



HASHIMOTO'S PROTOCOL

Helpful Dietary Protocols

ROOT CAUSE INTRODUCTION

Many of my readers and clients have experienced noticeable benefits from removing these foods:

- **86 percent** felt better on a gluten free diet.
- **87 percent** reported feeling better on a sugar free diet.
- **81 percent** reported feeling better on a grain free or Paleo diet.
- **79 percent** reported feeling better on a dairy free diet.
- **63 percent** said they felt better on a soy free diet.
- Egg and nightshade free diets were helpful to **47 percent** and **48 percent** of those surveyed respectively.
- Another **15 percent** of people reported sensitivity to nuts, while **7 percent** reported being sensitive to seeds.
- The Autoimmune Paleo diet, which excludes all of the above listed foods, helped **75 percent** of people feel better.

If you already know that you react to the above-mentioned foods, you can remove them from your diet immediately. Otherwise, we will gradually eliminate them from your diet in the Fundamental Adrenal Recovery and Gut Balance protocols.



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GLUTEN FREE DIET

Overview of diet:

Gluten must be completely avoided for healing and relief of symptoms; there is no such thing as partially gluten free. In order to completely cut gluten from your diet, you will need to remove all items containing wheat, barley, and rye. This is harder than it sounds, as many processed foods contain some form of gluten as a stabilizing agent. Even foods you might assume are safe, such as salad dressings, marinades, barbecue sauces, and soups, should be checked for sources of gluten.

Foods to avoid:

- Gluten containing grains, such as wheat, barley and rye
- Pre-packaged foods, such as dressings, sauces, soups (check label)
- Oats and rice, if not certified gluten free
- Some medications (Read: [Is Your Medication Gluten Free?](#))

Foods to include:

- Fresh meats
- Fresh vegetables
- Fresh fruits
- "Certified Gluten Free" grains (as long as not sensitive to grains in general)
 - Rice (all varieties)
 - Oats (all varieties)
 - Quinoa
 - Buckwheat
- Nuts and seeds

When to use this diet:

While gluten causes intestinal permeability in most people, Celiac disease antibodies can also cross-react with thyroid antibodies, and this may be one of the reasons for the common co-occurrence. Up to 20 percent of people with Celiac and Hashimoto's can get Hashimoto's into remission within a year of going gluten free, and some may go into remission in as little as three months. This diet would generally be followed alongside a dairy and soy free diet as well.

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Best practices:

- Cell Science Systems has a test for Celiac disease called the [CICA: Genetic Only](#).
- An [elimination diet](#) can help identify a gluten intolerance (among many other possible sensitivities).
- You can also [re-test antibodies](#) through Ultra Labs or physician once gluten has been removed for 3 months.

More information:

Millet, a cereal crop unrelated to wheat, is often used in gluten free bread and bakery products. However, millet contains isoflavones, which inhibit thyroid peroxidase and should be avoided by people with thyroid disorders.

Symptom improvement in many autoimmune conditions has been reported after the initiation of a gluten free diet. Length of gluten exposure is positively associated with the development of autoimmune conditions. This means the longer you eat gluten, the more likely you are to develop an autoimmune condition!

When Italian researchers placed people with subclinical hypothyroidism and Celiac disease on a gluten free diet, thyroid function normalized in a significant percentage of subjects.

Sample Meal Plan:

		
BREAKFAST	LUNCH	DINNER
Roasted Breakfast Hash	Shrimp & Pineapple with Ginger	Bacon & Avocado Lamb Burgers

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Breakfast: ROASTED BREAKFAST HASH

Ingredients:

- 1 pound ground gluten and nitrate free sausage
- 1 large shallot, chopped
- 2 cups Brussels sprouts, chopped
- 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 Fahrenheit.

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.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: SHRIMP & PINEAPPLE WITH GINGER

Ingredients:

- 1 tablespoon coconut oil
- 1 clove garlic, minced
- 2 tablespoons leek, chopped
- 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 cilantro, chopped
- 1/2 cup pineapple, diced

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.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: BACON & AVOCADO LAMB BURGERS

Ingredients:

- 1 pound ground lamb
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 1 teaspoon garlic powder
- 1 teaspoon oregano, chopped
- 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, and bacon.

Top with another lettuce leaf and serve.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Article: Media Attack On Gluten Free Diets | Hashimoto's the Root Cause Hashimoto's Protocol](#) | [Root Cause Recipe Portal](#)



DAIRY FREE DIET

Overview of diet:

Dairy is another common reactive food in people with Hashimoto's. Some people may have a primary dairy sensitivity, while others may develop a secondary dairy sensitivity due to the gluten-induced damage to the gut. People with Hashimoto's usually have sensitivities to the proteins found in dairy: casein and whey.

Foods to avoid:

- All cow's milk products including milk, cheese, yogurt, ice cream, and butter
- "Healthy" protein powders containing whey protein also need to be eliminated
- Some non-dairy cheeses may contain casein, the most problematic of the dairy proteins
- Processed foods may contain dairy proteins and are best avoided

Foods to include:

- Fresh meats
- Fresh vegetables
- Fresh fruits
- Nuts and seeds
- Eggs

Please see the replacement options:

Dairy Type	Replacement Options
Milk	Coconut, almond, or cashew milk
Butter	Coconut oil, ghee
Yogurt	Coconut or almond yogurt
Whey protein	Pea protein, hydrolyzed beef protein or egg white protein*
Ice cream	Coconut or almond ice cream or pureed frozen bananas
Cheese	Cashew or other nut cheese, or dairy free, soy free cheese, like Daiya

*likely to cause an adverse reaction

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When to use this diet:

If you're not experiencing full relief from the gluten free diet, dairy avoidance may be needed for three to six months. Many people regain their ability to tolerate dairy after six months, but some will need to avoid it indefinitely.

Individuals with leaky gut would want to avoid dairy, along with a soy and gluten free diet as well.

Best practices:

An [elimination diet](#) can help to identify a dairy intolerance (among many other possible sensitivities).

More information:

Most protein powders on the market contain soy and dairy, which are two very reactive proteins for people with Hashimoto's. Egg white proteins are less reactive, but unfortunately, those with Hashimoto's who start using them often find themselves with new onset egg reactions, because egg whites are difficult to digest for people with intestinal permeability. The protein powders that are best tolerated by people with Hashimoto's are pea protein and hydrolyzed beef protein. Both are hypoallergenic and easy to digest.

Sample Meal Plan:

		
BREAKFAST	LUNCH	DINNER
Root Cause Green Smoothie	Thai Chicken Coconut Soup	Turkey Taco Salad

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Breakfast: ROOT CAUSE GREEN SMOOTHIE

Ingredients:

- 1 cup mixed baby greens
- 2 large carrots
- 1 ripe avocado
- 1 stick of celery
- 1 cucumber
- 1 bunch of basil leaves (optional)
- 1 cup coconut milk
- 1 scoop Rootcology AI Paleo Protein or Rootcology Paleo Protein
- Sea salt

Optional Boosts:

(1 tablespoon each)

- [Camu powder](#) – to boost vitamin C
- [Cod Liver Oil](#) – anti-inflammatory
- [Maca root powder](#) – helps increase body temperature and stabilize hormones
- Turmeric powder – anti-inflammatory

Taste Hacks:

While most people who have tried the green smoothie love it, there are some people (ahem, my husband Michael) who may not like the pudding-like texture/consistency and the warmth of the smoothie.

In his case, he prefers the smoothie to have a thinner, milk-like consistency, and he also prefers it to be "cold and tropical tasting" (his words :-)).

For Michael's green smoothie, I make the following taste/texture modifications:

- Skip the avocado and add 1 tablespoon of chia seeds instead. Chia seeds are a less creamy source of good fat.
- Add the juice of one lemon or lime (to make it more tropical and to support digestive juices),
- Blend the contents with 1 cup of ice cubes to make the smoothie cold and to give it a more "milky" consistency.
- While the carrots and coconut are usually naturally sweet enough, if you are coming off the Standard American Diet, you may want to add a boost of fruit, like a 1/4 cup of berries or 1/2 green apple as your taste buds transition to appreciating the natural sweetness of coconuts and carrots.

Directions:

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

Adapted from [Root Cause Recipe Portal](#)

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Lunch: THAI CHICKEN COCONUT SOUP

Ingredients:

- 2 tablespoons coconut oil
- 1 pound boneless, skinless, chicken thighs
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 (14-ounce) can diced tomatoes
- 1 tablespoon fresh lime zest
- 1 tablespoon fresh lime juice
- 2 tablespoons raw honey
- 2 cups chicken bone broth
- 1 (14-ounce) can unsweetened coconut milk
- Sea salt and freshly ground black pepper to taste

Directions:

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

In a large pot add the remaining ingredients. Cook for 15 minutes, until soup comes to a boil and vegetables are tender.

To the soup, add the chicken mixture and stir.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: TURKEY TACO SALAD

Ingredients:

- 1 tablespoon coconut oil
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 1 pound ground turkey
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 large sweet potato, diced
- 4 cups romaine lettuce, chopped
- 1 large tomato, diced
- 1 large avocado, peeled and sliced
- 1/3 cup bell pepper, chopped
- 1 1/4 cup black olives, sliced
- 1/3 cup lemon juice
- 2 tablespoons honey
- 3 tablespoons olive oil

Directions:

In a large skillet over medium heat, heat coconut oil. To the oil, add the salt, pepper and turkey and cook for 5 minutes, until brown.

To the turkey mixture, add the onion, garlic and sweet potato and cook for 10 minutes, until vegetables are tender and turkey is cooked through. Allow turkey mixture to cool. In a large bowl, add the turkey mixture and the next 5 ingredients (lettuce through olives).

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

Pour the dressing over the salad, toss and serve.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Article: Dairy and Hashimoto's | Hashimoto's the Root Cause Hashimoto's Protocol | Root Cause Recipe Portal](#)

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SOY FREE DIET

Overview of diet:

Some may improve after going gluten free, others benefit from eliminating dairy, and others need to eliminate a multitude of foods, such as soy.

Foods to avoid:

- Pre-packaged foods, such as dressings, sauces, soups (check label)
- Some medications (Read: [Is Your Medication Gluten Free?](#))
- Edamame/soy beans
- Soy milk, soy based protein powders
- Asian style sauces (soya sauce, tamari)

Foods to include:

- Fresh meats
- Fresh vegetables
- Fresh fruits
- Nuts and seeds
- Coconut aminos (soy free alternative)
- Eggs

When to use this diet:

The soy free diet should be utilized by all with Hashimoto's, as soy is a top thyroid toxin.

Best practices:

An [elimination diet](#) can help to identify a soy intolerance (among many other possible sensitivities).



Sample Meal Plan:



BREAKFAST

Collard Green & Sausage
Breakfast Burrito



LUNCH

Paleo Chef Salad
with Chicken



DINNER

Barbecue Meatballs
with Sauteed Greens



Breakfast: COLLARD GREEN & SAUSAGE BREAKFAST BURRITO

Ingredients:

- 1 pound ground nitrate free sausage
- 1/2 medium onion, chopped
- 1/3 cup carrot, shredded
- 2 tablespoon coconut aminos
- 1/2 teaspoon grated lemon zest
- 1/2 cup broccoli slaw
- Sea salt/pink Himalayan to taste
- Black pepper to taste (if tolerated)
- 4 large collard greens, steamed

Directions:

In a large skillet over medium heat, add the sausage and onion and cook for 5 minutes. To the sausage, add the next 6 ingredients (carrot through pepper) and stir. Cook for 5 to 10 minutes, until sausage is cooked through and vegetables are tender.

Spoon sausage mixture, divided evenly, into collard leaves.

Fold into burritos and serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: PALEO CHEF SALAD WITH CHICKEN

Ingredients:

- 3/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons raw honey
- Sea salt/pink Himalayan salt to taste
- Freshly ground black pepper to taste (if tolerated)
- 2 heads red leaf lettuce, shredded
- 6 hardboiled eggs, sliced
- 4 slices bacon, cooked and crumbled
- 14 cherry tomatoes
- 4 green onions, chopped
- 4 stalks celery, chopped
- 2 avocado, cubed
- 4 grilled chicken breasts, sliced

Directions:

In a small bowl, mix together olive oil, balsamic vinegar, honey, salt and pepper.

In a large bowl, add the next 7 ingredients (red leaf lettuce through avocado) and gently toss. Add sliced chicken on top.

Drizzle with balsamic honey dressing and serve.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: BARBECUE MEATBALLS WITH SAUTEED GREENS

Ingredients:

- 1 pound ground beef
- 1 large egg, beaten
- 2 tablespoons almond flour
- Sea salt/pink Himalayan salt to taste
- Black pepper to taste (if tolerated)
- 1 clove garlic, minced
- 1 teaspoon dried thyme
- 2 tablespoons coconut oil, divided
- 1/3 cup tomato paste
- 2 dates, pitted
- 2 tablespoons coconut aminos
- 2 tablespoons bone broth
- 4 cups collard greens, chopped
- 1 tablespoon lemon juice

Directions:

In a large bowl, mix the first 7 ingredients (beef through thyme). Form meat mixture into meatballs.

In a large skillet over medium heat, heat half the coconut oil. To the oil, add the meatballs and cook on each side for 2 minutes, until brown.

In a blender, blend the next 4 ingredients (tomato paste through broth) with salt and pepper until smooth. Pour the sauce over the meatballs and reduce heat to low. Cook for 10 minutes, until meatballs are cooked through.

In a separate skillet over medium heat, heat the remaining coconut oil. To the oil, add the remaining ingredients and salt and pepper and stir. Cook for 10 minutes, until greens are tender.

Serve warm with meatballs.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Hashimoto's the Root Cause](#) | [Hashimoto's Protocol](#) | [Root Cause Recipe Portal](#)

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ROOT CAUSE PALEO

Overview of diet:

The Root Cause Paleo Diet includes nuts, seeds, meats, eggs, vegetables, and fruit, and it excludes all processed foods as well as grains. This diet is designed to lower your intake of inflammatory foods and increase your intake of anti-inflammatory foods, including high-quality animal-based proteins, which will help your body repair itself. While the Root Cause Paleo Diet has origins in the traditional Paleo diet, a diet designed to reflect what our ancestors ate, I've made strategic modifications to ensure that it specifically benefits people with Hashimoto's. For example, pea protein is controversial in the traditional Paleo diet, but it is included here because it's a hypoallergenic protein for people with Hashimoto's and is well tolerated by most.

Foods to avoid:

- Caffeine
- Dairy
- Grains
- Hot peppers
- Legumes (except green beans and pea protein)
- Seaweed
- Sugar

Foods to include:

- All fruits
- All meats
- All vegetables
- Eggs
- Nightshades
- Nuts
- Seeds
- Pea protein and hydrolyzed beef protein

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When to use this diet:

When following a gluten/dairy/soy free diet is not alleviating symptoms.

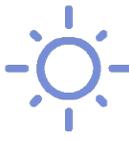
Best practices:

In addition to the standard Paleo diet guidelines, I've found that avoiding hot peppers (they lead to leaky gut), all dairy (even butter and ghee), and seaweeds (due to iodine content and immune-modulating potential) as well as eating more vegetables than on the traditional Paleo diet, lead to improved outcomes for most people.

More information:

You may be surprised that I am recommending a diet that contains meat, as you may have heard that eating meat is inflammatory. This is true for conventionally raised animals, which have high levels of pro-inflammatory omega-6 fatty acids, but meat plays an important repair role in the body, and naturally raised animals have the optimal ratio of anti-inflammatory omega-3 fatty acids for human consumption. Look for grass-fed, pasture-raised, wild-caught, and free-range options.

Sample Meal Plan:

		
BREAKFAST	LUNCH	DINNER
Bacon & Broccoli Frittata	Baked Fish with Red Pepper	Pistachio Lemon Chicken



Breakfast: BACON & BROCCOLI FRITTATA

Ingredients:

- 1 pound bacon, chopped
- 1 large shallot, chopped
- 3 cups broccoli florets
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 teaspoons thyme, chopped
- 6 large eggs, beaten
- 2 tablespoons unsweetened full fat coconut milk
- 2 tablespoons parsley, chopped

Directions:

Preheat oven to 375 degrees Fahrenheit.

In a large skillet over medium heat, add bacon and shallots and cook for 5 minutes, or until slightly softened and fragrant. Add broccoli, salt, pepper, and thyme, stir and cook for 5 more minutes, or until the bacon crisps slightly and the broccoli is tender-crisp. Drain bacon grease from skillet and discard.

In a large bowl, whisk the remaining ingredients with salt and pepper and pour the egg mixture over the bacon mixture in the skillet.

Bake skillet for 15 minutes, or until the eggs have set.

Serve warm garnished with parsley.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: BAKED FISH WITH RED PEPPER SALSA

Ingredients:

- 4 medium fresh, firm white fish filets
- 1 large red bell pepper, diced
- 1 large tomato, diced
- 1 large shallot, chopped
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 tablespoons lime juice
- 1 tablespoon olive oil

Directions:

Preheat oven to 375 degrees Fahrenheit.

Place the fish in a large baking dish.

In a large bowl, mix together the remaining ingredients and pour over fish. Bake fish for 10 to 15 minutes, until fish flakes easily with a fork.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: PISTACHIO LEMON CHICKEN WITH ASPARAGUS

Ingredients:

- 2 cups unsweetened coconut milk
- 1 cup almond flour
- 1 cup pistachios, chopped
- 1 tablespoon fresh lemon zest
- 1/2 teaspoon dried oregano
- Sea salt pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 large lemons, juiced
- 1 teaspoon onion powder
- 4 medium chicken breasts
- 1/4 cup coconut oil
- 1 tablespoon olive oil
- 1 pound asparagus

Directions:

In a shallow bowl, add coconut milk. In a separate bowl, add the next 8 ingredients (almond flour through onion powder) and stir to combine.

Coat each chicken breast with coconut milk, then dredge in the pistachio mixture covering each breast well. Set aside to rest for at least 10 minutes.

Preheat grill to medium-high. Brush grill grate with coconut oil. Using aluminum foil, make packets by folding a square of foil in half, crimping the two side edges and leaving the tops open. Place the coated chicken inside each packet and fold the top to seal.

In a medium bowl, toss together asparagus, sea salt, pepper and olive oil, coating asparagus well.

To a grill plate/basket add seasoned asparagus and place on grill for 5 to 6 minutes, or until soft. Remove and set aside.

Place seasoned chicken packets on grill and cook for 6 to 8 minutes per side. Remove from grill, set aside and let cool slightly before opening the packets.

Serve chicken with side of asparagus.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Hashimoto's the Root Cause](#) | [Hashimoto's Protocol](#) | [Root Cause Recipe Portal](#)

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ROOT CAUSE AUTOIMMUNE PALEO

Overview of diet:

The Root Cause Autoimmune Paleo diet is one step up from The Root Cause Paleo Diet. It goes further by removing nuts, seeds, eggs, and nightshades, and we focus on eating delicious organic meats, including grass-fed beef, free-range chicken, and wild caught fish.

Foods to avoid:

- Caffeine
- Dairy
- Eggs
- Grains
- Hot peppers
- Legumes (except green beans and pea protein)
- Nightshades (cayenne peppers, eggplant, tomatoes, potatoes (except for sweet potatoes), goji berries, ashwagandha (herb that helps balance the adrenals), as well as paprika, and other nightshade spices)
- Nuts
- Seeds
- Seaweed
- Sugar

Foods to include:

- All fruits
- All meats
- All vegetables (except nightshades)
- Pea protein and hydrolyzed beef protein

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When to use this diet:

At this point, you have excluded the most commonly reactive foods in Hashimoto's, including gluten, dairy, soy, and grains. If you are still having symptoms, especially gut-related symptoms, it's time to step up your diet to the Root Cause Autoimmune Diet.

Best practices:

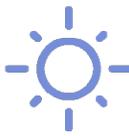
- Low glycemic index. Limit fruits to 1-2 servings per day.
- Include 6-8 servings of vegetables per day.
- Mediterranean inspired: 80% vegetables, 20% meat/fish.
- Focus on sauces, dips and broths.
- Fat rich (olive oil, coconut oil, duck fat, and avocados are some of the "superfoods" of this diet).

Beef and pork are the most common reactive animal proteins, but they are less likely to cause reactions than other sources of non-animal protein. If symptoms are not improved on a 30-day Root Cause Autoimmune Diet, consider a 30-day elimination of mammalian meat; lamb, pork, beef. Poultry (chicken, duck, turkey, goose, squab, pheasant) and seafood should be the main sources of animal protein.

More information:

As you work on healing your gut, you're going to follow this diet for six to twelve weeks, and adding one to two cups of homemade bone broth to your daily regimen will also assist in the process. You should reevaluate your gut function after six weeks and start reintroducing foods if all of your gut-related symptoms have resolved. If not, you will need to continue for another six weeks.

Sample Meal Plan:

 BREAKFAST	 LUNCH	 DINNER
Avocado & Turkey Breakfast Skillet	Butternut Squash Chili with Fresh Spinach	Coconut Crusted Trout with Wild Mushroom Plus - Easy Bone Broth

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Breakfast: AVOCADO & TURKEY BREAKFAST SKILLET

Ingredients:

- 2 tablespoons coconut oil
- 1 large onion, chopped
- 1 pound additive-free ground turkey
- 3 cups spinach, chopped
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 3 tablespoons coconut aminos
- 1 large avocado, pitted and thinly sliced

Directions:

In a large skillet over medium heat, heat oil, add onion and cook for 5 minutes, or until translucent and fragrant. Then add turkey and cook for 10 minutes, or until the turkey has browned slightly. Add spinach, salt, pepper, coconut aminos, stir and cook for 2 minutes, or until heated throughout.

Top with avocado slices and serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

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Lunch: BUTTERNUT SQUASH CHILI WITH FRESH SPINACH

Ingredients:

- 2 tablespoons coconut oil
- 2 pounds ground beef
- 8 ounces pumpkin puree
- 3 cups mushrooms, sliced
- 3 cups butternut squash, diced
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 4 cups baby spinach
- 4 tablespoons coconut aminos

Directions:

In a large pot on medium-high heat, heat oil and add ground beef. Cook until cooked throughout. Add the next 7 ingredients (pumpkin through pepper), stir and reduce heat to medium-low and bring to a simmer. Cover and cook for 60 minutes, stirring regularly.

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

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: COCONUT CRUSTED TROUT WITH WILD MUSHROOMS

Ingredients:

- 4 medium trout fillets
- 1 tablespoon olive oil
- 1 cup coconut flour
- 1 cup unsweetened coconut flakes
- Sea salt/pink Himalayan to taste
- Black pepper to taste (if tolerated)
- 2 cups wild mushrooms, sliced
- 1 medium leek, chopped

Directions:

Heat grill to medium high heat. Brush trout with olive oil.

In a large bowl, whisk together the flour, coconut flakes, salt, and pepper. Coat fish fillets with flour mixture.

Place fish fillets on large individual aluminum foil sheets. Spoon mushrooms and leeks, divided evenly, over trout and cover with a second sheet of foil. Seal edges and place packets on grill. Cook for 10 minutes, until fish flakes easily with a fork and vegetables are tender.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Plus: EASY BONE BROTH

Ingredients:

- 5 chicken legs
- 2 cups mixed carrots, onions, and celery, chopped
- 1 tablespoon apple cider vinegar
- Sea salt to taste
- Purified water

Directions:

Add all ingredients to a slow cooker and cook overnight to wake up to delicious bone broth. According to Dr. Kellyann Petrucci, author of *Dr. Kellyann's Bone Broth Diet*, bone broth should cook for eight to twenty-four hours to extract the most nutrients. Cooking bone broth in a slow cooker is the best way to do so and is so much easier than using a stovetop!

Resources:

[Hashimoto's the Root Cause](#) | [Hashimoto's Protocol](#) | [Root Cause Recipe Portal](#)

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ROOT CAUSE ROTATION DIET

Overview of diet:

You may not have heard about The Root Cause Rotation Diet before, even if you're familiar with the Paleo, Autoimmune Paleo, and autoimmune diets. This is something that I've piloted with my clients who have had a lot of issues strictly with food reactions and not getting better on even the Autoimmune Paleo diet. This is modeled after the autoimmune diet, but it's going to be a little bit more complicated because we're going to shift to eating specific foods one time every four days. Again, this diet also limits seaweeds because of immune modulating properties and high iodine content. And just to clarify, eating the food within a day means within a 24-hour period.

Foods to avoid:

- Caffeine
- Dairy
- Eggs
- Grains
- Hot peppers (including cayenne peppers)
- Legumes (except green beans and pea protein)
- Nightshades (cayenne peppers, eggplant, tomatoes, potatoes (except for sweet potatoes), goji berries, ashwagandha (herb that helps balance the adrenals), as well as paprika, and other nightshade spices)
- Nuts
- Seeds
- Seaweed
- Sugar

Foods to include:

- All fruits
- All meats
- All vegetables (except nightshades)
- Pea protein and hydrolyzed beef protein

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When to use this diet:

When there are ongoing issues with food reactions and a person is not getting better on the Autoimmune Paleo diet.

Best practices:

The Root Cause Rotation Diet should be followed for at least 30 days to prevent reactions to food. Following the “once every four days” principle means if you have a specific reactive food on Monday, you would not have it again until Friday.

Sample Meal Plan:

(Note: Recipes not included)

 BREAKFAST	 LUNCH	 DINNER	SNACKS
<p>DAY 1 – Beef hash with sweet potatoes, onions, leeks, garlic from previous day*</p> <p>DAY 2 – Stir fry fish with kale, or from previous day*</p> <p>DAY 3 – Turkey sausage with parsnip puree</p> <p>DAY 4 – Pork cutlets with avocado and artichokes from previous day*</p>	<p>DAY 1 – Portabella mushroom bison burgers with sweet potato fries</p> <p>DAY 2 – Halibut with Brussels sprouts puree</p> <p>DAY 3 – Turkey meatballs with spaghetti squash</p> <p>DAY 4 – Capers, saffron, scallops over a bed of spinach</p>	<p>DAY 1 – Baked duck with plum sauce and steamed asparagus</p> <p>DAY 2 – Salmon with broccoli and mashed cauliflower</p> <p>DAY 3 – Chicken stew with squash and carrots</p> <p>DAY 4 – Pulled pork, plantains, avocados</p>	<p>DAY 1 – Beef jerky, blueberries</p> <p>DAY 2 – Sardines, dried coconut flakes</p> <p>DAY 3 – Olives with pickles, papaya</p> <p>DAY 4 – Avocado with beets, plum sauce</p>

*It's important to follow a 24 hour rotation, not necessarily the same day. For example, you can have one day's dinner leftovers for the following day's breakfast, or freeze the leftovers for the next designated day.

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More information:

One tip that can help make this diet manageable is printing off the calendar below and putting it on your fridge so that you know which foods are going to be scheduled on what day. You can also check out and purchase software from www.rotationdietsoftware.com as an additional tool to help.

FOOD TYPE	DAY 1	DAY 2	DAY 3	DAY 4
Vegetables	Sweet potato, yam, sorrel, mushrooms, okra, asparagus, green beans	Arugula, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, daikon, kale, radish, watercress, hearts of palm	Pumpkin, squash, bitter melon, cucumber, zucchini, carrots, celery, fennel, parsley, parsnip, olives	Plantain, avocado, artichokes, dandelion, endive, lettuce, beets, chard, lamb's quarters, spinach
Meat, Fish, Poultry	Beef, bison, buffalo, goat, lamb, duck, goose, deer, elk, rabbit, squab	Anchovy, catfish, cod, flounder, grouper, halibut, salmon, sardine, snapper, swordfish, tuna	Chicken, turkey, crab, lobster, shrimp	Clam, scallops, perch, trout, sole, whitefish, pork
Fruit	Rhubarb, blueberry, cranberry, kiwi, persimmon, apricot, cherry, nectarine, peach, plum	Grapefruit, lemon, lime, mandarin, orange, tangerine, pineapple, grapes	Mango, cantaloupe, honeydew melon, elderberry, papaya, pomegranate	Banana, fig, mulberry, apple, pear, blackberry, raspberry, strawberry
Nuts/Seeds		Coconut		
Thickeners	Yam puree, sweet potato puree		Squash puree, arrowroot	Apple sauce
Drinks	Hibiscus tea	Lemon water, coconut water	Ginger tea, mint tea	Chamomile, chicory, dandelion root coffee

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CONTINUED

FOOD TYPE	DAY 1	DAY 2	DAY 3	DAY 4
Spices	Garlic, leek, onion, shallot, vanilla, black pepper	Tamarind, carob, horseradish, mustard, wasabi, allspice, cloves	Cardamom, ginger, turmeric, anise, caraway, chervil, cilantro, coriander, cumin, dill, basil, marjoram, mint, oregano, rosemary, thyme	Capers, saffron, bay leaf, cinnamon, tarragon
Sweetener	Honey, prune	Dates	Maple syrup	Black currant, stevia
Fats & Oils	Duck fat, goose fat	Coconut oil	Chicken fat, olive oil	Avocado oil, safflower oil, lard
Sour	Cranberry juice	Lemon juice, sauerkraut	Pickles, pomegranate	Apple cider vinegar, beet kvass

Resources:

[Hashimoto's the Root Cause | Hashimoto's Protocol](#)

[Hashimoto's Self-Management Program | www.rotationdietsoftware.com](#)

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LOW FODMAPs DIET

Overview of diet:

The FODMAPs approach is a dietary intervention gaining attention among dietitians and the mainstream medical community for its potential efficacy in treating irritable bowel syndrome (IBS). FODMAPs is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols, used to describe the types of carbohydrates that may be fermentable by gut bacteria.

Foods to avoid:

FRUCTOSE	LACTOSE	FRUCTANS	GALACTANS	POLYOLS
<ul style="list-style-type: none"> • Apples • Mangoes • Pears • Watermelon • Fructose • HFCS • Dried fruit • Fruit juice • Honey • Corn syrup 	<ul style="list-style-type: none"> • Milk • Ice cream • Yogurt • Cheese 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Beetroot • Broccoli • Brussels sprouts • Cabbage • Eggplant • Fennel • Garlic • Leeks • Okra • Onions • Wheat • Breads • Cookies • Pasta • Chicory • Inulin 	<ul style="list-style-type: none"> • Beans • Chickpeas • Kidney beans • Lentils • Soybeans 	<ul style="list-style-type: none"> • Apples • Apricots • Avocados • Blackberries • Cherries • Peaches • Pears • Plums • Prunes • Watermelon • Cauliflower • Green bell peppers • Mushrooms • Corn • Sorbitol • Mannitol • Xylitol



Foods to include (Paleo friendly):

- Bananas (unripe), blueberries, boysenberries, cranberries, grapes, grapefruit, honeydew melon, kiwi, lemons, limes, oranges, raspberries, and strawberries are allowed
- Vegetables included in the Low FODMAPs diet are carrots, celery, endives, ginger, green beans, lettuce, olives, parsnips, potatoes, pumpkin, red bell peppers, spinach, squash, sweet potatoes, tomatoes, turnips, and zucchini as well as most herbs
- "Grains" such as tapioca and arrowroot are allowed
- Sweeteners such as maple syrup are allowed but not in large quantities

When to use this diet:

When IBS (irritable bowel syndrome) is present.

Best practices:

- Best if followed for 60-90 days.
- For SIBO, you may need to follow the diet for 2-6 months.
- The FODMAPs diet allows some fruits but advises against eating too many of them.

More information:

FODMAPs found in onions, beans, and garlic are always malabsorbed and cause gas production in all individuals, even healthy ones. People with pathogenic bacteria, however, experience additional symptoms due to the toxic byproducts produced.

Reducing the intake of FODMAPs has been a proposed approach that improves IBS symptoms in about 75 percent of those who follow this diet.

Sample Meal Plan:

 BREAKFAST	 LUNCH	 DINNER
Scrambled Eggs in a Basket	Sesame Orange Chicken Salad	Spiced Beef Collard Wraps

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Breakfast: SCRAMBLED EGGS IN A BASKET

Ingredients:

- 6 large eggs
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 1 tablespoon oregano, chopped
- 1 cup zucchini, chopped
- 1 tablespoon coconut oil
- 4 small red bell peppers, tops removed

Directions:

Preheat oven to 375 degrees Fahrenheit.

In a large bowl, whisk the first 5 ingredients (eggs through zucchini).

In a large skillet over medium heat, heat the coconut oil. To the oil, add the contents of the bowl. Using a wooden spoon or spatula, continuously stir the eggs to scramble. Cook for 5 minutes, until eggs are just starting to set but are not all the way cooked.

Spoon the egg mixture into the peppers. Place the peppers in a large baking dish and bake for 15 minutes, until eggs are completely set and peppers are tender.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: SESAME ORANGE CHICKEN SALAD

Ingredients:

- 1 1/2 cups cooked chicken breast, shredded
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 1/4 cup unsweetened full fat coconut milk
- 1 large orange, peeled, segmented and chopped
- 1/4 cup sesame seeds, toasted
- 1/2 cup carrots, shredded
- 4 cups kale, chopped
- 2 tablespoons olive oil
- 1/4 cup coconut aminos
- 2 tablespoons fresh lime juice
- 1/2 teaspoon mustard powder
- 1 tablespoon sesame oil

Directions:

In a large bowl, mix the first 8 ingredients (chicken through kale).

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

Toss and serve immediately.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: SPICED BEEF COLLARD WRAPS

Ingredients:

- 1 tablespoon coconut oil
- 1 pound steak, sliced
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 1/4 cup canned full fat coconut milk
- 1 tablespoon maple syrup
- 1 teaspoon cumin
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 6 to 8 large collard green leaves
- 1/4 cup cilantro, chopped
- 1/2 cup chives, chopped

Directions:

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

In a small bowl, whisk the next 7 ingredients (salt through lime juice) until smooth. Pour sauce over steak and cook for 5 minutes, until steak is cooked to desired level of doneness.

Using a slotted spoon, scoop steak into collard leaves.

Top steak with cilantro and chives and serve.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Hashimoto's Self-Management Program](#) | [Root Cause Recipe Portal](#)

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GAPS DIET

Overview of diet:

The GAPS diet starts with a healing phase, which focuses on “healing and sealing” the intestinal lining by removing all irritating foods and providing building blocks for cell repair, including amino acids, minerals, fats, and fat-soluble vitamins. Fermented foods and probiotics are also started at a low dose and increased over the course of the dietary program.

The healing phase includes homemade broths, soups, animal fat, well-cooked meats, and puréed well-cooked vegetables (zucchini, carrots, pumpkin), while difficult to digest foods such as grains, dairy, fiber, beans, nuts, and raw fruits and vegetables are removed. This healing phase continues until all gastrointestinal symptoms have resolved.

Foods to avoid:

- Please refer to this list: <http://www.gapsdiet.com/gaps-full-diet.html>
- All cheese should be avoided, especially for Hashimoto's and other autoimmune patients

Foods to include:

- Please refer to this list: <http://www.gapsdiet.com/gaps-full-diet.html>
- Although cheese, alcohol and sea vegetables are listed as approved foods, they should be avoided, especially for Hashimoto's or autoimmune patients

When to use this diet:

When SIBO (small intestinal bacterial overgrowth) is suspected or confirmed and for leaky gut.

Best practices:

- Diet should be followed for 60-90 days.



Food Protocol outline:

GAPS healing phase:

- Stews, soups, fermented foods, bone broth, gelatin
- Meats: all organic (preferred) well-cooked meats
- Vegetables: only low-fiber, well-cooked, puréed

GAPS introduction diet (starting with foods easiest to digest):

1. Well-cooked vegetables and meats with soft consistency
2. Soft vegetables and fruits such as avocados and bananas
3. Softly cooked eggs
4. Nut breads
5. Nut butters, soaked nuts
6. Raw fruit, vegetables

*obtained from www.gapsdiet.com

For more information, please visit www.gapsdiet.com

More information:

The GAPS diet starts off like a "low-residue diet" that is low in indigestible fiber to starve the pathogenic bacteria. Even with the use of diet and probiotics, changes in bacterial flora happen gradually, and it may take up to two years for the beneficial bacteria to replace the pathogenic bacteria.

The GAPS diet needs to be continued for one year after the last symptoms resolve before reintroducing new foods.

Resources:

Hashimoto's Protocol | <http://www.gapsdiet.com/>



SPECIFIC CARBOHYDRATE DIET (SCD)

Overview of diet:

People with digestive difficulties have a compromised gut flora. The theory behind the diet is that under normal conditions, sucrose and other multiple sugar molecules are broken down by brush border enzymes into the single sugars glucose and fructose, but when the flora is compromised, this does not happen. Instead, the villi are so damaged, the molecules do not get broken down. Since the body can only absorb single sugars, the molecules are not absorbed and become food for pathogenic gut flora, resulting in gas, toxicity, and more pathogenic bacteria, thus creating a "vicious cycle".

The SCD excludes polysaccharides/disaccharides (starches) for about a year and recommends the use of homemade lactose-free yogurt. After this diet is followed for at least one year, the villi regenerate and the person regains digestive function, eventually being able to tolerate foods forbidden on the diet.

This diet can be helpful for overcoming small intestinal bacterial overgrowth by "starving" out the pathogens and reintroducing beneficial bacteria. Fiber and fruit both can contribute to small intestinal bacterial overgrowth (SIBO) and may also need to be limited.

Foods to avoid:

- Sugars
- Starches
- Cornstarch
- Baking powder
- Chocolate
- Pectin
- Potato
- Maple syrup
- Molasses
- Rice
- Wheat
- All grains



Foods to include:

- Fresh meats
- Most vegetables
- Most fruits
- Nuts
- Seeds
- Eggs
- Properly soaked legumes

A full list of SCD "legal and illegal" foods can be viewed on the website www.breakingtheviciouscycle.info.

When to use this diet:

The SCD is purported to be effective for people with IBS, Crohn's, Celiac disease, and other digestive issues. A modified version of the diet has been adapted to treat behavioral disorders and autoimmune conditions and is known as the GAPS (Gut and Psychology Syndrome) diet.

Best practices:

- Diet should be followed at least 60-90 days.
- The SCD diet needs to be continued for one year after the last symptoms resolve before reintroducing new foods.

More information:

The oldest and most well-known monosaccharide diet is the Specific Carbohydrate Diet (SCD). It was originally designed in the 1920s by a physician named Sydney Haas. This diet was used for overcoming Celiac disease but fell out of favor once gluten was identified as a trigger. The diet re-emerged after Elaine Gottschall, MS, a biochemist and mother of a child who was helped by this diet, published a book titled *Breaking the Vicious Cycle*.

Gottschall proposed adapting a Specific Carbohydrate Diet, which removes starchy carbohydrates like those found in beans, potatoes, and most grains.

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Sample Meal Plan:



BREAKFAST

Green Eggs
& Ham



LUNCH

Mushroom &
Greens Stir Fry



DINNER

Grilled Fish Packets
with Pineapple Salsa

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Breakfast: GREEN EGGS & HAM

Ingredients:

- 2 tablespoons coconut oil
- 8 slices bacon
- 6 eggs, beaten
- 2 cups frozen spinach
- 1 medium shallot, chopped
- 1/4 cup fresh basil, chopped
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)

Directions:

In a large skillet, heat the coconut oil over medium-high heat. Cook the bacon until crisp and then remove and set aside on a paper towel lined plate.

In a large bowl, toss together the remaining ingredients, (eggs through pepper). Using the same skillet, cook the egg mixture until set.

Remove from the heat and serve with the bacon.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

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Lunch: MUSHROOMS & GREENS STIR FRY

Ingredients:

- 1 tablespoon coconut oil
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 teaspoons ground cumin
- 1 pound chicken breast, chopped
- 2 cups collard greens, chopped
- 2 cups mushrooms, sliced
- 1/4 cup scallions, chopped
- 2 teaspoons rosemary, chopped

Directions:

In a large skillet over medium heat, heat coconut oil. To the skillet, add the remaining ingredients and stir. Cook for 10 minutes, until chicken is no longer pink in the center and vegetables are tender.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

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Dinner: GRILLED FISH PACKETS WITH PINEAPPLE SALSA

Ingredients:

- 4 medium firm white fish filets
- 1 cup pineapple, diced
- 1 large tomato, diced
- 1 small shallot, chopped
- 1/4 cup lime juice
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 tablespoons cilantro, chopped

Directions:

Heat grill to medium-high heat.

Place each fish filet on a large sheet of aluminum foil.

In large bowl, mix the remaining ingredients and spoon over each filet. Cover the fish with a second sheet of foil and seal the edges.

Place packets on the grill and cook for 15 to 20 minutes, until fish flakes easily with a fork.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Hashimoto's Protocol](#) | [Root Cause Recipe Portal](#) | [breakingtheviciouscycle.info](#)

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BULLETPROOF DIET

Overview of diet:

The Bulletproof diet is a diet low in toxic foods (such as mold), and focuses on a whole foods approach as well as intermittent fasting. The foods are placed on a gradient type chart and you choose foods in the green zone which are least toxic to our bodies.

Foods to avoid:

Foods such as peanuts, raisins, dried fruit, nuts, coffee (except Bulletproof brand), beer and wine. Please refer to [The Bulletproof Diet Website](#) for a complete list of foods to avoid.

Foods to include:

Please refer to [The Bulletproof Diet Website](#) for a complete list of foods to consume.

*Please note that dairy and gluten should be avoided for people with Hashimoto's.

When to use this diet:

People recovering from mold toxicity/exposure.

Best practices:

Mold testing can be done with the [21/20 Molds ALCAT Panel](#). Getting a CT scan can be helpful in determining if you have a fungal infection in your sinuses.

More information:

You may have heard of Dave Asprey, biohacker extraordinaire, the creator of Bulletproof Coffee, and the author of the *New York Times* bestselling book *The Bulletproof Diet*, but you may not know that Bulletproof Coffee and the Bulletproof Diet came out of Dave's quest to overcome Hashimoto's.

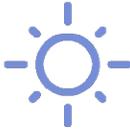
At one point, Dave weighed three hundred pounds and was constantly brain fogged and exhausted, despite eating a very low-calorie diet and exercising six days a week. He was eventually diagnosed with Hashimoto's. Dave found that gluten and toxic mold were significant triggers for his condition.



His quest to avoid toxic mold in food led him to create his signature Bulletproof Coffee—a drink low in mold and cross-reactive toxins—the Bulletproof Diet, and many supplements! Dave is now the muscular poster boy of high performance and is running a successful company, and his Hashimoto's is in remission.

You can read more of Dave's story here: [Dave's Hashimoto's Root Cause: Mold!](#)

Sample Meal Plan:

		
BREAKFAST	LUNCH	DINNER
Breakfast Egg & Coconut Chip Salad	Crock Cooker Fish Stew	Meatball Cauliflower Soup



Breakfast: BREAKFAST EGG AND COCONUT CHIP SALAD

Ingredients:

- 2 small avocados, peeled and diced
- 2 cups fresh lettuce, chopped
- 1/4 cup green onions, chopped
- 4 large hardboiled pastured eggs, peeled and chopped
- 1/2 cup unsweetened coconut chips (or flakes)
- 1/4 cup fresh lime juice
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 tablespoons raw honey
- 3 tablespoons extra virgin olive oil

Directions:

In a large bowl, combine the first 5 ingredients (avocados through coconut chips). Toss well to combine.

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

Serve immediately.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: CROCK COOKER FISH STEW

Ingredients:

- 3 sprigs green onion, diced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 4 cups cauliflower, chopped
- 2 cups low sodium bone broth
- 4 cups kale, chopped
- 1 pound fresh cold water fish, chopped

Directions:

In a large crock cooker, place the first 7 ingredients (green onion through broth) and stir. Cover and cook on low for 4 hours. Add the remaining ingredients, cover and cook on low for 2 hours, until fish flakes easily with a fork and vegetables are tender.

Serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

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Dinner: MEATBALL CAULIFLOWER SOUP

Ingredients:

- 1 pound grass-fed beef, ground
- 2 tablespoons coconut flour
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 tablespoons coconut oil
- 4 large stalks celery, chopped
- 3 sprigs green onions, chopped
- 3 cups cauliflower, chopped
- 1 (14-ounce) can full fat coconut milk
- 4 cups beef bone broth
- 1 tablespoon oregano
- 1/4 cup parsley, chopped

Directions:

Preheat oven to 350 degrees Fahrenheit.

In a large bowl, mix the first 4 ingredients (beef through pepper). Form meat mixture into meatballs.

Place formed meatballs on a baking sheet lined with parchment paper. Bake for 25-30 minutes or until cooked through.

In a large pot, melt the coconut oil over medium heat and add the celery, green onions and cauliflower. Cook for 3-5 minutes, until vegetables start to get tender. To the pot, add the meatballs, coconut milk, broth and oregano. Stir and season with salt and pepper. Simmer for 10 minutes, until meatballs are warmed through and vegetables are tender.

Sprinkle soup with parsley and serve warm.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

[Hashimoto's Protocol](#) | [Root Cause Recipe Portal](#) | [The Bulletproof Diet Website](#)

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THE BODY ECOLOGY DIET

Overview of diet:

The Body Ecology Diet, by Donna Gates, is a specific type of anti-Candida diet that may be especially helpful for those with Hashimoto's. The Body Ecology Diet includes some well soaked, easy-to-digest grains and limits fruit and nuts to starve off the pathogenic yeast and bacteria. Additionally, the Body Ecology Diet focuses on foods that create an alkaline environment, allowing alkaline phosphatase to work better to detoxify gram-negative bacteria.

Foods to avoid:

- Oats, rice, gluten containing grains such as wheat, rye, and barley
- All fruit, except those listed on "Foods to include" list

Foods to include:

- Vegetables - cucumber, green beans, lettuces, okra, parsley, red bell pepper, spinach, zucchini, summer squash, broccoli, Brussels sprouts, cabbage, cauliflower, kohlrabi, mustard greens, carrots, daikon, garlic, leek, onion, radish, scallions
- Protein/Fat - pumpkin seeds, sunflower seeds, flax seeds, coconut (fermented), avocado
- Starch vegetables - acorn squash, red skin potato, butternut and winter squash, artichoke, Jerusalem artichoke, English peas
- Grain-like seeds - millet*, quinoa, amaranth, buckwheat
- Animal protein - fish and shellfish, poultry, beef, eggs
- Fats/Oils - unrefined organic olive oil, unrefined organic fish oil, unrefined organic coconut oil, raw organic butter and ghee from grass-fed cows*
- Fruit - lemons, limes, cranberry, black currants

*may not be suitable for Hashimoto's patients

*list derived from www.bodyecology.com "BE Blueprint"

When to use this diet:

This diet is used as an anti-Candida diet.



Best practices:

This diet should be followed for 60-90 days. Please visit www.bodyecology.com to download the BE Blueprint (under "Get Started"), and if interested, to purchase the book and other Body Ecology associated products.

More information:

The Body Ecology diet (as well as the SCD & GAPS diet) is a program focused on healing and sealing the intestinal lining by first removing offending agents and then adding back nutritious foods and probiotics, allowing our digestion to catch up.

The program(s) start with an Introduction Phase. Think of the introduction phase as a "baby food phase" as these types of "introduction" diets are also fed to babies, who have increased intestinal permeability. The diets start with easy-to-digest broths, soups, and purées. They advance to well-cooked meats and vegetables, cooked fruits, fruit juices, and eventually raw fruits and vegetables, introducing one new food every four days or so.

Sample meal plan:

Please visit [the recipe section of bodyecology.com](http://www.bodyecology.com) for great BE approved recipe ideas!

Resources:

[Hashimoto's the Root Cause](#) | [Hashimoto's Protocol](#)

[Hashimoto's Self-Management Program](#) | www.bodyecology.com



LOW OXALATE DIET

Overview of diet:

This diet focuses on low oxalate foods and is useful for patients who have kidney stone formation, have had tests that could indicate possible kidney stone formation, or by individuals with Hashimoto's who suffer from joint pain.

Foods to avoid:

- Vegetables – spinach, rice bran, miso, corn, potato, beets, okra, kale (unless steamed)
- Fruits – rhubarb, raspberries
- Grains – buckwheat, wheat berries
- Nuts/Seeds/Legumes – navy beans, cocoa powder

Foods to include:

- Meat - All fresh and frozen meats
- Fruit - apples, avocados, melon, seedless grapes, peaches, plums
- Vegetables - asparagus, broccoli, cauliflower, cucumbers, lettuce, radish, mushrooms, onions, squash, red peppers, turnips
- Dairy - dairy is low in oxalates, however, not recommended for Hashimoto's
- Miscellaneous - basil, cilantro, coconut (all variations), all vegetable oils, mustard, mayonnaise, eggs, honey, saffron, tarragon, vanilla, salt, pepper (sparingly, when tolerated)

When to use this diet:

Oxalate sensitivity should be suspected if you have any of the following symptoms:

- hypothyroidism/Hashimoto's
- joint pain
- pain in the body
- burning with urination (interstitial cystitis)
- burning with bowel movements
- leaky gut
- depression
- kidney stones



Oxalate buildup can also be detected via lab testing. [The Organix Dysbiosis Marker test kit from Genova](#) can detect oxalate issues (you can [self-order](#) this test or get it from your functional practitioner). Conventional doctors can also run a urinary oxalate test. Here's a [link to the test overview](#).

Best practices:

Oxalate sensitivity may be due to nutrient deficiencies, a deficiency in probiotic bacteria, as well as a deficiency in bile. The following supplements may be helpful with oxalate disorders:

- Probiotics containing Bifidobacterium lactis like [Ther-Biotic Complete](#) and [Probiotic 50B](#)
- Bile containing supplements including [Rootcology Liver & Gallbladder Support](#)
- [B6 complex](#) from Pure Encapsulations

Sample Meal Plan:

		
BREAKFAST	LUNCH	DINNER
Bacon, Avocado & Asparagus	Lemon Crab Avocado Soup	Chicken Kebabs with Simple Side Salad

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Breakfast: BACON, AVOCADO & ASPARAGUS

Ingredients:

- 4 slices bacon, halved
- 1 small bunch of asparagus, chopped
- 1 large avocado, pitted and thinly sliced
- 1 teaspoon fresh parsley, chopped
- 8 ounces mushrooms, sliced

Directions:

In a medium-size skillet on medium-high heat, cook the bacon until crisp. Add the mushrooms to the skillet. Cook until tender (no more than a few minutes).

Serve the crisp bacon with the mushrooms and alongside the sliced avocado. Garnish with fresh parsley.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: LEMON CRAB AVOCADO SOUP

Ingredients:

- 4 large avocados, pitted
- 2 tablespoons red onions, chopped (if tolerated)
- 2 tablespoons fresh lemon juice
- 3 tablespoons full fat unsweetened coconut milk
- 2 cups bone broth
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 (6 oz) cans crab meat, drained
- 1 1/2 tablespoons chives, chopped

Directions:

In a blender or food processor, place the first 7 ingredients (avocado through pepper) and mix on high for 30 seconds, until the mixture becomes smooth and creamy. Cover and chill for 1 hour in the refrigerator.

Once chilled, serve the cream of avocado with a 3 oz portion of crab meat on top of each serving and garnish with chives.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: CHICKEN KEBABS WITH SIMPLE SIDE SALAD

Ingredients:

- 2 pounds chicken (use a combination of chicken breasts and thighs)
- 1/4 cup fresh mint leaves, chopped
- 1 1/2 teaspoons fresh rosemary, chopped
- 1/2 tablespoon lemon zest
- Juice of half a lemon
- 3 garlic cloves
- 1/4 cup extra virgin olive oil
- 1 teaspoon sea salt
- 1 zucchini, cubed
- 1 squash, cubed

For Salad:

- 1 head of lettuce, torn
- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)

Directions:

Rinse and pat dry the meat. Chop into 1-inch cubes and set aside.

Process all the marinade ingredients (mint, rosemary, lemon zest, lemon juice, garlic, extra virgin olive oil, and sea salt) in a small food processor or with an immersion blender for about a minute or until smooth. Mix the meat and the marinade. Allow to marinate for at least 2 hours, preferably overnight.

Thread each piece of meat onto a metal skewer. Alternate with vegetables as you like. Favorites include red onion, squash and zucchini. Grill over medium-high heat for about 10-12 minutes, turning the skewers by one quarter every couple of minutes.

Serve with an extra squeeze of fresh lemon.

Mix salad ingredients together and serve alongside kebabs.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

Article: [Are Oxalates At The Root Cause Of Your Thyroid Condition?](#)
<http://kidneystones.uchicago.edu/how-to-eat-a-low-oxalate-diet/>
<http://www.thevpfoundation.org/lowoxalatefoods.htm>

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LOW SULFUR DIET

Overview of diet:

This diet removes foods high in thiols. These foods need to be strictly avoided for 4-8 weeks to ensure the excess sulfur is cleared out of the system.

Foods to avoid:

- Vegetables - artichokes, Jerusalem, asparagus, bean sprouts, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, chives, collards, garlic, green beans, green leafy vegetables, onions, peas, rutabaga, spinach, turmeric
- Fruit - papaya, pineapple
- Legumes - all beans, lentils, peanuts, soy, coffee
- Dairy - all dairy
- Seeds - sesame
- Protein - eggs, tofu
- Grains - quinoa, buckwheat, bakery items
- For a complete list, please visit www.livingnetwork.co.za

Foods to include:

- Vegetables - squash (all varieties), French artichoke, eggplant, avocado, bamboo shoots, beets, carrots, celery, cucumber, herbs (all varieties except chives), lettuce, mushroom, peppers, sweet potato, tomatillos, tomatoes, zucchini
- Fruit- all fruits except papaya and pineapple
- Nuts and Seeds - sunflower, pumpkin, flax, all nuts, coconut
- Protein - all meats
- Oil - coconut, olive oil, avocado, cod liver
- Grains - all grains except quinoa
- For a complete list, please visit www.livingnetwork.co.za

When to use this diet:

When a CBS mutation is present, as this affects the way the body processes B vitamins.



Best practices:

- Follow diet for 4-6 weeks.
- Avoid sulfur-containing supplements, including NAC, selenium, glutathione, and alpha-lipoic acid for 4-8 weeks.
- A test can be done through [The Great Plains Ltd. Organic Acids Test](#).

Sample Meal Plan:

 BREAKFAST	 LUNCH	 DINNER
Apple "Toast" with Chicken & Fig Spread	Chicken Salad with Cider Vinaigrette	Beef Roast with Acorn Squash & Peppers



Breakfast: APPLE TOAST WITH CHICKEN & FIG SPREAD

Ingredients:

- 2 large apples, cored and sliced
- 1 tablespoon coconut oil
- 1 cup cooked chicken, shredded
- 3 tablespoons unsweetened fig preserves
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 2 tablespoons cilantro, chopped

Directions:

Preheat oven to 375 degrees Fahrenheit.

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.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)



Lunch: CHICKEN SALAD WITH CIDER VINAIGRETTE

Ingredients:

- 2 heads romaine lettuce, chopped
- 20 cherry tomatoes, halved
- 2 pears, cored and chopped
- 2 cups cooked chicken, chopped
- 1/2 cup pecans, chopped
- 2 large stalks celery, chopped
- 2 medium carrots, shredded

Vinaigrette:

- 3 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 2 teaspoons fresh basil, minced
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)

Directions:

In a large bowl, toss together all ingredients for salad (lettuce through carrots).

In a separate medium bowl, whisk together vinaigrette ingredients (vinegar through pepper).

Drizzle vinaigrette over salad, toss, and serve.

Serve 4.

Adapted from [Root Cause Recipe Portal](#)



Dinner: BEEF ROAST WITH ACORN SQUASH & PEPPERS

Ingredients:

- 1 large acorn squash, cut into 1 inch cubes
- 3 pounds beef roast
- 1/2 teaspoon ground ginger
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- 1 large yellow bell pepper, seeded, sliced
- 1 cup bone broth
- 1 cup water

Directions:

In a crock cooker, add squash and layer evenly on bottom of cooker, then add the beef roast. Season roast with salt and pepper. Place bell pepper around the outside of the roast. Add broth and water, cover and cook on high for 6 hours, or until roast is cooked to desired temperature.

Slice roast and serve warm alongside vegetables and juices from crock cooker.

Serves 4.

Adapted from [Root Cause Recipe Portal](#)

Resources:

<http://www.livingnetwork.co.za/chelationnetwork/food/high-sulfur-sulphur-food-list/>

<https://throughthepuzzle.com/2012/07/28/589/>

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