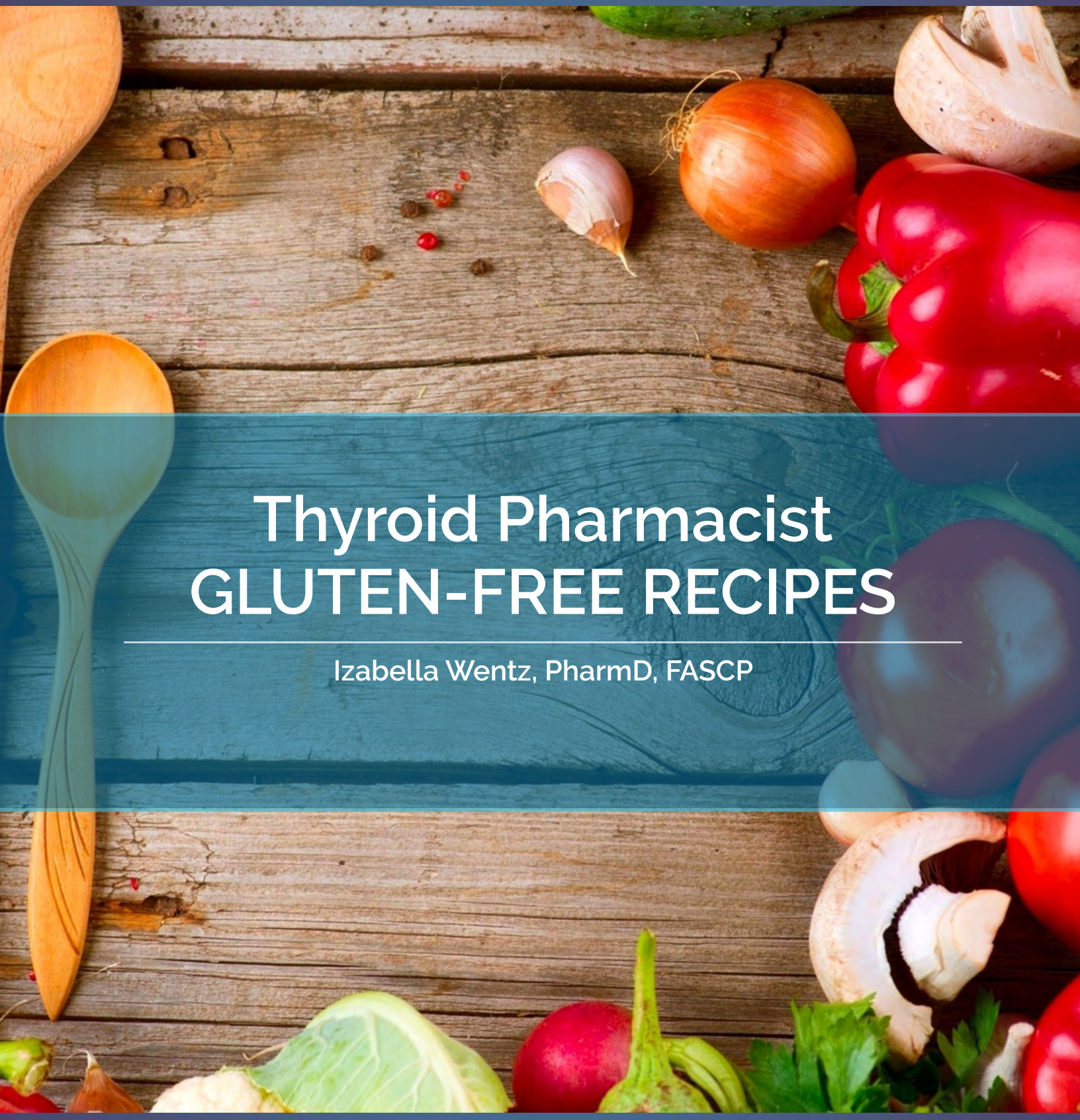

Thyroid Pharmacist GLUTEN-FREE RECIPES

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Here are 10 of my favorite thyroid friendly recipes. They are all gluten, dairy and soy-free, and a great starting point in your healing journey.

For more tips on diet, be sure to check out my book. Everyone is different and may have different dietary requirements and foods they tolerate.

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www.thyroidpharmacist.com
www.facebook.com/thyroidlifestyle

PALEO FOODS INCLUDED

- All meats
- All vegetables
- All fruit
- Eggs
- Nuts
- Seeds
- Nightshades (except potatoes)
- Root Cause Protein Smoothies (AI Paleo Protein, Paleo Protein Vanilla, Paleo Protein Chocolate)

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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Egg Muffins

These are filling, tasty and great for breakfast!

Serves 4

Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients:

- 8 medium eggs
- 2 rashers turkey bacon, chopped
- 1 medium onion, diced
- 4 medium florets broccoli, chopped

Directions:

Preheat oven to 325 degrees F.

Mix the turkey bacon, onion and broccoli and distribute evenly between 8 paper lined muffin tins. Beat the eggs and pour equal amounts into each muffin tin. Bake for 30 minutes.

Izzy's Banana Pancakes

Saturday morning treats! These banana pancakes are a delicious gluten-free treat made with real bananas and eggs.

Serves 4

Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients:

- 4 medium banana
- 4 medium eggs
- 4 tablespoon extra virgin coconut oil
- Fresh fruit for garnishing

Directions:

Blend banana and egg in mixer until batter consistency achieved (approx. 1 minute.)

Melt coconut oil in pan, then pour the batter into pan. Cook for 2-3 minutes and then flip cooking for additional 1-2 minutes.

Add fruit to garnish.

Tip: Putting a cover over the pan will even out the cooking process and help to keep each pancake intact.

Green Smoothie

This green smoothie is packed with nutrition for your thyroid, helps reduce inflammation and can help with detoxification. Coconut milk is hypoallergenic and can help reduce inflammation and stabilize blood sugar due to its (good) fat content.

Serves 1

Prep Time: 10 minutes
Cook Time: 1 minutes

Ingredients:

- 1 cup mixed baby greens
- 2 large carrots, chopped
- 1 ripe avocado, chopped
- 1 stick of celery, chopped
- 1 cucumber, chopped
- 1 bunch of basil leaves
- 1 cup coconut milk
- 1 serving protein powder (I recommend Rootcology AI Paleo Protein, or Paleo Protein Vanilla)
- Sea salt to taste

Optional Boosts (1 tablespoon each)**:**

- Camu powder – To boost vitamin C
- Cod liver oil – Anti-inflammatory
- Coconut kefir – Probiotics
- Maca Root Powder – Helps increase body temp and stabilize hormones
- Turmeric powder – Anti-inflammatory

Directions:

Blend together in Vitamix or other blender and enjoy as a low glycemic breakfast, lunch or snack!

Almond Muffins

These muffins are gluten-free, sugar-free, can stabilize your blood sugar and are filled with antioxidants!

Serves 4

Prep Time: 10 minutes
Cook Time: 45-60 minutes

Ingredients:

- 1 1/4 cup almond flour
- 1/4 cup flaxseed flour (optional)
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 cup unsweetened applesauce
- 2 eggs
- 3 ripe mashed bananas

Optional (add one or more of the following)**:**

- 1/2 cup shaved coconut
- 1/2 cup blueberries
- 1/2 cup walnuts
- 1/4 cup poppy seeds
- 1 tablespoon unsweetened cocoa powder + 1/4 cup honey

Directions:

Preheat oven to 350 degrees F.

Mix all ingredients. Bake for 45 minutes, or until tops of muffins are lightly browned, one hour if baking it as a loaf.

Hubby's Carnitas

My wonderful hubby makes these mouthwatering carnitas on the weekends and we enjoy them for every meal for days on end!

Serves 4

Prep Time: 15 minutes
Cook Time: 3 to 3 1/2 hours

Ingredients:

- 3 to 5 pounds of boneless pork shoulder
- 1 teaspoon sea salt
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 4 garlic cloves, sliced
- 1 onion, chopped
- Dried chipotle peppers to taste
- Enough water to almost cover the meat

Directions:

Preheat oven to 350 degrees F.

Mix the spices and rub them on the meat. Place the meat in a covered pot. Add bay leaf, peppers, garlic and onion to the top of the meat. Pour enough water to almost cover the meat.

Braise for 3 to 5 hours, mixing the meat and turning it over ever hour or so. When most of the water is gone and the pork turns a slight brown, you'll know the meat is done! The meat should be tender and easy to shred with a fork.

Enjoy with eggs and spaghetti squash hash in the morning, with a salad at lunch, and with veggies for dinner!

Hint: Can also be made in a slow cooker.

Kotley (Cutlets)

Many of you know that I'm originally from Poland. Fried, tenderized, breaded chicken "Kotlety" were my favorite comfort food growing up. I adjusted the recipe to make the gluten-free but still delicious!

Serves 4

Prep Time: 20 minutes
Cook Time: 30 minutes

Main Ingredients:

- 4 thin chicken breasts (tenderize if necessary)
- 2 egg
- 1/2 cup shredded unsweetened coconut
- 1/2 cup almond flour

Side Ingredients:

- 12 large peeled carrots
- 12 stalks of baby broccoli
- 2 tablespoons coconut oil
- 1/4 cup extra virgin olive oil
- 2 tablespoons lemon juice

Directions:

Tenderize each chicken breast with a meat tenderizing hammer until the breast are 1/3 of an inch thick. Beat the egg and place on dish. Mix coconut and almond flour together and place on another dish, coat each side of chicken breast in egg mixture, then coat each breast in coconut almond mixture.

Fry in coconut oil for 3-5 minutes on each side.

Arrange vegetables in covered baking dish, pour coconut oil over. Bake on 350 degrees F for 30 minutes.

Season with the extra virgin olive oil and lemon juice.

Squashgetti and Meatballs

This recipe is 100% gluten-free, dairy-free and low-carb. And husband approved!

Serves 4

Prep Time: 15 minutes
Cook Time: 60 minutes

Main Ingredients:

Sauce:

- 28 oz canned crushed tomatoes
- 1/2 cup tomato sauce
- 1 bunch fresh basil leaves, chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- Sea salt and freshly ground black pepper to taste

Meatballs:

- 1 pound ground beef
- 1 large egg, beat
- 2 tablespoons coconut flour
- Sea salt and freshly ground black pepper to taste
- 1/2 teaspoon garlic powder
- 1 tablespoon chopped basil
- 1/2 teaspoon garlic powder

Spaghetti:

- 1 large spaghetti squash

Directions:

Preheat the oven for 350 degrees F. Cut spaghetti squash in half (lengthwise), scoop out seeds, place squash in a baking dish filled halfway with water, and bake for 45 minutes to one hour.

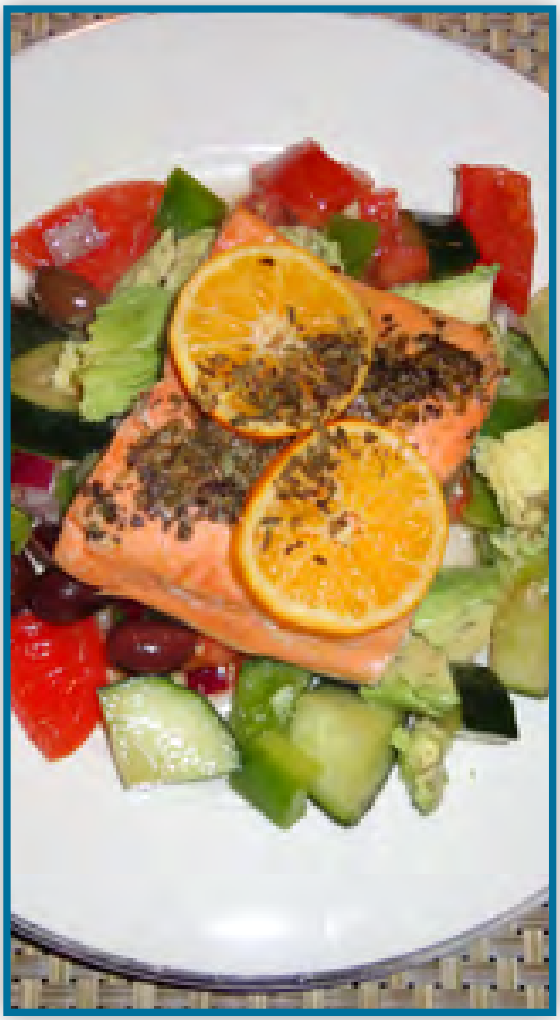
Mix all meatball ingredients, make into balls, place into baking dish and bake for 30 minutes.

In a large skillet over medium heat, add the sauce ingredients and stir. Cover and cook for 20 minutes, stirring halfway through.

On a large baking sheet. Place squash, cut side up. Place in the oven and bake for 30 minutes, until squash is tender. Using fork, scoop out stringy fibers and place in a large bowl. Serve sauce over a bed of squash.

TIP: If you can't find spaghetti squash, you can also use sliced zucchini squash, using your knife to slice finely, or a vegetable slicer to make spiral noodles, and boil for 3 minutes.

Greek Salmon



I love Greek salad. I got this recipe from my sister in law and changed it a bit by removing the feta cheese to suit my dietary needs. Last summer, my mom and I made this almost every day with heirloom tomatoes from her garden!

Serves 4

Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients:

- 4 salmon fillets
- 1 cup olives
- 1 large cucumber chopped
- 1 avocado, peeled and diced
- 2 medium tomatoes, diced
- 1 green pepper, sliced
- 1/2 large red onion
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon dried basil

Directions:

Steam the salmon in a wok, or bake at 350 F for 30 minutes. Dice all of the vegetables and mix the lemon juice, olive oil, and basil, then toss over the salad.

Happy Trails Trail Mix

This mix is full of antioxidants, vitamins, and minerals and will keep your blood sugar stable whether you are hiking, biking or needing a little snack on the go!

Serves 4

Prep Time: 2 minutes

Ingredients:

- 1/3 cup walnuts
- 1/3 cup raisins
- 1/3 cup goji berries
- 1/3 cup coconut shavings
- 1/3 cup pumpkin seeds
- 1/3 cup cocoa nibs

Directions:

Mix all ingredients together and enjoy throughout the day as a healthy snack.

Chicken and Avocado Sushi

I often get asked what I do for snacks. This recipe is quick and tasty!

Serves 1

Prep Time: 10 minutes

Ingredients:

- 1 large collard green leaves
- 1/8 pound sliced additive-free deli chicken breast
- 1/4 medium avocado, peeled and sliced
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 tablespoons shredded carrot
- 2 tablespoons coconut aminos

Directions:

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

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