Root Cause Paleo 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

PALEO FOODS INCLUDED

- **All meats**
- **All vegetables**
- **All fruit**
- **Eggs**
- **Nuts**
- **Seeds**
- **Nightshades** (except potatoes)
- **Root Cause AIP Protein smoothies** (beef protein)
- **Root Cause Pea Protein smoothies** (pea protein)

PALEO FOODS AVOIDED

- **Dairy**
- **Grains**
- **Legumes** (except green beans and pea protein)
- **Sugar**
- **Seaweed**
- **Caffeine**
- **Nightshade spices**
- **All types of chilis**

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1 DAY 1 BREAKFAST: Granola Breakfast Parfait

Serves 4

Prep Time: 10 minutes
Cook Time: 45 minutes

Ingredients:

1 cup cashews

3/4 cup almonds

1/2 cup unsweetened coconut flakes

1/4 cup pumpkin seeds, shelled

1/4 cup coconut oil

1 teaspoon vanilla

1/4 cup honey

1/4 cup sunflower seeds, shelled

1 cup dried cranberries

1 teaspoon Sea salt/pink Himalayan salt

3 cups dairy free yogurt, divided

4 servings Rootcology Protein powder of choice

1 cup mixed berries, divided

Directions:

Preheat oven to 300 degrees F.

Line a baking sheet with parchment paper. Place the cashews, almonds, coconut flakes and pumpkin seeds into a blender and pulse to break the mixture into smaller pieces.

In a medium saucepan, add the coconut oil, vanilla, and honey and cook for 5 minutes, until melted together. To the pot, add in the mixture from the blender and the sunflower seeds, and stir to coat.

On a large baking sheet, spread out the mixture and bake for 20 minutes, stirring once, until the mixture is lightly browned. Remove from oven and stir in the dried cranberries and sea salt. Press the granola mixture together to form a flat, even surface.

Cool for about 15 minutes and then break into chunks. Serve once cooled.

Combine the dairy-free yogurt and 4 servings of protein powder until blended well.

Divide the dairy-free yogurt evenly into four bowls.

Top each bowl with an equal portion of granola.

Add 1/4 cup of mixed berries to each bowl.

Alternately, store the granola in an airtight container or re-sealable bag and portion it when ready to use and combine the protein powder and dairy-free yogurt just before serving.

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DAY 1 LUNCH: Shrimp Fried Rice

Serves 4

Prep Time: 10 minutes
Cook Time: 15 minutes

Ingredients:

2 tablespoons coconut oil

2 cups chopped onion

4 cloves garlic, minced

16 ounces shrimp, peeled and de-veined

2 medium carrots, chopped

1 cup green onions

4 cups cooked cauliflower florets

4 large eggs, beaten

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

Heat a wok or large skillet over medium-high heat and melt the coconut oil and add the onion and garlic to the pan. Cook for 3 minutes until the onion starts to soften, then add the shrimp and cook for 1 minute.

To the shrimp mixture, add the carrots and peas to the skillet. Cook for 3 minutes, and then stir in the cauliflower.

Clear a circle in the center of the pan and pour in the beaten eggs. Stir to scramble the eggs and then combine with the other ingredients. Season with salt and pepper to taste.

Serve warm.

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1 DAY 1 DINNER: Sausage and Kale Pasta Casserole

Serves 4

Prep Time: 5 minutes
Cook Time: 25 minutes

Ingredients:

1 medium spaghetti squash

1 tablespoon coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 pound gluten and nitrate free pork sausage

1/2 cup sliced red onion

1 clove garlic, minced

2 teaspoons Italian herb seasoning

5 kale leaves, de-stemmed and chopped

1/3 cup bone broth

1/2 cup unsweetened coconut milk

Directions:
Preheat the oven to 400 degrees F.

On a large cutting board, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves facing upwards on a baking sheet. Rub with coconut oil and sprinkle with salt and pepper. Roast in the oven for 45 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Scrape the insides with a fork to shred the squash into strands.

In a large skillet over medium heat, add the sausage and brown. Once cooked through, set aside.

In the same skillet, add the onion and sauté for 3 minutes, then add the garlic, Italian seasoning and kale and cook for 3 minutes to slightly wilt the kale. Pour in the broth and coconut milk and simmer for an additional 3 minutes. Remove from heat. Stir in the cooked sausage and the spaghetti squash into the skillet and stir well to combine. Bake for 15 minutes, until the top has slightly browned.

Serve hot.

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DAY 1 SNACK: Pumpkin Pie Smoothie

Serves 4

Prep Time: 5 minutes
Cook Time: N/A

Ingredients:

4 chopped, frozen bananas

8 tablespoons canned pumpkin puree

1 cup unsweetened almond milk

1 teaspoon vanilla extract

4 teaspoons honey

4 tablespoons hemp hearts

1 teaspoon cinnamon

1 teaspoon cloves, ground

1 teaspoon nutmeg

1 serving of Rootcology Protein powder of choice

Directions:
Combine all ingredients in a blender and process until smooth. Add more almond milk if needed to reach desired consistency.

Serve chilled.

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2 DAY 2 BREAKFAST: Pumpkin Spice Chia Pudding

Serves 4

Prep Time: 2 hours
Cook Time: N/A

Ingredients

1 cup pumpkin puree

1/3 cup chia seeds

2 cups canned full fat coconut milk

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

Pinch of sea salt

3 tablespoons honey

1 serving of Rootcology Protein powder of choice

Directions:
In a large bowl, mix all the ingredients until smooth. Cover bowl and refrigerate for at least 2 hours.

Serve chilled.

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2 DAY 2 LUNCH: Lemon Thyme Chicken Wings

Serves 4

Prep Time: 5 minutes
Cook Time: 20 minutes

Ingredients

1 tablespoon coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 clove garlic, minced

2 teaspoons grated lemon zest

2 teaspoons minced thyme

1 pound chicken wings

4 cups chopped kale

1/4 cup pine nuts

2 tablespoons canned full fat coconut milk

2 tablespoons olive oil

1/4 cup lemon juice

1 clove garlic, minced

2 teaspoons honey

Directions:
Preheat oven to 350 degrees F.

In a large baking dish, toss the first 6 ingredients (oil through chicken) and cover with aluminum foil. Place baking dish in the oven and bake for 15 to 20 minutes, until chicken is cooked through.

In a large bowl, add the kale and nuts.

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

Toss and serve with chicken.

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DAY 2 DINNER:
Asian Sesame Roast Beef

Serves 4

Prep Time: 2 hours
Cook Time: 9 hours

Ingredients

1 (3-pound) beef roast

1 tablespoon minced ginger

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 teaspoons sesame seeds

2 tablespoons lime juice

2 tablespoons lime zest

1 teaspoon sesame oil

3/4 cup bone broth

2 cups steamed carrots

2 cups steamed bok choy

Directions:
To a large zipper top bag, add the roast. In a small bowl mix the next 8 ingredients (ginger through broth) and mix well. Pour sauce into bag and seal bag, squeezing out excess air. Turn bag over to coat roast evenly. Refrigerate for 2 hours. To a large crock cooker, empty the contents of the bag and the carrots and bok choy. Cover and cook on LOW for 6 to 9 hours, until beef is very tender.

Using two forks, shred beef into bite-sized pieces and serve with vegetables.

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2 DAY 2 SNACK: Avocado and Bacon Lettuce Wrap

Serves 4

Prep Time: 5 minutes
Cook Time: N/A

Ingredients

1 tablespoon coconut oil

2 small boiled eggs, peeled and diced

2 avocados, peeled and slice

1 tomato, sliced

4 slices bacon, cooked

4 large romaine lettuce leaves

Directions:
On individual plates, layer the lettuce leaves, avocado, tomato, bacon and egg and serve.

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DAY 3 BREAKFAST:
Stuffed Breakfast Cabbage

Serves 4

Prep Time: 15 minutes
Cook Time: 30 minutes

Ingredients

1 tbsp olive oil

1/2 lb ground turkey

1/4 tsp dried oregano

1/4 tsp dried parsley

1/4 tsp onion powder

1/4 tsp garlic powder

4 large cabbage leaves

1 (16-ounce) bag frozen chopped spinach, defrosted, drained

4 large eggs

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

Preheat oven to 400 degrees F.

Over medium-high heat, add 1 tbsp olive oil to a pan.

Add ground turkey and season with the oregano through garlic powder. Cook until turkey is browned and season to taste with salt and pepper.

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

Place cabbage into the prepared dish and bake for 15 minutes.

Remove cabbage from oven and stuff evenly with spinach and 1/4 of the cooked ground turkey.

Crack an egg into each cabbage leaf and fold closed. Fasten with a toothpick and bake for 15 minutes or until the egg whites are set and not runny.

Serve warm seasoned to taste with salt and pepper.

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DAY 3 LUNCH:
Pan-Fried Lemon Haddock with Mixed Baby Greens

Serves 4

Prep Time: 10 minutes
Cook Time: 15 minutes

Ingredients

4 teaspoons coconut oil

4 cloves garlic, finely chopped

4 tablespoons capers

4 (6-ounce) haddock fillets

1 teaspoon lemon zest

4 tablespoons fresh lemon juice

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups mixed baby greens

4 tablespoons olive oil

2 tablespoons balsamic vinegar

Directions:
In a large skillet over medium-high heat, heat oil, garlic and capers. Cook until the garlic becomes fragrant, about 3 minutes. Add the fish and lemon zest and cook each side for 5 minutes until it browns and is cooked throughout. Drizzle with fresh lemon juice on top, season to taste with salt and pepper and serve with cooked capers and garlic.

Serve alongside mixed greens, olive oil, vinegar and salt and pepper.

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DAY 3 DINNER: Vegetable Beef Stew with Turnips and Greens

Serves 4

Prep Time: 10 minutes
Cook Time: 2 hours 40 minutes

Ingredients

2 tablespoons coconut oil

2 pounds beef stew meat, cut into chunks

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large onion, diced

4 medium carrots, peeled, diced

2 celery stalks, diced

6 cloves garlic, minced

2 tablespoons chopped rosemary

3 tablespoons chopped parsley

3 tablespoons balsamic vinegar

6 cups bone broth

10 baby turnips, peeled, chopped

2 cups chopped kale

Directions:
In a large cooking pot over medium heat, heat coconut oil over medium heat and add meat, stir to coat in oil and sprinkle liberally with salt and pepper. Cook meat until browned on all sides, about 7 to 10 minutes. Remove meat from the pot and set aside.

In the same heated pot, add the next 4 ingredients (onions through garlic) and cook until soft and fragrant, about 5 minutes. Add herbs and cook for another 1 to 2 minutes. Return meat to the pot along with the broth and vinegar. Bring to a boil, lower temperature to low, cover and cook for 2 hours. Add turnips and cook for 15 minutes, or until they can be easily pierced with a fork but are not falling apart. Add greens and cook for 5 more minutes, or until they are wilted and softened.

Serve warm.

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DAY 3 SNACK:
Carob Peppermint Coconut Butter Cups

Serves 4

Prep Time: 2 hours 20 minutes
Cook Time: N/A

Ingredients

2 cups unsweetened shredded coconut

2 tablespoons coconut oil, melted

1 teaspoon pure vanilla extract

Sea salt/pink Himalayan salt to taste.

4 drops pure peppermint extract or oil

24 ounces unsweetened carob, melted

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

In a food processor or blender, add coconut, oil, vanilla and sea salt and blend until everything is smooth and not chunky. Add peppermint extract and blend for another minute. Cover and set aside.

Place a spoonful of melted carob onto the prepared baking sheet, smoothing it out with the back of the spoon to create the sides and a bottom of a mini cup formation. Refrigerate until hardened, about 1 hour.

Scoop a small amount of the peppermint mixture into the carob cup and press into evenly. Place another spoonful of melted carob on top and smooth out. Refrigerate to harden for another hour.

Enjoy chilled or at room temperature.

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4 DAY 4 BREAKFAST: Guacamole and Scrambled Eggs

Serves 4

Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients

1/2 cup diced avocados

1/8 cup diced onions

2 tablespoons fresh lime juice

2 tablespoons olive oil

12 large eggs

2 tablespoons coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chopped cilantro

Directions:
In a large bowl, combine the first 4 ingredients (avocados through olive oil) and mash to combine into guacamole and set aside.

In a large skillet over medium-high heat, add eggs and scramble until cooked to desired temperature. Season to taste with salt and pepper and serve warm with guacamole on top or on the side. Garnish with cilantro.

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DAY 4 LUNCH:
Italian Meatza Pie

Serves 4

Prep Time: 15 minutes
Cook Time: 22 minutes

Ingredients

1 tablespoon coconut oil

2 pounds lean ground beef

1 tablespoon dried oregano

2 tablespoons chopped basil

1 tablespoon chopped parsley

2 cloves garlic, minced

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 cup canned artichoke heart halves

1/2 cup sliced green olives

1/2 cup arugula leaves

Directions:
Preheat the oven to 400 degrees F.

Grease an 8-inch round pie pan with coconut oil.

In a large bowl, mix together ingredients 1 through 6 (ground beef through salt and pepper) to make the crust.

In the greased pie pan, press the meat mixture in evenly and bake for 10 to 15 minutes or until cooked throughout. Remove, let cool and add remaining ingredients as toppings, spread evenly on top and bake for another 7 minutes.

Slice and serve warm.

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4 DAY 4 DINNER: Winter Oxtail Stew

Serves 4

Prep Time: 15 minutes
Cook Time: 6 hours 15 minutes

Ingredients

2 pounds beef oxtails

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 large onions, diced

2 large carrots, stemmed, diced

4 cloves garlic, minced

1-inch piece ginger root, peeled, minced

2 cups bone broth

1 teaspoon ground allspice

3 tablespoons chopped thyme

Directions:
On a cutting board, season oxtails with salt and pepper and set aside.

In a large cooking pot over medium-high heat, heat oil and add oxtails. Brown them on all sides, remove from pot and set aside. Add the next 4 ingredients (onions through ginger) to the heated pot and cook for 4 to 5 minutes, or until the onions are translucent. Add the beef stock and thyme and cook for another 3 minutes then add the browned oxtails. Stir, cover, and cook for 6 hours or until the oxtail is cooked to desired tenderness.

Serve warm.

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4 DAY 4 SNACK: Carob Orange Nut Squares

Serves 4

Prep Time: 55 minutes
Cook Time: N/A

Ingredients

1 1/2 cups mixed raw nuts

20 unsweetened medjool dates

1/3 cup carob powder

1 tablespoon fresh orange zest

1 tablespoon fresh orange juice

Sea salt/pink Himalayan salt to taste.

Directions:
Line an 8" x 8" baking dish with parchment paper and set aside.

In a food processor, add nuts and pulse until they become small, crumbly bits. Remove and place into a medium-size bowl.

In the same food processor, add dates and pulse about 5 times until slightly chopped. Add the remaining ingredients (carob powder through sea salt) and process until the mixture forms into a doughy consistency.

Add the mixture to the bowl with the nuts and mix to combine. Press the mixture into the lined baking dish evenly. Freeze for 30 minutes or until firm.

Slice into squares and serve.

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DAY 5 BREAKFAST: Breakfast Burritos

Serves 4

Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients

4 large eggs
4 egg whites
1 cup water
6 teaspoons ground flaxseed
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
2 tablespoons coconut oil, divided
2 medium avocados, diced
1 1/2 cups large onion, finely diced
1 1/2 cups cooked tilapia
1/2 cup spinach leaves

Directions:
Preheat the oven to broil.

In a small bowl, whisk together the first 5 ingredients (eggs through salt and pepper).

Heat a large skillet over medium heat and coat well with half coconut oil. Pour a quarter of the tortilla mixture into the pan and evenly distribute. Using a spatula, loosen the edges of the tortilla from the pan. Cook 2 minutes, until golden brown on the bottom, and then carefully slide the spatula under the tortilla to loosen it from the bottom of the pan but keep the tortilla in the pan.

Place the pan under the broiler for 3 minutes until the tortilla gets a little bubbly. Remove the tortilla from the pan, setting on a piece of aluminum foil. Repeat with the remaining tortilla mixture.

After the tortillas are done broiling, preheat the oven to 400 degrees F.

In a separate small skillet, heat the remaining coconut oil over medium heat. Add the onions and sauté for 5 to 8 minutes, until soft. Add the spinach into the pan and cook until it wilts. To the spinach mixture, add the remaining ingredients and stir.

Spoon the tortilla mixture down the center of the tortillas and wrap tightly. Place into the oven for 5-8 minutes to set the shape of the tortilla. Serve warm.

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DAY 5 LUNCH: Nachos

Serves 4

Prep Time: 10 minutes
Cook Time: 50 minutes

Ingredients

3 large sweet potatoes, thinly sliced
4 tablespoons coconut oil, divided
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 medium onion, diced
1 pound ground beef
2 cloves garlic, minced
1 (14-ounce) can diced tomatoes, drained
1 tablespoon tomato paste
2 tablespoons lime juice
2 tablespoons chopped cilantro
2 cups diced avocado
2 tablespoons chopped green onions

Directions:
Preheat oven to 375 degrees F.

In a large bowl, toss the sweet potatoes with half the coconut oil and salt and pepper. Place the chips in a single layer on a rimmed baking sheet covered with parchment paper. Bake in the oven for 10 minutes, then flip the chips over and bake for another 10 minutes. For the last ten minutes, watch the chips closely and pull off any chips that start to brown, until all of the chips are cooked. Set aside to cool.

While the potato chips are baking, melt the remaining coconut oil in a large skillet over medium heat. Add the onion to the pan and sauté for 3-4 minutes until softened then add the ground beef and cook for 4-5 minutes, stirring regularly. To the beef mixture, add the garlic, tomatoes, tomato paste and stir well to combine. Bring the mixture to a simmer and then turn the heat down to medium-low. Cook, covered, for 20-25 minutes, stirring regularly. Stir lime juice, and cilantro into the beef mixture. Remove from heat.

To assemble the nachos, form a large circle with the sweet potato chips on a platter. Add the beef mixture into the middle of the circle and then top with avocado and green onions.

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DAY 5 DINNER:
Spaghetti Squash Shrimp Scampi

Serves 4

Prep Time: 15 minutes
Cook Time: 1 hour 15 minutes

Ingredients

1 large spaghetti squash

4 tablespoons coconut oil, divided

1 teaspoon dried oregano

1 teaspoon dried basil

2 cloves garlic, minced

8 ounces shrimp, peeled and de-veined

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 cup fresh lemon juice

Zest of half a lemon

1 tablespoon chopped parsley

Directions:
Preheat the oven to 400 degrees F.

On a medium cutting board, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves facing upwards on a baking sheet. Rub with coconut oil and sprinkle with oregano and basil. Roast in the oven for 50 minutes, until you can poke the squash easily with a fork. Let it cool, then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the remaining coconut oil in a large skillet over medium heat. Add in the garlic and sauté for 2-3 minutes then add in the shrimp, salt and pepper. Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash.

Toss with lemon juice and zest. Garnish with parsley.

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DAY 5 SNACK: Berry Shake

Serves 4

Prep Time: 10 minutes
Cook Time: N/A

Ingredients

2 cups unsweetened coconut milk

1 1/2 cups cold water

2 frozen bananas

2 cups frozen raspberries

2 cups frozen blueberries

4 tablespoons chia seeds

4 servings of Rootcology Protein powder of choice

Directions:
In a blender, combine all ingredients and blend until smooth. Add more water if necessary to reach desired consistency.

Serve immediately chilled.

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DAY 6 BREAKFAST: Bacon, Mushroom and Egg Muffins

Serves 4

Prep Time: 5 minutes
Cook Time: 20 minutes

Ingredients

1/2 pound chopped bacon

1 1/2 cups chopped mushrooms

2 tablespoons chopped green onion

1/2 teaspoon chopped thyme

6 eggs, beaten

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:
In a large skillet over medium heat, add the first 5 ingredients (bacon through thyme). Cook for 5 to 10 minutes, until bacon is crispy and vegetables are tender.

Preheat oven to 350 degrees F.

Pour bacon mixture into paper lied muffin tins. Evenly pour the egg over each section and place in the oven. Bake for 10 minutes, until egg is firm.

Serve warm.

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DAY 6 LUNCH:
Salmon and Parsnip Cakes with Lemon Vinaigrette

Serves 4

Prep Time: 5 minutes
Cook Time: 15 minutes

Ingredients

3 cups cooked and flaked salmon
1 large egg, beaten
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 cup shredded parsnips
2 tablespoons almond flour
1 tablespoon chopped parsley
1 medium shallot, minced
1/2 teaspoon garlic powder
1 tablespoon coconut oil
1/4 cup lemon juice
3 tablespoons olive oil
1 clove garlic, minced
2 teaspoons honey
1 teaspoon dried dill

Directions:
Preheat oven to 350 degrees F.

In a large bowl, mix the first 8 ingredients (salmon through garlic powder). Form crab mixture into patties.

In a large skillet over medium heat, heat coconut oil. To the skillet, add the salmon patties and brown on each side for 5 minutes, until golden brown.

In a large baking dish, place the salmon cakes and place in the oven. Cook for 10 minutes, until the center of the cakes are warm.

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DAY 6 DINNER: Steak and Veggie Pesto Stir Fry

Serves 4

Prep Time: N/A
Cook Time: 10 minutes

Ingredients

1 tablespoons coconut oil

1 (1-pound) steak, chopped 2 cups cauliflower florets 1 large parsnip, chopped

1 large leek, chopped 1/2 cup chopped basil

3 tablespoons pine nuts

2 tablespoons olive oil

2 cloves garlic, minced

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons lime juice

Directions:
In a large skillet, heat coconut oil over medium heat. To the skillet, add the next 4 ingredients (steak through leek). Cook for 10 minutes, until beef is brown and cooked through. Place beef mixture into a bowl.

In a blender or food processor, add the remaining ingredients and pulse until smooth.

Pour pesto over beef mixture, stir and serve.

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6 DAY 6 SNACK: Lemon Chicken Zucchini Wraps

Serves 4

Prep Time: 5 minutes
Cook Time: N/A

Ingredients

1/4 cup chopped black olives

2 tablespoons chopped parsley

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chopped sun dried tomatoes

1 large zucchini, thinly sliced horizontally

8 slices nitrate free roast beef

1 teaspoon olive oil

Directions:
In a medium bowl, mix the first 5 ingredients (olives through tomatoes).

Layer the zucchini and roast beef. Evenly distribute the olive mixture on top of the roast beef and roll up.

Serve chilled.

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DAY 7 BREAKFAST: Cabbage Huevos Rancheros

Serves 4

Prep Time: 5 minutes
Cook Time: 20 minutes

Ingredients

8 medium cabbage leaves

1 tablespoon coconut oil

1 pound ground beef

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 cloves garlic, minced

1 small bell pepper, chopped

1 (14-ounce) can diced tomatoes, drained

1 medium avocado, peeled and sliced

8 small eggs

Directions:
Preheat oven to 375 degrees F.

Rub cabbage leaves with coconut oil and place on a baking sheet. Place baking sheet in the oven and bake for 3 minutes on each side, until tender and brown on the edges.

In a large skillet over medium heat, add the ground beef, cook for 5 minutes, until brown. To the beef mixture, add the next 5 ingredients (salt and pepper through tomatoes). Stir and cook for 5 to 10 minutes, until beef is cooked through and vegetables are tender.

Spoon beef mixture into cabbage leaves and top with avocado.

In the skillet the beef was in, cook each egg to desired level of doneness and top each cabbage stack with an egg.

Serve warm.

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DAY 7 LUNCH:
Cucumber and Turkey Pizzas

Serves 4

Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients

1 tablespoon coconut oil

1/2 small onion, diced

1 pound ground turkey

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large cucumber, sliced

1/4 cup mashed avocado

1 large tomato, diced

2 tablespoons lime juice

2 tablespoons chopped cilantro

Directions:
In a large skillet over medium heat, heat coconut oil. To the skillet, add the next 4 ingredients (onion through salt and pepper). Cook for 5 to 10 minutes, until turkey is cooked through.

Arrange cucumber slices in a single layer on a large platter. Spoon mashed avocado onto each slice then top with ground turkey.

In a small bowl, mix the remaining ingredients with sea salt and freshly ground black pepper to taste, spoon over turkey and serve.

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DAY 7 DINNER:
Blueberry Pecan and Turkey Arugula Salad

Serves 4

Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients

1 tablespoon coconut oil

1 (1-pound) turkey breast, cubed

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups arugula lettuce

1/2 cup shredded carrot

1 cup blueberries

1/2 cup pecan halves

1/4 cup apple cider vinegar

2 teaspoons avocado oil

2 tablespoons coconut aminos

2 teaspoons honey

1 teaspoon grated orange zest

Directions:
In a large skillet over medium heat, heat coconut oil. To the oil, add the turkey and salt and pepper. Cook for 10 minutes, until turkey is cooked through. Remove turkey and allow to cool.

In a large bowl, add the turkey with the next 4 ingredients (arugula through pecans).

In a small bowl, whisk together the remaining ingredients with sea salt and freshly ground black pepper to taste.

Pour dressing over salad, toss and serve.

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DAY 7 SNACK:
Chicken with Spicy Pickles

Serves 4

Prep Time: 10 minutes
Cook Time: 5 minutes

Ingredients

1 cup apple cider vinegar

1/4 cup honey

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon whole cloves

2 cloves garlic, minced

3 medium cucumbers, sliced

2 medium cooked, chicken breasts, sliced

Directions:
In a medium saucepan over medium-high heat, add the first 6 ingredients (vinegar through garlic) and stir. Bring to a boil and cook for 2 minutes, until ingredients are well mixed.

In a large bowl, add the pickle marinate and cucumbers. Stir, cover and refrigerate overnight.

Serve pickles with chicken.

Back to Meal Schedule

SHOPPING LIST

MEAT/PROTEIN

- Bacon (4 slices)
- Bacon (1/2 pound)
- Beef oxtails (2 pounds)
- Beef roast (1 (3 pounds))
- Beef stew meat (2 pounds)
- Beef (4 pounds, ground)
- Beef (8 roast slices, nitrate free)
- Chicken breasts (2 medium)
- Chicken wings (1 pound)
- Dairy Free Yogurt (3 cups)
- Haddock (4 (6 ounces) filets)
- Pork sausage (1 pound, gluten and nitrate-free)
- Rootcology Protein Powder (16 servings)
- Salmon (3 cups, cooked and flaked)
- Shrimp (24 ounces, peeled and de-veined)
- Steak (1, 1 pound)
- Tilapia (1 1/2 cups, cooked)
- Turkey breast (1, 1 pound)
- Turkey (1 1/2 pounds, ground)

DAIRY

- Eggs (2, small, boiled)
- Eggs (39, large)
- Egg whites (4)

BAKING

- Almond flour (2 tablespoons)
- Carob powder (1/3 cup)

PRODUCE

- Arugula lettuce (4 1/2 cups)
- Avocados (5 medium)
- Avocados (2 1/2 cup diced)
- Avocados (1/4 cup, mashed)
- Baby greens (4 cups, mixed)
- Bell Pepper (1, small)
- Berries, mixed (2 cups)
- Blueberries (1 cup)
- Cabbage leaves (4, large)
- Cabbage leaves (8, medium)
- Carrots (6, medium)
- Carrots (2, large)
- Carrots (2 cups, steamed)
- Carrots (1/2 cup, shredded)
- Cauliflower florets (8 cups)
- Celery stalks (2, diced)
- Cucumbers (3, medium)
- Cucumbers (3, large)
- Garlic (33 cloves)
- Garlic (1 tablespoon, minced)
- Green onions (4 tablespoons, chopped)
- Green onions (1 cup, chopped)
- Kale leaves (5, de-stemmed and chopped)
- Kale (6 cups, chopped)
- Leek (1, large)
- Mushrooms (1 1/2 cups)
- Lemon juice (4 tablespoons)
- Lemon juice (1 cup)
- Lemon zest (from 1/2 a lemon)
- Lemon zest (3 teaspoons)
- Romaine Lettuce leaves (4, large)
- Lime juice (10 tablespoons)
- Lime zest (2 tablespoons)
- Onion (1 1/2 medium, chopped)
- Onion (3, large)
- Onion (3 5/8 cups, chopped)
- Red Onion (1/2 cup, sliced)
- Orange juice (1 tablespoon)
- Orange zest (1 teaspoon)
- Orange zest (1 tablespoon)
- Parsnip (1, large)
- Parsnip (1 cup, shredded)
- Shallot (1, medium)
- Spaghetti squash (1, medium)
- Spaghetti squash (1, large)
- Spinach leaves (1/2 cup)
- Sweet potatoes (3, large)
- Tomato (2, large)
- Turnips (10, baby)
- Zucchini (1, large)

(Continued next page)

SHOPPING LIST (continued)

CANNED GOODS (OR HOMEMADE)

- Almond milk (1 cup, unsweetened)
- Artichoke heart halves (1/2 cup, canned)
- Beef bone broth (3/4 cup)
- Bone broth (8 1/3 cups)
- Capers (4 tablespoons)
- Coconut milk (2 tablespoons)
- Coconut milk (4 1/2 cups)
- Hemp hearts (4 tablespoons)
- Pumpkin puree (8 tablespoons)
- Pumpkin puree (1 cup)
- Olives (1/4 cup, black, chopped)
- Olives (1/2 cup, green, sliced)
- Tomatoes (2 (14-ounce) can, diced)
- Tomato paste (1 tablespoon)

DRY GOODS

- Almonds (3/4 cup)
- Carob (24 ounces, unsweetened)
- Cashews (1 cup)
- Chia seeds (4 tablespoons)
- Chia seeds (1/3 cup)
- Coconut flakes (1/2 cup, unsweetened)
- Coconut (2 cups, shredded)
- Cranberries (1 cup, dried)
- Flaxseed (6 teaspoons, ground)
- Medjool Dates (20, unsweetened)
- Mixed raw nuts (1 1/2 cups)
- Pecan halves (1/2 cup)
- Pine nuts (3 tablespoons)
- Pine nuts (1/4 cup)
- Pumpkin seeds (1/4 cup)
- Sesame seeds (2 teaspoons)
- Sun-dried Tomatoes (2 tablespoons, chopped)
- Sunflower seeds (1/4 cup)

FROZEN

- Bananas (4, chopped)
- Bananas (2)
- Blueberries (2 cups)
- Raspberries (2 cups)
- Spinach (1 (16-ounce) bag, chopped)

CONDIMENTS

- Apple cider vinegar (1/2 cup)
- Avocado oil (2 teaspoons)
- Balsamic vinegar (5 tablespoons)
- Coconut aminos (2 tablespoons)
- Coconut oil (4 teaspoons)
- Coconut oil (24 tablespoons)
- Coconut oil (1/4 cup)
- Honey (6 teaspoons)
- Honey (3 tablespoons)
- Honey (4 1/2 cup)
- Olive oil (1 teaspoon)
- Olive oil (14 tablespoons)
- Peppermint extract or oil (4 drops)
- Sesame oil (1 teaspoon)

SPICES/HERBS

- Allspice (1 teaspoon, ground)
- Basil (1 teaspoon, dried)
- Basil (2 tablespoons, fresh, chopped)
- Basil (1/2 cup, fresh, chopped)
- Cilantro (6 tablespoons, fresh, chopped)
- Cinnamon (2 teaspoons, ground)
- Cloves (1 teaspoon, ground)
- Cloves (1 tablespoon, whole)
- Cumin (2 teaspoons, ground)
- Dill (1 teaspoon, dried)
- Garlic powder (3/4 teaspoon)
- Ginger root (1-inch piece)
- Italian herb seasoning (2 teaspoons, dried)
- Nutmeg (1 teaspoon, ground)
- Onion Powder (1/4 teaspoon)
- Oregano (1 1/4 teaspoons, dried)
- Parsley (1/4 teaspoon, dried)
- Parsley (8 tablespoon, fresh, chopped)
- Rosemary (2 tablespoons, fresh, chopped)
- Sea salt/pink Himalayan salt to taste
- Thyme (2 1/2 teaspoons, fresh)
- Thyme (3 tablespoons, fresh)
- Vanilla extract (4 teaspoons)

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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