



HASHIMOTO'S
F O O D
PHARMACOLOGY



ROOT CAUSE LOW FODMAP AUTOIMMUNE RECIPES

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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*.

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, Thyroid Pharmacist website, and her international consulting and speaking services offered to both patients and healthcare professionals.

www.thyroidpharmacist.com

AUTOIMMUNE FOODS INCLUDED

- Most organic vegetables
- Fermented foods
- Most organic meats
- Low-glycemic organic fruits
- Herbs and spices
- Sweet potatoes
- Root Cause AIP Protein smoothies (beef protein)

AUTOIMMUNE FOODS AVOIDED

- Dairy
- Eggs
- Grains
- Legumes
- Nightshades
- Potatoes
- Tomatoes
- Bell Peppers
- Eggplant
- Nightshade spices
- Paprika
- Chilis - All Types (jalapeño, habañero, etc.)
- Chili powder
- Chili/Red Pepper flakes
- Cayenne
- Curry
- Nuts
- Seeds
- Sugar
- Seaweed

HIGH FODMAP FOODS AVOIDED

FRUIT

- Apples
- Apricots
- Avocados
- Blackberries
- Canned fruit
- Cherries
- Dates
- Dried fruit
- Figs
- Fruit in juice
- Fruit juice
- Guava
- Longon
- Lychees
- Mangoes
- Nashi
- Nectarines
- Papaya
- Peaches
- Pears
- Plums
- Prunes
- Tamarillo
- Watermelon

NUTS/SEEDS

- Almond flour
- Almonds
- Cashews
- Pistachios

VEGETABLES

- Artichokes
- Asparagus
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Eggplant
- Fennel
- Figs
- Garlic
- Green bell peppers
- Jicama
- Leeks
- Mushrooms
- Okra
- Onions
- Peas
- Pomegranate
- Sauerkraut
- Savoy Cabbage
- Snow Peas
- Spring Onions
- Sugar Snap Peas

CONDIMENTS

- Agave Syrup
- Carob
- Honey
- Garlic powder
- Molasses
- Onion powder
- Tahini
- Tomato Paste
- Vinegar

OTHER

- Chicory Root
- Kefir
- Kombucha
- Sorbitol
- Mannitol
- Xylitol

USE SPARINGLY

- Almonds
- Banana (should not be ripe)
- Butternut Squash
- Coconut
- Grapes
- Maple Syrup
- Oranges
- Pumpkin
- Pumpkin seeds
- Sweet potato

ONE WEEK MEAL SCHEDULE

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DAY 1

DAY 1 BREAKFAST

Acorn Squash Sausage Bowls

A AUTOIMMUNE
LF Low FODMAP

Prep Time: 10 minutes

Cook Time: 40 minutes

Serves 4

4 large acorn squash, halved and seeded

2 tablespoons coconut oil, melted

1 pound additive-free ground sausage

2 tablespoons chopped rosemary

3 cups chopped kale

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 teaspoons maple syrup

1 tablespoon fresh lemon juice

1. Preheat oven to 375 degrees F.
2. Line a large baking sheet with parchment paper and set aside.
3. On the prepared baking sheet, place squash halves face up and drizzle coconut oil evenly on top. Bake for 20 minutes, or until fork tender. Set aside and leave oven at 375 degrees F.
4. In a large skillet over medium heat, add sausage and rosemary and cook for 5 to 7 minutes, or until browned slightly. Add the remaining ingredients and stir. Reduce heat to low, cover and cook for 5 more minutes, or until sausage is almost cooked throughout and kale is slightly wilted.
5. On the same prepared baking sheet, spoon sausage mixture into the cooked squash halves and place back into the oven. Bake for 10 minutes, or until the squash browns slightly and the sausage is cooked throughout.
6. Serve warm.

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DAY 1 LUNCH

Salmon Salad Lettuce Wraps

A AUTOIMMUNE
LF Low FODMAP

Prep Time: 10 minutes

Cook Time: N/A

Serves 4

4 large celeriacs, thinly sliced
1 medium cucumber, thinly sliced
4 tablespoons chopped parsley
2 tablespoons red wine vinegar
6 tablespoons olive oil
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
2 (6-ounce) cooked salmon filets, mashed
8 large butter lettuce leaves

1. In a large bowl, mix together ingredients 1 to 6. Then add the mashed salmon and mix into the combined mixture and season to taste as needed with salt and pepper.

2. Scoop onto butter lettuce leaves and serve immediately.

DAY 1 DINNER

Roasted Chicken and Carrots

A AUTOIMMUNE
L Low FODMAP

Prep Time: 15 minutes

Cook Time: 6 to 8 hours

Serves 4

1 pound chicken thighs

2 cups chopped parsnips

2 medium carrots, chopped

2 tablespoons chives, chopped

1 large lime, sliced

1 tablespoon olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/4 cup bone broth (use marrow bones not cartilage bones, cook for less than 8 hours)

2 tablespoons chopped basil

1. Preheat oven to 375 degrees F.

2. In a large bowl, toss all the ingredients.

3. In a large Dutch oven, place all the ingredients and cover. Place in the oven and cook for 40 minutes, stirring halfway through. Uncover Dutch oven and cook an additional 15 minutes, until vegetables are brown around the edges and tender and chicken is cooked through.

4. Serve warm.

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DAY 1 SNACK

Strawberry Ginger Gummies

A AUTOIMMUNE
L Low FODMAP

Prep Time: 1 hour 15 minutes

Cook Time: 10 minutes

Serves 4

3 tablespoons fresh lemon juice

3/4 cup water

1 cup fresh or frozen strawberries

1 teaspoon ginger powder

1/4 cup gelatin

1. In a blender or food processor, add lemon juice, water, and strawberries and mix on high until smooth. Pour mixture into a medium-size cooking pot on medium-low heat.

2. To the pot, whisk in maple syrup, ginger and gelatin. Continue to whisk for 5 minutes, until the mixture is thin and there are no clumps.

3. Carefully pour mixture into mold or baking dish. Set in refrigerator to form for 1 hour. If using a mold, transfer to freezer for 5 minutes in order to easily pop gummies from the mold. If using a baking dish, cut into squares and serve.

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DAY 2

DAY 2 BREAKFAST

Melon Shrimp Breakfast Skillet

A AUTOIMMUNE
L Low FODMAP

Prep Time: 15 minutes

Cook Time: 20 to 23 minutes

Serves 4

1 tablespoon coconut oil

1/2 pound peeled and deveined shrimp

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chives, chopped

2 tablespoons lemon juice

2 cups arugula lettuce

1 large cucumber, sliced

1 medium honeydew melon, peeled and sliced

1. In a large skillet over medium heat, add coconut oil. To the skillet, add the next 4 ingredients (shrimp to lemon juice) and cook for 10 minutes, until shrimp is pink.

2. To the shrimp mixture, add the remaining ingredients and stir.

3. Serve warm.

DAY 2 LUNCH

Mexican Ground Beef Lettuce Wraps

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 25 minutes

Serves 4

2 tablespoons coconut oil
2 tablespoons dried oregano
2 pounds ground beef
2 cups chopped parsnips
1 cup radishes, sliced
3 cups chopped baby spinach
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1/2 cup chopped cilantro
8 large romaine lettuce leaves

1. In a large skillet over medium-high, heat oil, add oregano and beef and cook for 8 to 10 minutes, or until beef is cooked throughout. Add next 7 ingredients (parsnips through salt and pepper), and cook 5 to 8 more minutes, or until vegetables have softened slightly. Pour out excess liquid in skillet.

2. Serve warm on top of whole romaine lettuce leaves garnished with cilantro.

DAY 2 DINNER

Chicken Breast with Olive Tapenade and Sautéed Spinach

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves 4

3 tablespoons coconut oil

4 (6-ounce) chicken breasts,
cut into smaller cutlets

1 tablespoon oregano, chopped

2 cups diced green and black olives

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups baby spinach

4 tablespoons olive oil

1. In a large skillet over medium-high heat, heat oil, add chicken and cook for 4 to 5 minutes per side, or until cooked to desired doneness. Top cooked chicken with olives and oregano and season with salt and pepper. Set aside and keep warm.

2. In the same heated skillet, add spinach and cook 5 to 7 minutes, or until slightly wilted and bright green.

3. Season to taste as needed, drizzle olive oil on top and serve alongside chicken cutlets.

DAY 2 SNACK

Spiced Kale Chips

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 12 minutes

Serves 4

8 large kale leaves, chopped into small pieces

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

3 tablespoons coconut oil

2 teaspoons ground cinnamon

1. Preheat oven to 300 degrees F.
2. Line a large baking sheet with parchment paper and set aside.
3. In a large bowl, add all ingredients and mix well to coat leaves evenly. Place kale onto prepared baking sheet spread out evenly. Bake for 10 to 12 minutes, or until leaves are slightly crispy.
4. Serve immediately.

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DAY 3

DAY 3 BREAKFAST

Turkey Bacon with Coconut Blueberry Smoothie

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 10 minutes

Serves 4

1 pound additive-free turkey bacon
4 cups frozen blueberries
2 cups unsweetened full fat coconut milk
2 tablespoons grated ginger
2 cups baby spinach

1. Preheat oven to 375 degrees F.
2. On a large baking sheet, place bacon in a single layer. Bake for 5 minutes on each side, or until bacon is cooked to desired crispiness.
3. In a blender, add remaining ingredients and blend until smooth.
4. Serve immediately alongside turkey bacon.

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DAY 3 LUNCH

Dill, Radish and Crab Salad

A AUTOIMMUNE
L Low FODMAP

Prep Time: 5 minutes

Cook Time: N/A

Serves 4

2 cups, canned flaked crab meat

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 cup water chestnuts

2 cups chopped spinach

2 tablespoons olive oil

2 tablespoons chopped dill

1/4 cup lemon juice

2 teaspoons maple syrup

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

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

3. Toss and serve.

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DAY 3 DINNER

Butternut Squash and Beef Casserole

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 30 minutes

Serves 4

1 pound ground beef
1 cup bacon, chopped
1 cup chives, chopped
1 large butternut squash, seeded and diced
4 cups chopped kale
1 medium zucchini, chopped
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
2 tablespoons chopped thyme
1/4 cup bone broth (use marrow bones not cartilage bones, cook for less than 8 hours)

1. Preheat oven to 425 degrees F.
2. In a large skillet over medium heat, add beef, bacon, chives and stir. Cook for 5 minutes, or until slightly browned.
3. In a large baking dish, add beef mixture, squash, zucchini and kale and set aside.
4. In a small bowl, whisk the next 4 ingredients (salt and pepper through broth) and pour evenly over the casserole. Cover and bake for 15 minutes, then uncover and bake for 10 more minutes, or until beef is cooked throughout, vegetables are tender and the top of the casserole has browned slightly.
5. Serve warm.

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DAY 3 SNACK

Lime Tostones

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 15 minutes

Serves 4

2 large green plantains, peeled, thinly sliced

1/2 cup coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons fresh lime juice

1. In a large skillet over medium heat, heat oil and carefully place the plantains into the oil, in small batches if needed, and fry about 3 minutes per side. Remove from oil and place onto paper towel lined plate to absorb excess oil.

2. In a large bowl, place fried plantains, lime juice and salt and pepper and toss to coat evenly.

3. Serve warm.

DAY 4

DAY 4 BREAKFAST

Cantaloupe and Turkey Breakfast Skillet

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 30 minutes

Serves 4

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

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

2. Serve warm, topped with cantaloupe slices.

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DAY 4 LUNCH

Thai Shrimp Pesto Spaghetti Squash Pasta

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 45 minutes

Serves 4

2 cups basil leaves
1 tablespoon additive-free fish sauce
3 teaspoons ginger, minced
3 tablespoons olive oil
2 tablespoons coconut oil
1 large spaghetti squash, halved, seeded
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 pound shrimp, peeled
2 tablespoons fresh lime juice
2 tablespoons chopped cilantro

1. Preheat oven to 375 degrees F.
2. Line a large baking sheet with parchment paper and place squash halves face down and bake for 35 minutes or until the squash strands are soft and tender. Let cool, scrape out squash strands and set aside.
3. In a food processor or blender, combine the ingredients 1 to 4 for the pesto, (basil through olive oil) and blend until smooth. Set aside.
4. In a large bowl, mix squash strands with pesto sauce to coat and set aside.
5. On a large cutting, season shrimp on both sides lightly with salt and pepper.
6. In a large skillet over medium-high heat, heat coconut oil and add shrimp in batches as needed. Cook for 2 minutes each side and repeat, cook until shrimp turns pink and remove from heat.
7. Place cooked shrimp into large bowl with the pesto-covered squash and stir to combine.
8. Serve warm with lime juice and cilantro sprinkled on top.

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DAY 4 DINNER

Dill Roasted Salmon and Daikons

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 40 minutes

Serves 4

1 tablespoon coconut oil
4 medium salmon filets
2 cups daikon, chopped
1/2 cup turnips, chopped
1/2 cup radishes, sliced
1/4 cup coconut aminos
2 tablespoons lemon juice
1 teaspoon chopped dill
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)

1. Preheat oven to 350 degrees F.
2. Oil a large baking dish with coconut oil. To the dish, add the next 4 ingredients (salmon through radishes).
3. In a medium bowl, whisk the remaining ingredients and pour over the salmon and vegetables. Cover and place in the oven.
4. Cook for 15 to 25 minutes, until fish flakes easily with a fork and vegetables are tender.

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DAY 4 SNACK

Sage Sweet Potato Chips

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 1 hour

Serves 4

2 medium sweet potatoes, sliced

2 tablespoons coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons lemon juice

1/2 teaspoon sage, dried

1/2 teaspoon thyme, dried

1. Preheat oven to 250 degrees F.

2. In a large bowl, mix all the ingredients well. Pour contents of bowl onto a large baking sheet in an individual layer. Bake for 1 hour, flipping halfway through, until sweet potato is crispy and brown.

3. Remove chips from oven and serve warm or at room temperature.

DAY 5

DAY 5 BREAKFAST

Ground Bison Sausage with Fruit Salad

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 10 minutes

Serves 4

1 pound ground bison

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons fresh lemon zest

2 tablespoons chives, chopped

2 tablespoons coconut oil

1 cup sliced strawberries

1 cup blueberries

1 cup raspberries

1/4 cup fresh lime juice

1. In a large bowl, mix the first 5 ingredients (bison through chives). Form meat mixture into patties and set aside.

2. Heat a large skillet over medium heat; add oil, patties and cook for 5 minutes on each side, or until cooked throughout.

3. In a medium bowl, toss the remaining ingredients and serve alongside bison patties.

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DAY 5 LUNCH

Duck Stir-Fry with Bok Choy

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 30 minutes

Serves 4

2 tablespoons coconut oil
1 pound chopped duck breast
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 large daikon, thinly sliced
2 cups carrots, chopped
2 cups chopped bok choy
1/2 cup balsamic vinegar
1 cup additive-free fish sauce
1 teaspoon maple syrup
1/4 cup water chestnuts
2 teaspoons chopped rosemary

1. In a large skillet over medium heat, heat oil, add the first 5 ingredients (duck through bok choy), stir and cook for 10 more minutes, or until duck is cooked throughout and vegetables are tender. Remove from skillet and set aside.

2. In the same large skillet, add the remaining ingredients and increase heat to high. Bring balsamic mixture to a boil then reduce to low heat and whisk periodically for 10 minutes, or until balsamic mixture has reduced to half. Add duck mixture and stir to combine.

3. Serve warm.

DAY 5 DINNER

Shrimp and Pineapple Kabobs

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 40 minutes

Serves 4

1 pound shelled and deveined shrimp
1 large zucchini, cut into 1/2 inch wheels
1 cup chopped pineapple
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 tablespoon coconut oil
2 teaspoons coconut aminos
4 cups chopped dandelion greens
1 tablespoon lemon juice

1. Heat grill to medium heat.
2. In a large bowl, toss the first 7 ingredients (shrimp through coconut aminos).
3. On individual skewers, alternately thread each ingredient. Place skewers on the grill and cook for 10 minutes on each side, until shrimp is cooked through.
4. Serve skewers on a bed of greens and drizzle lemon juice on top.
5. Serve warm.

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DAY 5 SNACK

Turkey and Carrot Rollups

A AUTOIMMUNE
L Low FODMAP

Prep Time: 5 minutes

Cook Time: N/A

Serves 4

1/2 pound additive-free sliced deli turkey

1/3 cup shredded carrots

1/3 cup cucumber, chopped

2 tablespoons chopped cilantro

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut aminos

1 teaspoon lime juice

1. Arrange turkey slices in a single layer.
2. In a medium bowl, mix together the remaining ingredients and spoon into the turkey slices.
3. Roll up turkey and serve.

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DAY 6

DAY 6 BREAKFAST

Crispy Bacon and Basil Melon Salad

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 40 minutes

Serves 4

4 nitrate free bacon slices

1 cup raspberries

1/2 cup chopped basil

1/2 large cantaloupe, seeded and cut into cubes

4 small clementines, peeled

1/4 cup fresh lime juice

1. In a large skillet over medium-high heat, add bacon and cook for 5 to 8 minutes, or until cooked to desired crispiness. Remove from heat, place onto a paper towel lined plate to absorb grease, set aside and keep warm.

2. In a large bowl, toss and combine remaining ingredients.

3. Serve alongside warm bacon.

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DAY 6 LUNCH

Daikon and Kale Chicken Salad

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: N/A

Serves 4

1/2 pound cooked ground chicken
4 cups chopped kale
2 tablespoons chopped parsley
1/3 cup thinly sliced daikon
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1/4 cup lemon juice
2 teaspoons lemon zest
1 tablespoon maple syrup
2 tablespoons full fat coconut milk
1 tablespoon melted coconut oil

1. In a large bowl, mix the first 4 ingredients (chicken through daikon).
2. In a small bowl, whisk the remaining ingredients.
3. Pour the dressing over the salad and toss.
4. Serve chilled or at room temperature.

DAY 6 DINNER

Pan-Fried Cod with Sautéed Spinach

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 25 minutes

Serves 4

4 tablespoons coconut oil, divided
4 (6-ounce) cod filets
2 tablespoons coconut aminos
1 tablespoon ground ginger
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
4 cups baby spinach
2 cups endive, chopped
3 tablespoons olive oil

1. In a large skillet over medium-high heat, heat 2 tablespoons oil, add cod and cook for 5 to 8 minutes, flipping halfway, or until flaky and white in color. Season with coconut aminos, ginger and salt and pepper.

2. In another medium-size skillet over medium-high heat, heat remaining oil and add spinach and endive. Cook for 5 to 7 minutes, or until spinach is slightly wilted and bright green.

3. Remove from heat and drizzle olive oil and season salt and pepper on top.

4. Serve warm alongside cod.

DAY 6 SNACK

Olive Tapenade and Celeriac

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: N/A

Serves 4

1. In a food processor or blender, blend ingredients 1 to 7 (olives through salt and pepper) and blend until a chopped consistency is formed.

2. Remove and serve with celery pieces.

1 cup pitted whole kalamata olives

1 cup pitted whole green olives

2 tablespoons capers

2 tablespoons olive oil

¼ cup chopped parsley

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 large celeriacs, cut into 4-inch pieces

DAY 7

DAY 7 BREAKFAST

Beef Breakfast Wraps

A AUTOIMMUNE
L Low FODMAP

Prep Time: 10 minutes

Cook Time: 15 minutes

Serves 4

1 pound ground beef

1/2 cup chives, chopped

1/3 cup shredded carrots

2 tablespoon coconut aminos

1/2 teaspoon lemon zest

1/2 cup zucchini

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 large Romaine lettuce leaves, steamed

1. In a large skillet over medium heat, add beef and chives and cook for 5 minutes, or until the beef browns slightly. Add the next 6 ingredients (carrot through salt and pepper), stir and cook for 5 to 10 minutes, or until sausage is cooked throughout and vegetables are tender.

2. Spoon the sausage mixture into lettuce leaves and roll up.

3. Serve warm.

DAY 7 LUNCH

Baked Fish with Crispy Citrus Greens

A AUTOIMMUNE
L Low FODMAP

Prep Time: 5 minutes

Cook Time: 40 minutes

Serves 4

4 large firm white fish filets

2 teaspoons olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups chopped kale

4 cups chopped collard greens

1 tablespoon coconut oil

2 teaspoons grated lemon zest

1. Preheat oven to 400 degrees F.

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

3. In a large bowl, toss together remaining ingredients with sea salt and freshly ground black pepper to taste. Pour the greens mixture onto a large baking sheet and place in the oven.

4. Bake for 15 minutes, stirring halfway through, until greens are crispy.

5. Serve with fish.

DAY 7 DINNER

Slow Cooked Chicken with Roasted Parsnips

A AUTOIMMUNE
LF Low FODMAP

Prep Time: 20 minutes

Cook Time: 6 hours 20 minutes

Serves 4

1 whole chicken, insides removed
3 tablespoons coconut oil, divided
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
2 tablespoons chopped sage
2 tablespoons chopped rosemary
1 lemon, quartered
3 cups chopped parsnips

1. Place chicken on a large cutting board. Use fingers to loosen the skin away from the chicken meat.
2. In a small bowl, mix the next 5 ingredients (coconut oil through rosemary), using 2 tablespoons of coconut oil, and form a paste. Rub paste under the skin of the chicken. Squeeze the lemon quarters into the cavity and place the squeezed lemon inside.
3. In a large crock cooker, place chicken, cover and cook on LOW for 6 hours, or until the chicken is falling off the bone and cooked throughout. Let cool slightly, remove chicken from bones, set aside and keep warm.
4. Preheat oven to 375 degrees. Line a large baking sheet with parchment paper and set aside.
5. In a large bowl, toss parsnips with remaining ingredients and salt and pepper. On the prepared baking sheet, place the parsnip mixture and spread out evenly. Bake for 20 minutes, flipping halfway, until parsnips are tender and crisp.
6. Serve warm alongside chicken meat.

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DAY 7 SNACK

Crispy Shrimp Stack

A AUTOIMMUNE
LF Low FODMAP

Prep Time: 15 minutes

Cook Time: 5 minutes

Serves 4

2 cups cooked shrimp, peeled

1/2 cup chives, chopped

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut oil

2 medium carrots, shredded

1/2 cup sliced radishes

3 tablespoons fresh lime juice

1 teaspoon maple syrup

1. In a food processor or blender, pulse shrimp, chives and salt and pepper, until shrimp is finely diced. Form shrimp mixture into mini patties and set aside.

2. In a large skillet over medium-high heat, heat coconut oil, add shrimp patties and cook for 2 to 3 minutes on each side, or until the outside is golden brown.

3. In a medium bowl, toss the remaining ingredients with salt and pepper.

4. Place on top of cooked shrimp patties and serve immediately.

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SHOPPING LIST

PRODUCE

- Acorn Squash (4, large)
- Arugula Lettuce (2 cups)
- Blueberries (1 cup)
- Butter Lettuce leaves (8, large)
- Butternut Squash (1, large)
- Bok Choy (2 cups, chopped)
- Cantaloupe (1 1/2 large)
- Carrots (2/3 cup, shredded)
- Carrots (2 cups, chopped)
- Carrots (4 medium)
- Celeriacs (8, large)
- Collard Greens (4 cups, chopped)
- Clementines (4, small)
- Cucumber (1/3 cup, chopped)
- Cucumber (1 medium)
- Cucumber (1 large)
- Daikon (2 cups, chopped)
- Daikon (1/3 cup, thinly sliced)
- Daikon (1, large)
- Dandelion Greens (4 cups, chopped)
- Endive (2 cups, chopped)
- Honeydew Melon (1, medium)
- Kale (15 cups, chopped)
- Kale (8 large leaves)
- Lemon (1)
- Lemon juice (11 tablespoons)
- Lemon juice (1/2 cup)
- Lemon zest (4 1/2 teaspoons)
- Lemon zest (2 tablespoons)
- Lime (1, large)
- Lime juice (1 teaspoon)
- Lime juice (7 tablespoons)
- Lime juice (1/2 cup)
- Parsnips (7 cups, chopped)
- Pineapple (1 cup, chopped)
- Plantains (2, large, green)
- Radishes (2 cups, sliced)
- Raspberries (2 cups)
- Romaine lettuce leaves (12, large)
- Sweet Potatoes (2 medium, sliced)

- Spaghetti Squash (1, large)
- Spinach (10 cups, baby)
- Spinach (3 cups, chopped, baby)
- Spinach (5 cups, chopped)
- Strawberries (1 cup, fresh or frozen)
- Strawberries (1 cup, sliced)
- Turnips (1/2 cup, chopped)
- Water chestnuts (1 1/4 cup)
- Zucchini (1/2 cup)
- Zucchini (1, medium, chopped)
- Zucchini (1, large)

SPICES/HERBS

- Basil (4 tablespoons, fresh, chopped)
- Basil (1/2 cup, fresh, chopped)
- Basil leaves (2 cups, fresh)
- Black Pepper (to taste, if tolerated)
- Chives (6 tablespoons, fresh, chopped)
- Chives (2 1/2 cup, fresh, chopped)
- Cilantro (4 tablespoons, fresh, chopped)
- Cilantro (1/2 cup, fresh, chopped)
- Cinnamon (2 teaspoons, ground)
- Dill (1 teaspoon, fresh, chopped)
- Dill (2 tablespoons, fresh, chopped)
- Ginger (3 teaspoons, fresh, minced)
- Ginger (2 tablespoons, fresh, grated)
- Ginger (1 teaspoon, powder)
- Ginger (1 tablespoon, ground)
- Oregano (2 tablespoons, dried)
- Oregano (1 tablespoon, fresh, chopped)
- Parsley (6 tablespoons, fresh, chopped)
- Parsley (1/4 cup, fresh, chopped)
- Rosemary (2 teaspoons, fresh, chopped)
- Rosemary (4 tablespoons, fresh, chopped)
- Sage (1/2 teaspoon, dried)
- Sage (2 tablespoons, fresh, chopped)
- Sea salt/Pink Himalayan salt (to taste)
- Thyme (1/2 teaspoon, dried)
- Thyme (2 tablespoons, fresh, chopped)

(Continued next page)

SHOPPING LIST (continued)

MEAT

- Bacon (1 cup, chopped)
- Bacon slices (4, nitrate-free)
- Beef (4 pounds, ground)
- Bison (1 pound, ground)
- Chicken (1 whole)
- Chicken breasts (4 (6-ounce))
- Chicken thighs (1 pound)
- Chicken (1/2 pound, ground)
- Cod filets (4 (6-ounce))
- Crab Meat (2 cups, canned)
- Duck breast (1 pound, chopped)
- Fish filets (4, large, firm, white)
- Salmon filets (2 (6-ounce))
- Salmon filets (4, medium)
- Sausage (1 pound, ground, additive-free)
- Shrimp (2 cups, cooked, peeled)
- Shrimp (2 1/2 pounds)
- Turkey (1/2 pound, additive-free, deli slices)
- Turkey (1 pound, ground, additive-free)
- Turkey Bacon (1 pound, additive-free)

CANNED GOODS (OR HOMEMADE)

- Bone broth (1/2 cup, marrow bones, less than 8 hours cooking time)
- Capers (2 tablespoons)
- Coconut milk (2 tablespoons)
- Coconut milk (2 cups)
- Olives (1 cup, black, diced)
- Olives (1 cup, green, pitted, whole)
- Olives (1 cup, green, diced)
- Olives (1 cup, kalamata pitted, whole)

DRY GOODS

- Gelatin (1/4 cup)

FROZEN

- Blueberries (4 cups, frozen)

CONDIMENTS

- Balsamic Vinegar (1/2 cup)
- Coconut aminos (2 teaspoons)
- Coconut aminos (9 tablespoons)
- Coconut aminos (1/4 cup)
- Coconut oil (34 tablespoons)
- Coconut oil (1/2 cup)
- Fish Sauce (1 tablespoon, additive-free)
- Fish Sauce (1 cup, additive-free)
- Maple syrup (6 teaspoons)
- Maple syrup (1 tablespoon)
- Olive oil (2 teaspoons)
- Olive oil (21 tablespoons)
- Red Wine Vinegar (2 tablespoons)

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 [here](#).

If you found this short guide helpful, you may also be interested in my patient guide *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause* and my protocol-based book *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back*.

Wishing you all the best on your journey!



Warmly,

Izabella Wentz, PharmD

Izabella Wentz, PharmD, FASCP

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