Fresh blueberries - 1 cup * Fresh strawberries - 1 cup * Honey - 3 Tbsp. * Almond milk - ⅓ cup	1. Wash the fruits thoroughly. 2. In a saucepan and on medium heat, place the berries and honey together. Let it simmer. 2. When the berries start to burst, start mashing the fruit using a fork or wire whip. Remove from the heat and set aside to cool down. 3. In a separate bowl, combine the almond milk and coconut yogurt. 4. Slowly add in the cooled blueberry mixture. Very gently fold in everything together. 5. Scoop the mixture into a popsicle molds and freeze until solid.
Key Thyroid Nutrients: Vitamin A, Vitamin C, Anti-inflammatory, Antioxidant, Selenium, Vitamin , Iro, Zinc	

DAY -2

BREAKFAST:

- + Serve the Overnight Apple & Raisins Oats cold or warm.
- + Make the Berry Smoothies.

LUNCH:

- + Make the Hamburger Steaks w/ Sauerkraut.
- + Roast the Rosemary Red Potatoes.
- + Make enough Garden Salad for lunch.

DINNER:

- + Make the Zucchini Pizza Boats.
- + Warm up the Broth for soup.

APPLE & RAISIN OVERNIGHT OATS	
Total Serving: 3-4 Cups	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Apples fresh - 2 * Lemon fresh - 1 * Raisins dried - ½ cup * Steel-cut oats - 2 cups * Almond milk, unsweetened - 4 cups * Honey - ½ cup * Cinnamon - 1 Tsp. * Nutmeg - ¼ Tsp. 	<ol style="list-style-type: none"> 1. Gather all the ingredients. 2. Wash and peel the apples. 3. Remove the core. 4. Cut the apples into small cubes. Transfer into a small bowl. 5. Squeeze the lemon juice over the apples to prevent discoloration. Set aside. 6. Combine all remaining ingredients in a container. 7. Refrigerate overnight for breakfast the following day.
Key Thyroid Nutrients: Antioxidants, Anti-inflammatory, Probiotics, Iron, Fiber, Vitamin C	

BERRY SMOOTHIES W/ COCONUT KEFIR OR COCONUT YOGURT	
Total Yield: 2-3 cups	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Blueberries - ½ cup * Strawberries ½ cup * Coconut yogurt - ½ cup * Honey - 3 Tbsp. * Almond milk - 1 cup 	<ol style="list-style-type: none"> 1. Wash the berries thoroughly. 2. Blend everything in the blender.

Key Thyroid Nutrients: **Vitamin A, Vitamin C, Anti-inflammatory, Antioxidant, Selenium, Vitamin , Iro, Zinc**

HAMBURGER STEAKS w/ SAUERKRAUT

Total Yield: 4-6 Servings

Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Ground beef – 2 ½ lbs., fully thawed * Seasalt, pepper, thyme, paprike * Water – 1 cup * Worcestershire sauce – 2 Tbsp * Mustard – 2 Tbsp. * Garlic powder - 1 Tsp. * onion powder - 1 Tsp. * Cornstarch – ¼ cup (dissolved in ¼ cup water) * Sauerkraut - 2 cups 	<ol style="list-style-type: none"> 1. Pre-heat oven to 350 F. 2. Season the ground beef with salt, pepper, thyme and paprika. Form into patties. 3. Brown the patties slightly in the pan. Transfer in a baking pan. 4. In a sauce pan, combine water, Worcestershire sauce, garlic powder, and onion powder. Bring to a simmer on medium heat. 5. Add the or mustard and turn heat down. 6. Add the cornstarch mixture and whisk gently to dissolve any clumps. 7. Place the sauerkraut on the top of the burger patties. 8. Pour the gravy. Bake for 10-15 minutes.

Key Thyroid Nutrients: **Iron, Zinc, Vitamin A, Antioxidant, Probiotics**

ROASTED RED POTATOES

Total Yield: 4-5 Servings

Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Red potatoes - 2 lbs. * EVO/Avocado oil – ½ cup * Rosemary dry herbs - 1 Tbsp. * Fresh Garlic - 4 cloves, chopped * Seasalt and pepper to taste 	<ol style="list-style-type: none"> 1. Wash and scub the potatoes thoroughly. 2. Cut the potatoes in cubes, bite size. Do not peel. 3. Place the potatoes in the baking sheet. 4. Drizzle the potatoes with oil. 5. Season with rosemary, garlic, salt and pepper. Rub the seasoning into the potatoes. 6. Bake the potatoes in pre-heated oven at 350 F for 35-45 minutes or until cooked.

Key Thyroid Nutrients: **Vitamin C, Anti-inflammatory, Zinc, Vitamin E in Avocado oil and EVO.**

ZUCCHINI PIZZA BOAT	
Total Yield: 6 Servings	
Ingredients	Preparations & Cooking
<p>* Zucchini - 3 pcs. * Mozzarella shredded cheese * Cherry tomatoes - ½ cup, sliced in half * Fresh basil leaves -</p> <p><u>Pizza Sauce</u></p> <p>* Roman tomatoes - 6 pcs. * EVO/Avocado oil – ½ cup * Sea salt * Pepper</p>	<ol style="list-style-type: none"> 1. Wash and slice the roman tomatoes. Transfer them in a baking sheet. Season with salt and pepper. Roast the tomatoes in pre-heated oven at 350 F for 15 minutes. Mash the tomatoes to a paste texture. Set aside. 2. Wash the zucchini and slice lengthwise. Scoop out some of the center. 3. Season the zucchini boats with salt and pepper. Roast in the oven for 10-15 minutes or until slightly soft. Let the zucchini rest for 5 minutes. Pat dry with paper towel to remove moisture. 4. Assemble the pizza - Brush the tomato sauce over the zucchini boats. Top with cheese, cherry tomatoes, fresh basil. 5. Bake for 5 minutes or until cheese is melted.
<p>Key Thyroid Nutrients: Vitamin A, Anti-inflammatory, Probiotics, Omega-3 Fatty Acids, Vitamin E</p>	

DAY -3

BREAKFAST:

- + Make the Shiitake Mushroom & Spinach Omelet.

LUNCH:

- + Make the Chicken Fajita on Lettuce Wrap.
- + Bake the Sweet Potato Fries.

DINNER:

- + Make the Cajun Shrimp.
- + Cook the Quinoa Rice.
- + Steam the Carrots.

SHIITAKE MUSHROOM & SPINACH OMELET	
Total Yield: 2 Servings	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Shitake Mushroom - 2 cups * Spinach - 1 cups * Eggs - 4 * Almond milk - 3 Tbsp. * Seasalt * Black pepper * EVO/Avocado oil - 3 Tbsp. + 3 Tbsp. 	<ol style="list-style-type: none"> 1. Slice the mushroom. 2. Beat the eggs in a separate bowl. Add a pinch of salt and pepper. Add the almond milk. 3. Heat the oil in a pan or skillet. Add the mushrooms and cook until golden brown for about 5 minutes. Add the spinach and stir to combine. Transfer in a bowl. 4. In the same pan, add 3 Tbsp. of oil and spread over the surface. Pour the egg mixture and swirl the pan to spread the egg over the surface. Turn the heat to low. 5. Stir the egg using a rubber spatula for about 30 seconds. Then allow the egg to set (when it's less runny). 6. In the center of the omelet, add the mushrooms and spinach. Arrange the filling in a line for easy rolling. 7. Using the rubber spatula, loosen the sides of the omelet. Then slowly, roll one edge of the omelet over the center. 8. Do the same to the other edge until omelet is firmly set.
<p>Key Thyroid Nutrients: Selenium, Omega-3 Fatty Acids, Probiotics, Vitamin E, Antioxidant, Iron</p>	

CHICKEN FAJITA ON LETTUCE WRAP	
Total Yield: 4-5 Servings	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Head of Lettuce - 4-5 leaves * Chicken breast - 4-5 pcs * Onions - 1 medium * Red/Green peppers - 2-3 pcs. * Fajita seasoning: (1/2 Tsp each) Chili powder, Paprika, Cumin, Garlic powder, Onion powder, Oregano dried, Sea Salt, Cayenne pepper 	<ol style="list-style-type: none"> 1. Wash the chicken and pat dry using paper towels. Cut the chicken into strips. 2. Place the chicken in a baking sheet and season with half of the fajita seasoning. 3. Roast the chicken in a preheated oven (350 F) for 15-25 minutes or until chicken is cooked. Set aside. 4. Slice the onions and peppers lengthwise. Saute the vegetables and season with the remaining fajita seasoning. Set aside. 4. Wash the lettuce leaves and pat dry with paper towels. 5. Assemble the chicken wrap by placing a scoop of chicken fajita on the lettuce leaf, then top with sauteed vegetables.

Key Thyroid Nutrient: **Selenium, Zinc, Iron, Vitamin A**

CAJUN SHRIMP	
Total Yield: 2 Servings	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Shrimp raw (devained, tail on/off)- 2 lbs. thawed * Lemon slices * EVO/Avocado oil - ¼ cup * Cajun seasoning: (½ Tsp each) White pepper, Cayenne pepper, Onion powder, Garlic powder, Paprika) 	<ol style="list-style-type: none"> 1. Wash the shrimp under running water. Pat dry with paper towels. 2. Combine the cajun seasoning and add the EVO. Mix until well blended. 3. Place all the shrimp in a baking sheet. Pour the cajun seasoning over the shrimp until fully coated. 4. Turn the oven on Broil setting (500 F). Broil the shrimp for 10-15 minutes or until the shrimp turns pink. 5. Take the shrimp out of the oven and squeeze lemon on it prior to serving.
Key Thyroid Nutrients: Selenium, Zinc, Iron, Vitamin E	

QUINOA RICE	
Total Yield: 4 Servings	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Quinoa - 2 cups * Broth - 4 cups * Nori seaweed sheets - 1 sheet * Turmeric - ¼ Tsp. 	<ol style="list-style-type: none"> 1. In a rice cooker, combine all the ingredients and set the cooking timer. It will cook perfectly. 2. If cooking in a soup pan, bring the broth to a boil. Add all the ingredients and stir. Cook in medium heat until the broth is fully absorbed.
Key Thyroid Nutrients: Iron, Antioxidants, Anti-inflammation, Antioxidant	

STEAMED CARROTS	
Total Yield: 3 Cups	
Ingredients	Preparations & Cooking

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<ul style="list-style-type: none"> * Carrots - 6 pcs * Water - * Seasalt - 1 Tsp. (optional) 	<ol style="list-style-type: none"> 1. Wash and peel the carrots. 2. Slice into bite size. 3. Bring water to a boil. Add salt, if desired. 4. Add the carrots and cook until tender.
<p>Key Thyroid Nutrients: Iron, Vitamin A, Anti-inflammation</p>	

BAKED SWEET POTATO FRIES Total Yield: 2-3 Servings	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Sweet potatoes - 3 pcs large * Water - 2 quarts + 1 Tsp of Sea salt. * EVO/Avocado oil 	<ol style="list-style-type: none"> 1. Wash and scrub the potatoes. 2. Slice the potatoes lengthwise or into wedges. 3. Soak the potatoes in water for at least 30 minutes. 4. Rinse the potatoes after soaking. 5. Transfer in a well-greased baking sheet. 6. Drizzle more oil over the potatoes. 7. Bake in a preheated oven at 350 F for 30-35 minutes or until brown. 8. Sprinkle or toss the potatoes in salt, if desired.
<p>Key Thyroid Nutrients: Vitamin E, Anti-inflammation, Fiber for gut health</p>	

DAY -4

BREAKFAST:

- + Prepare the eggs for breakfast.
- + Make the Whole-grain bread Toast w/ Apple/Almond Butter.

Prep Work —

1. Make enough Garden Salad for today's Lunch & Dinner

LUNCH:

- + Warm up the leftover Hamburger Steaks with Sauerkraut.
- + Warm up the Roasted Red Potatoes.
- + Serve the Garden Salad

DINNER:

- + Use the leftover Tuna Salad to make the Tuna Melt
- + Serve the Garden Salad
- + Warm up the Broth for soup is desired.

TUNA MELT ON SOURDOUGH Total Yield: 1-2 Servings	
Ingredients	Preparations & Cooking
* Leftover tuna salad * Cheddar cheese slices * Sourdough bread * EVO/Avocado oil - 2 Tbsp.	1. Grease the pan lightly using EVO. 2. Set the heat to medium. 3. Grill each side of the bread and set aside. 4. In the same pan, add small amount of EVO. 5. Scoop enough amount of tuna salad and place it on the pan. Top with cheese. 5. When cheese is almost melted, transfer the tuna cheese melt in the sandwich. 6. Place the sandwich back in the pan to warm up the bread.
Key Thyroid Nutrients: Vitamin A, Vitamin D, Selenium, Iron, Zinc, Omega-3 Fatty Acids, Vitamin E	

DAY -5

BREAKFAST:

- + Use the leftover Apple & Raisins Oat
- + Make the Banana, Apple, Kiwi Smoothies

Prep Work ----

1. Prep the Egg salad early in the day so it cools for dinner.

LUNCH:

- + Steam the Wild Rice
- + Bake the Salmon
- + Roast the Greenbeans & Tomatoes

DINNER:

- + Serve the Egg Salad on Whole-grain Toast
- + Warm up the Soup
- + Make enough Garden Salad for dinner.

BANANA, APPLE & KIWI SMOOTHIES Total Yield: 2-3 Servings	
Ingredients	Preparations & Cooking
* Banana - 2 * Apple - 1 * Kiwi - 1 * Coconut yogurt - 1 cup * Almond milk - 1 cup * Honey - 3 Tbsp.	1. Peel and slice the bananas, apple, and kiwi. Place the fruits in a blender. 2. Add the coconut yogurt, almond milk and honey. 3. Blend until smooth.
Key Thyroid Nutrients: Antioxidant, Anti-inflammation, Fiber for gut health, Vitamin E, Probiotics	

BAKED SALMON Total Yield: 3-4 Servings	
Ingredients	Preparations & Cooking
* Wild salmon fillets – 4 pcs * Fresh lemons or any citrus fruit – 2 pcs. sliced * Avocado oil - 4 Tbsp. * Fresh Garlic – 2-3 cloves chopped * Rosemary - 4 sprigs fresh * Dill dry herbs * Sea salt * Pepper	1. Remove the scales of the salmon, if there are any. 2. Rub the oil, garlic, salt and pepper on the salmon fillets and let them marinate for 15 minutes. 3. Gather the rest of the ingredients. Preheat the oven to 350 F. 4. Place the rosemary sprigs on the baking sheet. Place the salmon on top of the rosemary sprigs with the fillet side up. 5. Place the sliced lemons or citrus on top of the salmon. 6. Drizzle with oil. 7. Bake for 12-15 minutes or until the salmon is flaky.
Key Thyroid Nutrients: Selenium, Vitamin D, Vitamin E, Zinc, Anti-inflammation, Vitamin A	

STEAMED WILD RICE Total Yield: 4 Servings	
Ingredients	Preparations & Cooking
* Wild rice - 2 cups * Water - 4 cups * Any dry herb seasoning	1. In a rice cooker, combine all the ingredients and set the cooking timer. It will cook perfectly. 2. If cooking in a soup pan, combine rice, water and any

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of choice - 1 Tsp. (optional)	dry herb seasoning of choice. 3. Cook in medium heat until the water is fully absorbed.
Key Thyroid Nutrients: Zinc, Fiber for gut health	

ROASTED GREEN BEANS & TOMATOES	
Total Yield: 3-4 Servings	
Ingredients	Preparations & Cooking
<ul style="list-style-type: none"> * Green beans, fresh - 1 lb. * Cherry tomatoes - 1 cup * Cajun seasoning leftover * Seasalt - 1 Tsp. * EVO/Avocado oil) - 1 Tbsp. (optional) 	<ol style="list-style-type: none"> 1. Wash the vegetables. 2. Place the vegetables in baking sheet. 3. Drizzle with oil. 4. Season with salt and pepper or the leftover Cajun seasoning, if available. 5. Roast in a preheated oven at 350 F for 8-10 minutes or until green beans are cooked.
Key Thyroid Nutrients: Vitamin A, Anti-inflammation, Fiber for gut health, Vitamin E	

EGG SALAD ON WHOLE-GRAIN BREAD	
Total Yield: 2-3 Servings	
Ingredients	Preparations
<ul style="list-style-type: none"> * Eggs - 5-6 * Mustard – 2 Tsp. * Hummus – ½ cup * Avocado oil - 1 Tbsp * Sea salt and pepper to taste * Whole-grain Bread 	<ol style="list-style-type: none"> 1. Place the eggs in a pan and fill halfway with water. Make sure the eggs are fully soaked in water. 2. Boil the eggs for 20 minutes. 3. After the boil, drain the water and add ice cubes or cold water in the pan and let it sit for 5 minutes to cool the eggs down. 4. Drain the water and transfer the eggs in any plastic bowl with lid, 5. Gently shake the bowl, this will loosen up the shells. 6. Uncover the bowl and take off the egg shells. Wash the eggs. Chopped or slice the eggs. 7. In a separate bowl, combine the hummus, mustard, and oil. Whisk gently. 8. Combine the eggs and hummus mixture.
Key Thyroid Nutrients: Selenium, Iron, Vitamin D, Omega-3 Fatty Acids, Vitamin E, Vitamin A	