

Root Cause Autoimmune Recipes

— ONE WEEK MEAL PLAN —



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About The Author



Izabella Wentz, PharmD, FASCP is an internationally acclaimed thyroid specialist and licensed pharmacist who has dedicated her career to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's Thyroiditis in 2009.

Dr. Wentz 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 the protocol-based book *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back* (March 2017 release).

As a patient advocate, researcher, clinician and educator, Dr. Wentz is committed to raising awareness on how to overcome autoimmune thyroid disease through The Thyroid Secret Documentary Series, the Hashimoto's Institute Practitioner Training, and her international consulting and speaking services offered to both patients and healthcare professionals.

www.thyroidpharmacist.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

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1

DAY 1 BREAKFAST: Apple "Toast" with Chicken and Fig Spread

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

2 large apples, cored and sliced

1 tablespoon coconut oil

1 cup cooked and shredded chicken

3 tablespoons unsweetened fig preserves

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chopped cilantro

Directions:

Preheat oven to 375 degrees F.

Rub apple slices with oil and place on a baking sheet.

Place baking sheet in the preheated oven and bake for 5 to 10 minutes on each side, until apples are crisp.

In a large bowl, mix together the remaining ingredients.

Spoon mixture onto the apple toasts and serve.

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DAY 1 LUNCH: Salmon and Brussels Salad

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

2 cups shredded Brussels sprouts

2 cups cooked and flaked salmon

2 tablespoons lemon juice

1 tablespoon olive oil

1 teaspoon honey

1 tablespoon minced dill

1 small shallot, minced

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

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

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DAY 1 DINNER: Beef Burgers with Grilled Onions

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1 pound ground beef

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large onion, cut into thick slices

2 tablespoons balsamic vinegar

2 teaspoons olive oil

1 large avocado, peeled and mashed

Directions:

Heat grill to medium high heat.

In a large bowl, mix the ground beef, salt and pepper and form into patties.

In another large bowl, place the onion, balsamic vinegar and oil. Toss well.

Place burgers and onions on preheated grill. Cook burgers for 5 to 10 minutes on each side, until burgers reach desired level of doneness. Cook onions for 5 minutes, until tender.

Layer burgers, mashed avocado and onion and serve.

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DAY 1 SNACK: Prosciutto Avocado Roll-ups

Serves 4

Prep Time: 10 minutes

Cook Time: N/A

Ingredients:

2 large avocados, peeled and sliced

2 tablespoons lemon juice

1 teaspoon honey

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

8 very thinly sliced prosciutto

Directions:

In a large bowl, toss the first 5 ingredients (avocado through salt and pepper).

Wrap each slice of avocado with 1 or 2 slices of prosciutto and serve.

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DAY 2 BREAKFAST: Roasted Breakfast Hash

Serves 4

Prep Time: N/A

Cook Time: 30 minutes

Ingredients:

1 pound ground gluten and nitrate free sausage

1 large shallot, chopped

2 cups chopped Brussels sprouts

1 large carrot, chopped

2 cups cauliflower florets

2 teaspoons olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon minced thyme

1 teaspoon minced oregano

Directions:

Preheat oven to 375 degrees F.

In a large skillet over medium heat, add sausage and shallot. Cook for 10 minutes, until sausage is brown.

In a large bowl, toss together the remaining ingredients with the sausage mixture and pour into a large baking dish.

Bake for 20 minutes, until edges of vegetables are brown and tender.

Serve warm.

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DAY 2 LUNCH: Shrimp and Pineapple with Ginger

Serves 4

Prep Time: 3 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 clove garlic, minced

2 tablespoons chopped leek

1 pound deveined and shelled shrimp

2 small carrots, chopped

1/2 cup bone broth

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon ground ginger

1 teaspoon grated lime zest

2 teaspoons honey

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 (garlic 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 2 DINNER: Bacon and Avocado Lamb Burgers

Serves 4

Prep Time: 5 minutes

Cook Time: 14 minutes

Ingredients:

1 pound ground lamb

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon garlic powder

1 teaspoon chopped oregano

1 tablespoon coconut oil

8 slices additive free bacon

8 slices romaine lettuce leaves

1 small avocado, peeled and sliced

Directions:

In a large bowl, mix the first 5 ingredients (lamb through oregano). Form lamb mixture into patties.

In a large skillet over medium heat, heat oil. To the skillet, add the burgers and cook for 4 minutes on each side, until burgers reach desired level of doneness. Remove burgers from skillet and set aside.

To the skillet, add the bacon and cook on medium heat for 3 minutes on each side, until very crispy. Transfer bacon to a paper towel lined plate.

Layer 1 lettuce leaf, burger, avocado, bacon. Top with another lettuce leaf and serve.

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DAY 2 SNACK: Turkey and Carrot Rollups

Serves 4

Prep Time: 15 minutes

Cook Time: N/A

Ingredients:

1/2 pound additive and gluten free sliced deli turkey

1/2 cup shredded carrots

1 tablespoon chopped onion

2 tablespoons chopped cilantro

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut aminos

1 teaspoon lime juice

Directions:

Arrange turkey slices in a single layer.

In a medium bowl, mix together the remaining ingredients and spoon into the turkey slices.

Roll up turkey and serve.

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DAY 3 BREAKFAST: Crispy Turkey Bacon with Berry Salad

Serves 4

Prep Time: N/A

Cook Time: 20 minutes

Ingredients:

1 pound turkey bacon

1 cup blueberries

1 cup raspberries

1 cup sliced strawberries

2 tablespoons lime juice

1 tablespoon chopped mint

Sea salt and freshly ground black pepper to taste

Directions:

Preheat oven to 375 degrees F.

On a large baking sheet, place bacon in a single layer and place in the oven. Bake for 5 to 10 minutes on each side until very crispy.

In a large bowl, toss the remaining ingredients together and serve with bacon.

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DAY 3 LUNCH: Shrimp "Fried Rice"

Serves 4

Prep Time: 3 minutes

Cook Time: 7 minutes

Ingredients:

2 tablespoons coconut oil

1/2 medium onion, sliced

1 clove garlic, minced

1 large zucchini, diced

1 large head cauliflower, cut into florets and pulsed in the food processor until it reaches rice consistency

2 cups peeled and cooked shrimp

2 tablespoons coconut aminos

Sea salt and freshly ground black pepper to taste

Directions:

In a large skillet over medium heat, heat coconut oil. To the oil, add the onion, garlic and zucchini and cook for 2 minutes, then add the cauliflower and stir. Cook for 5 minutes, until vegetables are tender. To the vegetables, add the shrimp and coconut aminos and stir.

Serve warm.

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DAY 3 DINNER: Sweet and Sour Chicken Skewers with Broccoli Salad

Serves 4

Prep Time: 2 hours

Cook Time: 20 minutes

Ingredients:

1 pound chicken thighs

1/4 cup coconut aminos

2 teaspoons lemon zest

1 teaspoon molasses

1 teaspoon honey

Sea salt and freshly ground black pepper to taste

3 cups broccoli slaw

1/4 cup raisins

1 tablespoon minced shallot

2 tablespoons canned full fat coconut milk

1 tablespoon honey

2 tablespoons lime juice

Directions:

Place chicken in a large re-sealable bag. In a large bowl, whisk together the next 6 ingredients (coconut aminos through salt and pepper) and pour the mixture into the bag. Seal bag and place chicken in the fridge for at least 2 hours.

Heat grill to medium heat.

Thread chicken onto large skewers. Place skewers on the grill and cook for 5 to 10 minutes on each side until chicken is no longer pink inside.

In a large bowl, toss the remaining ingredients with sea salt and freshly ground black pepper to taste.

Serve chicken with salad.

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DAY 3 SNACK: Chicken and Avocado Loaded Plantain Chips

Serves 4

Prep Time: 5 minutes

Cook Time: 35 minutes

Ingredients:

3 cups sliced plantains

1/4 cup olive oil

Sea salt and freshly ground black pepper to taste

2 tablespoons chopped green onion

2 tablespoons lime juice

1 large avocado, peeled and mashed

1/2 cup cooked and shredded chicken breast

Directions:

Preheat oven to 350 degrees F.

On two baking sheets, lay a sheet of foil.

In a medium bowl, add plantains and toss with oil. Season with salt and pepper then toss again.

On the two baking sheets, arrange the plantain slices in a single layer. Bake for 35 minutes or until golden and crisp. Half way through baking, rotate baking sheets and turn over plantains.

On a large plate place the chips.

In a medium bowl, mix the next 3 ingredients (onion through avocado) with sea salt and freshly ground black pepper to taste.

Top the chips with guacamole and chicken and serve.

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DAY 4 BREAKFAST: Apple Spice Turkey Saute

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

2 tablespoons coconut oil

1 pound ground turkey

2 teaspoons ground cinnamon

1 teaspoon ground cloves

1 teaspoon ground ginger

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large apple, diced

Directions:

In a large skillet on medium heat, heat coconut oil, add turkey and cook for 15 minutes, or until almost cooked throughout, while stirring and breaking the meat apart. Add spices and continue cooking the meat until it's cooked through. Add apples and cook for another 3 to 5 minutes, or until the apple chunks are cooked and soft.

Serve warm.

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DAY 4 LUNCH: Seared Ahi Orange-Avocado Salad

Serves 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

4 (6-ounce) ahi tuna filets
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 tablespoon coconut oil
1 large head romaine, shredded
1 large carrot, grated
1 medium avocado, diced
1 small orange, peeled and sectioned
1/4 cup olive oil
1 teaspoon apple cider vinegar
1 tablespoon ground garlic

Directions:

On a large cutting board, season ahi filets with salt and pepper and set aside.

In a large skillet on medium-high heat, heat oil and add tuna filets and sear for about a minute on each side or until desired temperature. Remove from heat, slice thinly, and set aside.

In a large bowl, combine all remaining ingredients and toss to coat evenly.

Place ahi slices on top of mixed salad and serve immediately.

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DAY 4 DINNER: Baked Garlic Ginger Chicken in Portobello Mushroom Caps

Serves 4

Prep Time: 2 hours 15 minutes

Cook Time: 20 minutes

Ingredients:

1/4 cup coconut aminos	1 small onion, finely chopped
3 tablespoons fresh orange juice	1 large celeriac, finely chopped
1-inch piece ginger root, peeled, minced	1 large carrot, finely chopped
3 cloves garlic, minced, divided	1/2 cup collard greens, finely chopped
Sea salt/pink Himalayan salt to taste	2 tablespoons chopped rosemary
Pepper to taste (if tolerated)	1 pound Portobello mushroom caps
2 pounds chicken breast, butterflied	3 tablespoons chopped parsley
2 tablespoons coconut oil, divided	

Directions:

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

In a blender or food processor, combine ingredients 1 to 5 (coconut aminos through salt and pepper), using only 1 clove garlic, to make the marinade and blend for 30 seconds.

In a resealable bag, pour blended marinade ingredients with chicken and marinate for 2 hours.

Preheat oven to 400 degrees F.

Remove chicken from marinade and discard the rest of the marinade.

Heat a large skillet on medium-high heat, add half of the oil and cook for 7 minutes on each side, or until the chicken is cooked all throughout.

In another large skillet over medium-high heat, heat remaining oil and add onions and cook for 2 to 3 minutes.

Then add the remaining garlic and the next 4 ingredients (celeriac through rosemary) and continue cooking for 5 more minutes.

Once cooled, chop the chicken into very small pieces, and add to the onion mixture. Mix until incorporated.

Remove from heat and scoop mixture into Portobello caps and place onto prepared baking sheet. Bake for 30 minutes and serve warm garnished with fresh parsley.

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DAY 4 SNACK: Apple Crumble Skillet

Serves 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients:

4 tablespoons coconut oil, melted, divided

4 medium-size apples, peeled, thinly sliced

1 teaspoon ground cinnamon, divided

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 cup coconut flour

Directions:

Preheat oven to 350 degrees F.

In a large skillet over medium-high heat, heat 1 tablespoon coconut oil, add apples and cook about 8 to 10 minutes, until soft but not mushy. Stir in half of cinnamon and sea salt and remove from heat.

In a small bowl, whisk together the remaining coconut oil, cinnamon and coconut flour. Spoon on top of the cooked apple mixture and place everything into a small baking dish.

Bake for 10 minutes until the crumble is crispy.

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DAY 5 BREAKFAST: Ground Bison and Root Veggie Hash

Serves 4

Prep Time: N/A

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 pound ground bison

2 cloves garlic, minced

1/4 cup chopped scallions

1 cup chopped carrots

1 cup chopped parsnip

1/2 cup chopped turnips

2 teaspoons chopped oregano

Sea salt and freshly ground black pepper to taste

Directions:

In a large skillet over medium heat, heat the coconut oil. To the skillet, add the bison, garlic and scallions and cook for 5 minutes, until meat is browned.

To the skillet, add the remaining ingredients and stir. Cook for 10 minutes, until bison is cooked through and vegetables are tender.

Serve warm.

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DAY 5 LUNCH: Duck Breast and Kale Stir Fry with Balsamic Reduction

Serves 4

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

1 tablespoon coconut oil

1 large onion, sliced

Sea salt and freshly ground black pepper to taste

1 pound chopped duck breast

2 cups chopped kale

2 cups sliced mushrooms

1/3 cup balsamic vinegar

2 tablespoons honey

1/4 cup chopped scallions

2 teaspoons chopped rosemary

Directions:

In a large skillet over medium heat, heat coconut oil. To the skillet, add the onion and salt and pepper. Cook for 5 to 10 minutes, until tender and caramelized.

To the skillet, add the duck, kale and mushrooms and stir. Cook for 10 minutes, until duck is cooked through and vegetables are tender. Transfer duck mixture to a bowl and set aside.

To the skillet, add the remaining ingredients and turn heat up to high. Bring balsamic mixture to a boil then reduce to low and whisk periodically for 10 minutes, until balsamic mixture has reduced to half. To the reduction sauce, add the contents of the bowl and stir.

Serve warm.

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DAY 5 DINNER: Ham and Cucumber Salad with Lemon Dill Vinaigrette

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

1 tablespoon coconut oil

2 cups cubed nitrate free ham

2 cups chopped cucumber

4 cups arugula lettuce

1 medium avocado, peeled and chopped

2 tablespoons chopped scallions

1/4 cup lemon juice

2 tablespoons honey

1 clove garlic, minced

2 teaspoons chopped dill

Sea salt and freshly ground black pepper to taste

Directions:

In a large skillet over medium heat, heat coconut oil. To the oil, add the ham. Cook for 10 minutes, until ham is cooked through.

In a large bowl, toss the ham with the next 4 ingredients (cucumber through scallions).

In a small bowl, whisk together the remaining ingredients.

Pour over the salad and serve.

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DAY 5 SNACK: Fiesta Chicken Celery Boats

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

1 cup cooked and shredded chicken breast

1/2 cup diced green onion

Sea salt and freshly ground black pepper to taste

3 tablespoons mashed avocado

2 tablespoons lime juice

2 tablespoons chopped cilantro

4 large stalks celery

Directions:

In a large bowl, mix the first 7 ingredients (chicken through cilantro).

Spoon chicken mixture onto the celery and serve.

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DAY 6 BREAKFAST: Turkey and Avocado Breakfast Burritos

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

1 pound ground turkey

1/2 small onion, diced

1/2 cup chopped mushrooms

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 clove garlic, minced

4 large turnip green leaves

3 tablespoons chopped cilantro

1 large avocado, sliced

Directions:

In a large skillet over medium heat, add the first 6 ingredients (turkey through garlic) and sauté for 10 minutes, until turkey is cooked through and vegetables are tender.

Spoon the turkey mixture into the lettuce leaves and top with cilantro and avocado.

Roll up leaves and serve.

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DAY 6 LUNCH: Baked Fish with Crispy Citrus Greens

Serves 4

Prep Time: 5 minutes

Cook Time: 40 minutes

Ingredients:

4 large firm white fish filets

2 teaspoons olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups chopped kale

4 cups chopped collard greens

1 tablespoon coconut oil

2 teaspoons grated lemon zest

Directions:

Preheat oven to 400 degrees F.

Place fish in a large baking dish and season with olive oil and salt and pepper. Place fish in the oven and bake for 25 minutes, until fish flakes easily with a fork.

In a large bowl, toss together remaining ingredients with sea salt and freshly ground black pepper to taste. Pour the greens mixture onto a large baking sheet and place in the oven. Bake for 15 minutes, stirring halfway through, until greens are crispy.

Serve with fish.

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DAY 6 DINNER: Meatball and Mushroom Soup

Serves 4

Prep Time: 3 minutes

Cook Time: 32 minutes

Ingredients:

1 pound ground beef

2 tablespoons coconut flour

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 teaspoon dried thyme

1/2 tablespoon coconut oil

4 cups bone broth

1 (14-ounce) can full fat unsweetened coconut milk

2 cups sliced mushrooms

1 large stalk celery, chopped

1 cup cauliflower florets

1/4 cup chopped green onion

Directions:

In a large bowl, mix the first 5 ingredients (beef through thyme). Form meat mixture into meatballs.

In a large pot over medium heat, heat coconut oil. To the oil, add the meatballs and cook on each side for 2 minutes, until brown. To the meatballs, add the remaining ingredients and stir. Cook for 20 to 30 minutes, until meatballs are no longer pink in the center and vegetables are tender.

Serve warm.

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DAY 6 SNACK: Chopped Chicken and Spinach

Serves 4

Prep Time: 3 minutes

Cook Time: N/A

Ingredients:

2 cups cooked and shredded chicken breast

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut aminos

1 tablespoon chopped onion

1 teaspoon chopped oregano

1 cup chopped spinach

Directions:

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

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DAY 7 BREAKFAST: Sausage and Avocado Breakfast Burrito

Serves 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 pound ground nitrate free turkey sausage

2 teaspoons chopped oregano

1/4 cup chopped scallions

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 large cabbage leaves

1 tablespoon olive oil

1 large avocado, peeled and sliced

Directions:

Preheat broiler to high.

Line a large baking sheet with parchment paper.

In a large skillet, heat coconut oil over medium-high heat. To the oil, add the next 5 ingredients (turkey through salt and pepper). Cook for 5 minutes, or until the sausage is cooked through. Set aside while preparing cabbage leaves.

For the cabbage, rub both sides of each leaf with olive oil. Place on the parchment lined baking sheet and place under preheated broiler. Broil for 3 minutes on each side, until each side is tender and slightly brown on the edges.

Layer the cabbage, sausage and avocado and fold into burritos.

Serve warm.

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DAY 7 LUNCH: Dill Radish and Crab Salad

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

2 cups, canned flaked crab meat
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 cup diced radish
2 cups chopped spinach
2 tablespoons olive oil
2 tablespoons chopped dill
1/4 cup lemon juice
2 teaspoons honey

Directions:

In a large bowl, mix the first 5 ingredients (crab through spinach).

In a small bowl, whisk together the remaining ingredients and pour over the salad.

Toss and serve.

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DAY 7 DINNER: Steak and Arugula Salad with Balsamic Dressing

Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/4 cup chopped scallions

1 (14-ounce) can artichoke hearts, drained and chopped

1/2 cup shredded carrots

4 cups arugula lettuce

1/3 cup balsamic vinegar

2 tablespoons honey

2 tablespoons olive oil

1 clove garlic, minced

Directions:

Heat grill to medium-high heat.

Rub steaks with coconut oil, salt and pepper. Place steaks on preheated grill and cook for 7 minutes on each side, until steak reaches desired level of doneness. Allow steak to cool, then chop.

In a large bowl, mix the steak with the next 4 ingredients (scallions through lettuce).

In a small bowl, whisk together remaining ingredients and pour over salad.

Toss and serve.

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DAY 7 SNACK: Bacon Guacamole Cups

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

1 pound cooked and chopped bacon

1 large avocado, peeled and cubed

1 tablespoon chopped red onion

4 tablespoons lemon juice

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon chopped cilantro

Directions:

In a large bowl, toss all the ingredients together.

Using a slotted spoon, spoon the bacon mixture into muffin liners and serve.

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SHOPPING LIST

MEAT

- Ahi Tuna filets (4 (6-ounce))
- Bacon (8 slices, additive-free)
- Bacon (1 pound)
- Beef (2 pounds, ground)
- Beef steaks (4, medium)
- Bison (1 pound, ground)
- Chicken breast (2 pounds)
- Chicken breast (4 1/2 cups)
- Chicken thighs (1 pound)
- Crab meat (2 cups, canned)
- Duck breast (1 pound)
- Fish filets (4 large, firm, white)
- Ham (2 cups, cubed)
- Lamb (1 pound, ground)
- Prosciutto (8 thin slices)
- Salmon (2 cups)
- Sausage (1 pound, ground)
- Shrimp (1 pound)
- Shrimp (2 cups)
- Turkey (2 pound, ground)
- Turkey (1/2 pound, additive-free deli slices)
- Turkey sausage (1 pound, ground)
- Turkey bacon (1 pound)

CANNED GOODS (OR HOMEMADE)

- Artichoke hearts (1 (14-ounce) can)
- Bone broth (4 1/2 cups)
- Coconut milk (2 tablespoons)
- Coconut milk (1 (14-ounce) can)
- Fig preserves (3 tablespoons, unsweetened)

DRY GOODS

- Raisins (1/4 cup)

BAKING

- Coconut flour (2 tablespoons)
- Coconut flour (1 cup)

CONDIMENTS

- Apple cider vinegar (1 teaspoon)
- Balsamic vinegar (2 tablespoons)
- Balsamic vinegar (2/3 cups)
- Coconut aminos (6 tablespoons)
- Coconut aminos (1/2 cup)
- Coconut oil (20 1/2 tablespoons)
- Honey (7 teaspoons)
- Honey (7 tablespoons)
- Molasses (1 teaspoon)
- Olive oil (6 teaspoons)
- Olive oil (6 tablespoons)
- Olive oil (1/2 cup)

(Continued next page)

SHOPPING LIST (continued)

PRODUCE

- Apples (4, medium)
- Apples (3, large)
- Arugula lettuce (8 cups)
- Avocados (1, small)
- Avocados (2, medium)
- Avocados (7, large)
- Avocados (3 tablespoons, mashed)
- Blueberries (1 cup)
- Broccoli slaw (3 cups)
- Brussels sprouts (2 cups, chopped)
- Brussels sprouts (2 cups, shredded)
- Cabbage leaves (4, large)
- Carrots (2 carrots)
- Carrots (1 cup, shredded)
- Carrots (1 cup, chopped)
- Cauliflower (1 large head)
- Cauliflower (3 cups, florets)
- Celeriac (1, large)
- Celery (5 large, stalks)
- Collard greens (4 1/2 cups, chopped)
- Cucumber (2 cups, chopped)
- Garlic (10 cloves)
- Green onion (2 tablespoons, chopped)
- Green onion (3/4 cup, diced)
- Kale (6 cups, chopped)
- Leek (2 tablespoons, chopped)
- Mushrooms (4 1/2 cups, chopped)
- Onion (2 tablespoons, chopped)
- Onion (1 1/2, small)
- Onion (1/2, medium)
- Onion (2, large)
- Orange (1, small)
- Orange juice (3 tablespoons)
- Lemon juice (8 tablespoons)
- Lemon juice (1/2 cup)
- Lemon zest (4 teaspoons)
- Lime juice (1 teaspoon)
- Lime juice (8 tablespoons)
- Lime zest (1 teaspoon)
- Parsnip (1 cup, chopped)

- Pineapple (1/2 cup, diced)
- Portobello mushroom caps (1 pound)
- Radish (1 cup, diced)
- Raspberries (1 cup)
- Red onion (1 tablespoon, chopped)
- Romaine lettuce (1 large head)
- Romaine lettuce (8 slices)
- Scallions (2 tablespoons chopped)
- Scallions (1 cup, chopped)
- Shallot (1 tablespoon, minced)
- Shallot (1,small)
- Shallot (1, large)
- 3 cups sliced plantains
- Strawberries (1 cup)
- Spinach (3 cups, chopped)
- Turnips (1/2 cup, chopped)
- Turnips green leaves (4, large)
- Zucchini (1, large)

SPICES/HERBS

- Black Pepper to taste (if tolerated)
- Cilantro (1/4 cup, fresh, chopped)
- Cilantro (10 tablespoons, fresh)
- Cinnamon (3 teaspoons, ground)
- Cloves (1 teaspoon, ground)
- Dill (2 teaspoons, fresh, chopped)
- Dill (3 tablespoons, fresh)
- Garlic (1 teaspoon, powder)
- Garlic (1 tablespoon, ground)
- Ginger root (1-inch piece)
- Ginger (2 teaspoons, ground)
- Mint (1 tablespoon, fresh, chopped)
- Oregano (6 teaspoons, fresh, chopped)
- Oregano (1 teaspoon, fresh, minced)
- Parsley (3 tablespoons, fresh, chopped)
- Rosemary (2 teaspoons, fresh, chopped)
- Rosemary (2 tablespoons, fresh, chopped)
- Sea salt and freshly ground black pepper to taste
- Thyme (1/2 teaspoon, dried)
- Thyme (1 teaspoon, fresh, minced)

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

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www.thyroidpharmacist.com
www.rootcauserecipes.com

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Please consult your health-care provider before making any health-care decisions or for guidance about a specific medical condition.