



Reverse Hypothyroidism and Hashimoto's
Symptoms with a Proven Iodine-Balancing Plan

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THYROID SYMPTOM SURVEY

The following symptom survey has been clinically validated and used in numerous research studies, including our own. These specific questions will help you measure your well-being and evaluate whether things are getting better or worse.

It is good to have a baseline reading of your current state so that you can see signs of progress.

IN THE LAST FEW WEEKS, HAVE YOU:

Felt fatigued?	Yes	No
Gained weight?	Yes	No
Felt unusually cold?	Yes	No
Been constipated?	Yes	No
Noticed hair loss?	Yes	No
Had skin problems?	Yes	No
Had nail problems?	Yes	No
Had an excessive appetite?	Yes	No
Had hearing problems?	Yes	No
Had voice problems?	Yes	No
Had difficulty swallowing?	Yes	No
Had a poor memory?	Yes	No
Had problems with concentration?	Yes	No
Felt anxious for no reason?	Yes	No
Felt depressed or low?	Yes	No

Add up the number of times you checked "Yes" and enter the number:

SCORING:

- 0-3 LOW
4-7 MODERATE
8-11 SIGNIFICANT
12+ EXTREME

What was your score? Don't forget to record it and retake the test after your first month and after your third month on the diet. Things may seem bleak now, but you're on the right path. We know that most thyroid disease today is caused by too much iodine. In the next chapter, I will explain in more detail why this happens and how the thyroid can fix itself, when given the chance.

IODINE-FREE SALT	SALT WITH IODINE
Celtic light gray sea salt	Celtic brand makai salt
Maldon sea salt	Pink Himalayan salt
Diamond kosher salt	Table salt—iodized
Morton's kosher salt	Sea salt—non-iodized
Table salt—non-iodized	Sea salt—iodized
Pickling/canning salt	Real Salt
Canning salt	Lite-Salt
Nu-Salt	

Oral Medication

- Amiodarone
- Benziодароне
- Calcium iodide
- Diiodohydroxyquin (Yodoxin)
- R-Gen
- Echothiophate iodide ophthalmic solution (phosphine)
- Hydriodic acid syrup
- Iodochlorhydroxyquin (Entro-Vioform)
- Iodinated glycerol (lophen)
- Idoxuridine ophthalmic solution (Herplex)
- Isopropamide iodide (Darbid)
- (KI) Potassium iodine
- Mudrane
- Lugol's Solution
- Niacinamide hydroiodide
- Ponaris nasal emollient
- Supersaturated potassium iodide (SSKI)

Injectable Solutions

- Sodium iodide

Topical Antiseptics

- Diiodohydroxyquin cream (Vytone)
- Iodine tincture
- Iodochlorhydroxyquin cream (Vioform)
- Cellasene
- Iodoform gauze (NuGauze)
- Povidone-iodine (Betadine)

Radiology Contrast Agents

- Diatrizoate meglumine sodium (Renografin)
- Iodized oil
- Iopanoic acid (Telepaque)
- Lipiodol
- Ipodate (Oragrafin)
- Iothalamate (Angio-Conray)
- Metrizamide (Omnipaque)

TYPICAL IODINE INTAKE

IODINE SOURCE	LOW	AVERAGE	HIGH	THYROID RESET DIET
Hair conditioner	0mcg	100 mcg	540 mcg	0mcg
Multivitamins	33 mcg	150 mcg	610 mcg	0 mcg (iodine-free multivitamin)
Salt	10 mcg	100 mcg	155 mcg	0 mcg (iodine-free salt)
Bread: 1 slice	2 mcg	300 mcg	1,174 mcg	0 mcg (no processed baked goods)
Milk: 16 ounces	16.6 mcg	200 mcg	720 mcg	15 mcg (low-iodine dairy)
Fish fillet: 100 grams	20 mcg	100 mcg	730 mcg	15 mcg (low-iodine seafood)
Eggs: 2 whole eggs	48 mcg	60 mcg	350 mcg	0 (no egg yolks)
Meat and poultry	0mcg	50 mcg	91mcg	15 mcg (low-iodine meat and poultry)
Whole grains and legumes	0mcg	0 mcg	5mcg	5 mcg
Fresh fruit	0mcg	0 mcg	7 mcg	5 mcg
Vegetables	0mcg	0 mcg	10 mcg	5 mcg
Nuts and seeds (unsalted)	0mcg	0 mcg	3 mcg	0mcg
Total daily intake	177 mcg	1,060 mcg	3,248 mcg	60mcg

Source: Pearce EN, Pino S, He X, Bannerman HR, Lee SL, Braverman LE. Sources of Dietary Iodine: Bread, Cow's Milk, and Infant Formula in the Boston Area. *J Clin Endocrinol/Metab.* 2004;89(7):3421-3424. doi:10.1210/jc.2003-032002; Cowling T, Frey N. Macrocyclic and Linear Gadolinium-Based Contrast Agents for Adults Undergoing Magnetic Resonance Imaging: A Review of Safety. Ottawa: Canadian Agency for Drugs and Technologies in Health; 2019.

STANDARD AMERICAN DIET				
FOOD	SERVING	WEIGHT IN GRAMS	AVERAGE MCG OF IODINE PER GRAM	TOTAL
Iodized table salt	½ teaspoon	3	56.80	142.00
Breakfast ^a				
Eggs	1 egg	80	0.60	47.76
Bagel	1 bagel	100	0.42	41.90
Milk	8 ounces	240	0.40	96.72
Orange juice	8 ounces	240	0.06	13.68
Lunch ^b				
Bread	2 slices	100	0.86	86.00
Cheese	1 slice	30	0.45	13.44
Ham	3 ounces	100	0.00	0.30
Mayo	1 tablespoon	15	0.03	0.42
Clam chowder	1 cup	240	0.26	61.44
Dinner ^c				
Tortilla	2 tortillas	60	0.01	0.66
Beef	3 ounces	100	0.05	5.00
Rice	½ cup	200	0.00	0.20
Cheese	2 ounces	60		
Sour cream	½ ounce	15	0.37	5.54
Pinto beans	½ cup	200	0.00	0.00
Salsa	½ cup	50	0.05	2.65
Snack				
Candy bar	1 bar	100	0.64	63.60
Apple	1 piece	100	0.00	0.00
Day's intake				581.31

^aForbes J. What Do Americans Eat for Breakfast? Quora. November 24, 2011

^bPannell E. What Do Americans Eat For Lunch? Quora. March 15, 2015

^cHunt K. What's for Dinner: America's Meals from 1900 to 2000. Thrillist

AIP DAILY MENU				
FOOD	SERVING	WEIGHT IN GRAMS	AVERAGE MCG OF IODINE PER GRAM	TOTAL
Sea salt	½ teaspoon	3	20.00	50.00
Breakfast				
Ground beef	½ pound	113	0.05	5.65
Cabbage	2 ounces	60	0.01	0.72
Lunch				
Smoked salmon	2 ounces	60	0.15	9.12
Bacon	½ slice	30	0.00	0.06
Basil	1 tablespoon	5	0.00	0.00
Leaf lettuce	2 cups	120	0.01	0.84
Olive oil	1 teaspoon		0.04	0.00
Dinner				
Ground turkey	½ pound	113	0.00	0.11
Duck fat	1 tablespoon	15	0.00	0.00
Olive oil	1 teaspoon	5	0.04	0.20
Carrots	3 large	100	0.00	0.30
Day's intake				66.70

Source: Etstein UM, Ite AE, Ukpong EJ, Ikpe EE, Ubong IU, Isotuk IG. Comparative Assessment of Iodine Content of Commercial Table Salt Brands Available in Nigerian Market. *Am J Hypertens Res*. 2017;4(1):9–14. doi:10.12891/jahr-4-1-2

Here are some ways to modify the Thyroid Reset Diet recipes to include them.

Each day choose no more than two of the following:

- A Yellow Light seafood in place of Green Light seafood.
- Include an egg yolk in a recipe that used egg whites.
- Use dairy milk, up to the allowed quantities, in place of a non-dairy milk substitute.
- Add up to 1 ounce of cheese as a topping to a recipe that does not use it.

LOOK FOR HIDDEN IODINE

Sauces are often made with iodized salt, molasses, fish sauce, or other high-iodine ingredients. Stuffed meats like chicken breasts can often include bread crumbs. Grilled vegetables may be coated with butter.

Carry a card that says:

Dear Chef,

Due to a medical condition, I am on a regulated iodine diet. I must avoid foods with the smallest amounts of iodized salt, dairy products, seafood, sea vegetables, egg yolks, commercially baked bread products, and molasses.

I have no restrictions on kosher salt, legumes, vegetables, fruits, egg whites, herbs, spices, vinegar, oil, nuts, seeds, meat, pork, or poultry.

Thank you for your help!

Since many people monitor their dietary iodine before thyroid surgeries or procedures, chefs and cooks at busy restaurants have probably seen cards like this before and should be happy to accommodate you. The exception is fast-food stops and chain restaurants, which receive much of their food already processed.

SAFEST BETS

Take these guidelines into account when choosing your restaurant. Once you arrive, here are some ideas that are your likely best options:

Safer Ingredients

- Fresh meat and poultry
- Garlic
- Nut butter
- Oil and vinegar
- Pasta (not egg noodles)
- Tofu
- Tomato-based sauces
- Tomatillo sauces
- Vegetables

Best Main Dishes

- Baked chicken
- Grilled chicken
- Salads (hold the cheese, croutons, and dairy-based dressings)
- Steak
- Stir-fries

Food Lists and Meal Assembly

Here, you'll find a complete list of foods from which to choose, along with ideas on assembling your meals if following a meal plan doesn't work for your dietary habits.

The food lists are organized by category, whether Green Light, Yellow Light, or Red Light, based on its iodine content. The meal assembly gives you some general ideas on constructing your meals using thyroid-friendly dishes.

THE FOOD LISTS

The goal during the Reset phase is to stay on Green Light foods and avoid Yellow Light and Red Light foods. During the Maintenance phase, you are welcome to add up to two foods from the Yellow Light food list each day. You can still freely eat Green Light foods, but you should continue to avoid Red Light foods.

SERVING SIZES

For some of the food items, I specify serving sizes, and for others I do not. Some foods have consistent amounts of iodine, so maintaining the stated serving size is important. Many other foods contain so little iodine, however, that the serving size does not matter—you won't get too much iodine even if you eat a lot of them. Finally, some foods have so much iodine that it will be too much for you even in the smallest practical serving size.

BEVERAGES

Water

Purified drinking water is not a significant source of iodine. There are some parts of the world in which untreated water has significant amounts, but this is not the norm.

Alcohol

Substantial evidence suggests that alcohol can be harmful to thyroid function. Therefore, it is best to avoid alcohol during the Reset phase. However, in the Maintenance phase, a few servings of wine or beer per week likely have no significant effect on thyroid function. Please know that evidence no longer supports the claim that wine is a healthy option. If you have small amounts on occasion, the harm is likely negligible, but don't think you are missing out on some benefits if you avoid it.

Green Light Beverages

- Coffee, all types, with no dairy, no flavorings
- Mineral water, sparkling water
- Tea, all types, with no dairy, no flavorings

Yellow Light Beverages

- Alcoholic beverages: wine, beer

Red Light Beverages

- Dairy-based protein powder, whey, casein, dry milk
- Flavored coffees
- Hard liquor
- Meal replacement beverages without a stated iodine content

CONDIMENTS

Many condiments are highly concentrated foods and should be used in appropriately small proportions for a healthy diet. Even if they are safe for your thyroid, your health may be otherwise compromised if you eat too much of them.

Note that many of the recipes use an oil mister; this is quite helpful to have, as it allows you to fill the canister with your desired oil (I prefer avocado oil) and then apply a light mist of the oil to a baking pan or skillet, thereby limiting the amount of oil you need to cook an item.

Green Light Condiments

- All cooking oils; preferred options include avocado, canola, olive
- Earth Balance and Smart Balance spreads
- Guacamole
- Herbs and spices
- Hummus
- Ketchup
- Marinara sauce
- Mustard
- Salsa
- Sweeteners: honey, lo han, maple syrup, stevia, xylitol
- Tamari, coconut aminos
- Vegan mayonnaise
- Vinegar, all types

Yellow Light Condiments

- Aioli, up to 2 tablespoons
- Brown sugar, up to 2 teaspoons
- Fish sauce, up to 2 teaspoons
- Mayonnaise, up to 2 tablespoons
- Pesto, up to 2 tablespoons
- Sucanat, up to 2 teaspoons
- Tartar sauce, up to 2 teaspoons
- Turbinado sugar, up to 2 teaspoons
- Worcestershire sauce, up to 2 teaspoons

Red Light Condiments

- Duck sauce
- Hoisin sauce
- Molasses
- Sweet and sour sauce
- Teriyaki sauce
- Tzatziki
- Whipped cream

DAIRY PRODUCTS

This category includes all foods made from the milk of a mammal, whether a cow, camel, goat, or sheep.

Green Light Dairy

- Non-dairy substitutes for milk, cheese, butter, yogurt, cheese, and ice cream are safe. Be sure they are free of seaweed extracts such as carrageenan. They can be made from almond, soy, flax, coconut, oat, hemp, or other vegan sources.

If you would like a comprehensive list of dairy substitutes checked for safety on the Thyroid Reset Diet, visit www.thyroidresetdiet.com/resources.

Yellow Light Dairy

- Butter (ghee, or clarified butter), up to 2 teaspoons
- Cheese (any type), up to 1 ounce
- Gelato or ice cream (all types), up to $\frac{1}{4}$ cup
- Mayonnaise, up to 1 tablespoon
- Milk (any type), up to $\frac{1}{4}$ cup
- Sour cream, up to 1 tablespoon
- Yogurt (any type), up to 2 ounces by weight

Red Light Dairy

- All other dairy products from milk from cows, goats, or sheep
- Any Yellow Light foods in amounts above recommended

EGGS

Eggs are substantial sources of iodine, but iodine is found only in the yolks; egg whites are iodine-free. Two egg whites can replace a whole egg in most recipes. Note that some vegan egg products contain carrageenan and should be avoided.

Green Light Eggs

- Egg-free products: Aquafaba, Bob's Red Mill Egg Replacer, Just Egg Plant-Based, The Neat Egg substitute, Egg Replacer
- Egg products: Egg Beaters, egg whites, egg white protein powder

Yellow Light Eggs

- Egg yolk, up to 1

Red Light Eggs

- Agar-agar as an egg replacement
- Baked goods with whole eggs
- Dried eggs
- Egg noodles
- Egg yolks (over 1)
- Hollandaise sauce
- Powdered eggs
- Whole eggs

FRUITS

Fruits are a food category that is almost universally safe. However, cantaloupe that has been commercially cubed and frozen is unusually high in iodine. Other outliers are prunes and prune juice. With these exceptions, fresh, frozen, dried, and unsalted canned fruit are all safe options.

Green Light Fruits

- Apples
- Apricots
- Avocados
- Bananas
- Blood oranges
- Blueberries
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Mandarin oranges
- Mangoes
- Navel oranges
- Papaya
- Pears
- Peaches
- Pineapple
- Plums
- Raisins
- Strawberries
- Valencia oranges
- Watermelon

Yellow Light Fruits

- Canned fruit with salt or sugar
- Commercially prepared frozen cantaloupe

- Frozen fruit with salt or sugar
- Prune juice, up to $\frac{1}{2}$ cup
- Prunes, up to 1 ounce

Red Light Fruits

- Sea buckthorn

FERMENTED FOODS

Sauerkraut and most other fermented vegetables are generally safe because it is thought that iodine could disrupt the fermentation process. Summer Bock, a fermentationist, stated that the typical recommendations for fermented vegetables encourage iodine-free salt out of concern for the disruption of beneficial bacterial development from the antimicrobial properties of iodized salt. Kimchi may be the one exception; commercial versions of kimchi are often high in iodine because it is traditionally made with shrimp and fish extracts.

Green Light Foods

- Kombucha
- Miso
- Natto
- Sauerkraut
- Soy sauce
- Tempeh

Yellow Light Foods

- Buttermilk, up to $\frac{1}{4}$ cup
- Kefir, up to $\frac{1}{4}$ cup
- Kimchi, up to 1 ounce
- Yogurt, up to 2 ounces by weight

Red Light Foods

- None

GRAIN PRODUCTS

Whole grains contain no significant amount of iodine. They are Green Light foods regardless of serving size; these also include whole-grain flours. But there is an important nuance with grains. Commercially baked products are Red Light foods because they are often made with iodine-based ingredients that are not part of home baking recipes.

Green Light Grains

- All intact whole grains and grain flours for home use with no added salt
- Amaranth
- Barley
- Buckwheat groats
- Buckwheat noodles
- Bulgur
- Corn
- Einkorn
- Farro
- Freekeh (unripe bulgur)
- Kamut
- Matzo bread and matzo meal
- Millet
- Oats and oatmeal
- Pasta, with no added salt
- Popcorn
- Quinoa
- Rice and unsalted rice cakes
- Sorghum
- Spelt
- Teff
- Triticale
- Udon noodles
- Wheat berries
- Wild rice

Yellow Light Grains

- None

Red Light Grains

- Bagels
- Baking mixes
- Breads
- Cereals
- Cookies
- Cornbread

- Crackers
- Croissants
- Gluten-free bread
- Microwave popcorn
- Muffins
- Pancakes
- Tortillas

HERBS AND SPICES

All herbs and spices (without added salt) are allowed.

Green Light Herbs and Spices

- Ajwain
- Allspice
- Anise
- Annatto
- Arrowroot
- Asa fetida
- Basil
- Bay leaves
- Black pepper
- Cacao
- Caraway
- Cardamom
- Celery seeds
- Chervil
- Chiles
- Chives
- Cilantro
- Cinnamon
- Citrus zest
- Cloves
- Coriander
- Cumin
- Curry leaves
- Dill
- Fennel
- Fenugreek
- Garlic
- Lemongrass
- Long pepper
- Mace
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Poppy seeds
- Rosemary
- Saffron
- Sage
- Star anise
- Sumac
- Summer savory
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi
- White pepper

Yellow Light Herbs and Spices

- None

Red Light Herbs and Spices

- Herbs and spices in Red Light foods or highly processed foods, such as the basil in pesto with cheese

LEGUMES

Legumes do not contain significant amounts of iodine. For commercially canned beans, choose versions without added salt or flavorings.

Green Light Legumes

- All dried beans and legumes
- Adzuki beans
- Broad beans
- Cannellini beans
- Chickpeas
- Cowpeas
- Great northern beans
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Natto
- Navy beans
- Peas
- Pinto beans
- Soybeans
- Soy protein powder
- Tempeh
- Tigernuts
- Tofu
- White beans

Yellow Light Legumes

- Canned beans with salt, up to $\frac{1}{2}$ cup
- Canned green beans with salt, up to $\frac{1}{2}$ cup
- Frozen beans with salt, up to $\frac{1}{2}$ cup
- Refried beans, up to $\frac{1}{2}$ cup (unless homemade with iodine-free salt)

Red Light Legumes

- None

MEATS AND POULTRY

Meats and poultry contain some iodine, but the amounts are consistent and not significant at the quantities typically eaten. All unprocessed and unseasoned meat and poultry are in the Green Light category. Cured and processed meats are all unsafe, owing to their iodine content.

Green Light Meats and Poultry

- Beef or calves liver
- Beef roast
- Beef steak
- Chicken, white or dark meat
- Chicken livers
- Ground beef
- Ground chicken
- Ground lamb
- Ground pork
- Ground turkey
- Lamb roast
- Kidneys
- Pork chops
- Pork roast
- Pork tenderloin
- Quail
- Rabbit
- Turkey, white or dark meat
- Venison

Yellow Light Meats and Poultry

- None

Red Light Meats and Poultry

- Bacon
- Bologna
- Bratwurst
- Braunschweiger
- Corned beef
- Ham
- Kielbasa
- Pepperoni
- Salami
- Sausage

NUTS AND SEEDS

Like other plant foods, nuts and seeds are safe, as are lightly toasted nuts and seeds or nut and seed butters. Only the versions that have added salt are important to avoid. Raw nuts and seeds can be roasted at home and salted with non-iodized salt.

Green Light Nuts and Seeds

- Almond butter
- Almonds
- Brazil nuts
- Cashew butter
- Cashews
- Chestnuts
- Chia seeds
- Coconut
- Filberts
- Flaxseed
- Hemp seeds
- Macadamia nuts
- Peanut butter, natural
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower butter
- Sunflower seeds
- Tahini
- Walnuts

Yellow Light Nuts and Seeds

- Commercially roasted nuts and seeds
- Nuts and seeds with seasonings or flavorings

Red Light Nuts and Seeds

- None

SALT

What about all the processed foods with added salt? Of course, you're better off with less processed food in your diet. It turns out that most processed food from packages or restaurants is made without iodized

salt. An odd exception is Burger King. In general, you will do well if you keep processed foods to a rarity and avoid the other main sources of invisible iodine.

Green Light Salts

- Canning or pickling salt
- Celtic brand sea salt, light gray, coarse or fine
- Kosher salt
- Table salt, non-iodized

Yellow Light Salts

- None

Red Light Salts

- Himalayan salt
- Iodized salt
- Sea salts
- Unspecified salt

FISH AND SEAFOOD

Since all iodine comes from the sea, seafood is a significant source of iodine. Freshwater fish, however, is low in iodine and many of its types are safe to use. Also, the amount of iodine found in seafood can vary tremendously from type to type. Even some types of seafood have inconsistent levels of iodine and a few types have consistently low levels. Because of the clear health benefits of seafood, I worked hard to include some in the diet.

Green Light Fish and Seafood

Some of these fish can be found from salt water or fresh water. Be sure they are from fresh water. If they are from salt water, they will likely be too high in iodine.

- Anchovies, up to ½ ounce
- Bass, fresh water, lake or river, up to 4 ounces

- Carp, up to 4 ounces
- Catfish, up to 4 ounces
- Crappie, up to 4 ounces
- Octopus, up to 4 ounces
- Perch, river, up to 4 ounces
- Scallops, up to 4 ounces
- Shrimp, without shell, and boiled, up to 4 ounces
- Squid, up to 4 ounces
- Tilapia, up to 4 ounces
- Trout, rainbow or river, up to 4 ounces
- Walleye, fresh water, up to 4 ounces

Yellow Light Fish and Seafood

- Clams, shucked, up to 4 ounces short-necked
- Flounder, up to 4 ounces
- Mackerel, up to 4 ounces
- Ocean perch, up to 4 ounces
- River trout, up to 4 ounces
- Salmon, up to 4 ounces
- Sardines, up to 4 ounces
- Shrimp, with shell and/or not boiled, up to 4 ounces
- Snow crab, up to 4 ounces
- Tuna, albacore, canned in water
- Tuna, chunk light, canned in water
- Yellowtail tuna, up to 4 ounces

Red Light Fish and Seafood

- | | |
|-----------------|-----------------|
| • Abalone | • Lobster |
| • Anglerfish | • Ocean walleye |
| • Blue crab | • Oysters |
| • Clams, canned | • Pacific cod |
| • Cod | • Pollock |
| • Haddock | • Swordfish |

SEA VEGETABLES

Sea vegetables have the highest levels of iodine and no safe options. Spirulina or chlorella can be used, but only in the Maintenance phase and not above the recommended serving size.

Green Light Sea Vegetables

- None

Yellow Light Sea Vegetables

- Chlorella, up to 3 grams
- Spirulina, up to 3 grams

Red Light Sea Vegetables

- | | |
|--------------------------|--|
| • Agar-agar ⁴ | • Kelp |
| • Alaria | • Kombu |
| • Arame | • Laminaria (nori) |
| • Bladderwrack | • Sea buckthorn
(technically a fruit) |
| • Dulse | |
| • Hijiki | • Wakame |

VEGETABLES

Fresh vegetables do not contain significant amounts of iodine. Once you exclude vegetables that are canned or frozen with added salt, vegetables of all types are safe to include. Not only are they safe, but the Thyroid Reset Diet also advocates a minimum of five servings per day. Consider 1 cup as a serving.

Green Light Vegetables

- Asparagus, fresh or frozen
- Beets, fresh or canned
- Bell pepper

- Black olives
- Broccoli, fresh or frozen
- Cabbage, fresh
- Carrots, baby or full size
- Cauliflower, fresh or frozen
- Celery
- Chicory
- Chinese cabbage
- Chives
- Collards, fresh or frozen
- Cucumber
- Daikon
- Delicata squash
- Edamame
- Eggplant
- Ginger, fresh
- Green pepper
- Horseradish
- Jackfruit
- Jerusalem artichoke
- Lettuce, iceberg or leaf
- Mushrooms, button, maitake, oyster shiitake
- Mustard greens
- Okra fresh or frozen
- Onion
- Parsley
- Peas, sugar snap or English
- Potatoes, peeled
- Pumpkin
- Shallot
- Spinach, fresh or frozen
- Squash, winter, fresh or frozen
- Summer squash or zucchini
- Sweet potatoes
- Tomatoes
- Turnip greens and root

Yellow Light Vegetables

- Mixed vegetables, frozen with salt, up to 1 cup
- Potatoes, with peel, up to 1 cup

Red Light Vegetables

- Vegetables packed or seasoned with Red Light seasonings

MEAL ASSEMBLY

Now that you have lists of safe foods to use, what are the best ways to combine these ingredients into meals? In earlier chapters, I emphasized the importance of protein, lots of fresh produce, the right amounts of fats, and some carbs as the basis for your meals. The easiest way to get this combination is to think about your meals in terms of protein, produce, and carbs, with an optional sprinkling of fats. Fats are not essential at every meal; in fact, our human requirement for essential fats is easy to meet.

In our home, we usually try one to two new recipes each week, but most of the time we do more of a meal-assembly process. We first take an inventory of what we have on hand that is perishable. Usually the protein and produce have the shortest refrigerator life. We also see if we have any carbs that have been cooked already, like some leftover rice or potatoes. From there, we decide what flavors we're in the mood for and we add the seasonings.

When assembling your meals, always be sure to check the food lists and consider the ingredients.

MEAL ASSEMBLY IDEAS FOR BREAKFAST

The most popular healthy breakfasts are shakes, hot cereals, and skillet dishes. Of these, shakes are my favorite. They take the least time and are the easiest way to pack in the most nutrients to start the day. Chapter Eight has many versions if you'd like to try some new flavors. Here are the fundamentals.

Protein Shake Basic Recipe

SERVES 1

With shakes, separate carbs are often not needed, since the shakes include fruit and/or beans. This is the basic recipe, which you can adapt to suit whatever ingredients you have available.

PROTEIN

- Liquid egg whites, 1 cup
- Soft tofu, 4 ounces
- Vegetable-based protein powder, 1 serving as per package

PRODUCE

- Banana, 1 medium, peeled
- Berries, fresh or frozen, $\frac{1}{2}$ cup
- Mango, frozen, cubed, $\frac{1}{2}$ cup
- White beans and liquid, $\frac{1}{2}$ cup

FLAVORINGS

- Almond extract, $\frac{1}{2}$ teaspoon
- Chia seeds, 1 to 2 tablespoons
- Ground cinnamon, to taste
- Stevia, to taste
- Sunflower seeds, 1 to 2 tablespoons
- Vanilla extract, $\frac{1}{2}$ teaspoon

In a high-speed blender, combine the protein, produce, and flavorings with 1 cup water and 1 cup ice and blend for 1 to 2 minutes, or until smooth. Non-dairy milk can be used in place of the water to thicken the texture and boost the flavor. I usually prefer canned beans instead, like navy, great northern, or cannellini; they add taste and texture, and offer more nutrition. If using canned beans, also add the canning liquid for best results. If you're looking for a crunchy texture, add nuts or fruit after the initial blending, then blend for a final 5 to 10 seconds.

Hot Cereal Basic Recipe

SERVES 1

I usually enjoy hot cereal with a protein drink on the side. Since the hot cereal is nearly a meal unto itself, I use a flavored protein powder (with no added sugar), mixed with just water and ice. You can also add one of the protein options for the Protein Shake in the final stages of cooking; be sure to mix constantly while simmering for 3 minutes.

CARBS (CHOOSE 1 OPTION)

- Buckwheat groats, $\frac{1}{2}$ cup
- Leftover cooked brown rice, $\frac{3}{4}$ cup
- Old-fashioned rolled oats, $\frac{1}{2}$ cup
- Steel-cut oats, $\frac{1}{2}$ cup

PRODUCE (CHOOSE 1 OR 2 OPTIONS)

- Apple, $\frac{1}{2}$ medium, diced
- Banana, $\frac{1}{2}$ medium, peeled and sliced
- Pear, $\frac{1}{2}$ medium, diced
- Raisins, $\frac{1}{2}$ cup

FLAVORINGS (AS DESIRED)

- Almond extract, $\frac{1}{2}$ teaspoon
- Chia seeds, 1 to 2 tablespoons
- Coconut flakes, 1 tablespoon
- Ground cardamom, to taste
- Ground cinnamon, to taste
- Stevia, to taste
- Vanilla extract, $\frac{1}{2}$ teaspoon
- Walnuts, chopped, $\frac{1}{2}$ cup

In a medium saucepan, measure out the carb and add 2 to 3 parts water per 1 part carb, based on how thick you like your cereal. Add the remaining ingredients and stir well. Bring to a low simmer, then cover and simmer for 15 minutes. Let rest for 10 minutes, still covered, before eating.

NOTE: It works well to cook several servings in advance and store them in the refrigerator.

Skillet Dish Basic Recipe

SERVES 1

These are the familiar breakfast skillets, usually based on eggs and potatoes. They are flexible and can work well with a big variety of ingredients and seasonings. I do include lean versions of cured meat. High amounts of cured meat can be harmful, but if you average under an ounce per day, and include legumes and vegetables, there is no evidence of harm.

PROTEIN (CHOOSE 1 OR ½ OF
2 OPTIONS)

- Canadian bacon, 2 slices
- Cooked poultry or beef, ½ cup
- Extra-firm tofu, diced, 4 ounces
- Liquid egg whites, 1 cup
- Tempeh, diced, 4 ounces

CARBS (CHOOSE 1 OR ½ OF
2 OPTIONS)

- Black beans, ½ cup
- Pinto beans, ½ cup
- Plantain, diced, ½ cup
- Potato, 1 medium, diced
- Sweet potato, diced, ½ cup

PRODUCE (UNLIMITED)

- Cauliflower, diced
- Onion, diced
- Spinach leaves
- Tomatoes, diced
- Zucchini, diced

FLAVORINGS (AS DESIRED)

- Chili powder
- Chives, chopped
- Garlic, fresh or dried
- Green chiles, canned
- Non-dairy plain yogurt, 1 to 2 tablespoons (add after cooking in place of sour cream)
- Oregano, dried or fresh, to taste
- Salsa
- Salt and pepper

In a medium skillet, sauté the onions, garlic, and spices. Remove them, then sauté any vegetables until tender. Remove them, and cook or reheat the protein. Combine all the ingredients and add the seasonings.

NOTE: When cooking potatoes, I prefer to use leftover boiled or baked potatoes; if these are not available, I microwave a potato for 3 to 4 minutes, let it cool for a few minutes, and then dice it into the skillet. Otherwise, diced raw potatoes need at least 10 minutes of sautéing until done.

MEAL ASSEMBLY IDEAS FOR LUNCH AND DINNER

Easy lunches and dinners include salads, stir-fries, soups, and wraps.

Salad Basic Recipe

SERVES 1

PROTEIN (CHOOSE 1 OPTION)

- Chicken breast, cooked and diced, $\frac{1}{2}$ cup
- Dried seasoned tofu, diced, $\frac{1}{2}$ cup
- Lean stew meat, cooked and diced, $\frac{1}{2}$ cup

PRODUCE (UNLIMITED)

- Broccoli florets
- Cucumber, diced
- Green onions, diced
- Greens, red-leaf, romaine, butter lettuce, spinach
- Mung bean sprouts
- Onion, diced
- Tomato, diced

CARBS (CHOOSE 1 OPTION)

- Cooked brown rice, $\frac{3}{4}$ cup
- Garbanzo beans, $\frac{1}{2}$ cup

SEASONINGS (UNLIMITED EXCEPT AS NOTED)

- Anchovies, mashed, 1 tablespoon
- Apple cider vinegar
- Avocado, diced, $\frac{1}{2}$ cup
- Chives, diced
- Extra-virgin olive oil
- Garlic, fresh or powdered
- Olives, sliced, $\frac{1}{2}$ cup
- Salt and pepper
- Tarragon, fresh or dried

Combine all the ingredients in a large bowl and mix well. Cover and refrigerate if preparing in advance. Stir in the seasonings just before serving. The best protein options are diced leftover protein from the evening before.

Soup Basic Recipe

SERVES 1

Perhaps more than any other dish, soups can be the repository for nearly any leftovers you have on hand. Find a stock or bouillon that you like. We like to make our own broths and freeze them.

PROTEIN (CHOOSE 1 OPTION)

- Chicken breast, cooked and diced, $\frac{1}{2}$ cup
- Dried seasoned tofu, diced, $\frac{1}{2}$ cup
- Lean stew meat, cooked and diced, $\frac{1}{2}$ cup
- Tempeh, diced, $\frac{1}{2}$ cup

CARBS ($\frac{1}{2}$ TO $\frac{1}{4}$ CUP)

- Barley, pearled, cooked
- Brown rice, cooked
- Cannellini beans, canned
- Corn, frozen
- Lentils, cooked

PRODUCE (AT LEAST 2 CUPS TOTAL PER SERVING)

- Cabbage, finely sliced
- Carrots, sliced
- Celery, sliced
- Onions, diced
- Spinach, torn
- Zucchini, sliced

LIQUID (UP TO 2 CUPS)

- Broth, stock, or bouillon powder
- Diced tomatoes, 15-ounce can

SEASONINGS (AS DESIRED)

- Garlic, $\frac{1}{2}$ clove
- Ginger, fresh, grated, 1 teaspoon
- Lemongrass, $\frac{1}{2}$ teaspoon
- Turmeric, $\frac{1}{2}$ teaspoon

For most soups, first sauté your onions, garlic, and seasonings, then set aside. Add your main vegetables and gently sauté, then set aside. Add your protein and sauté briefly. Add the previously sautéed ingredients, pour in the liquid—stock or water—and simmer until heated through.

Now you have a good sense of how to improvise in the kitchen. For those who need a little more structure, you'll find recipes and meal plans in the next chapter.

Recipes and Menu Plans

Now that you understand which foods are best for your thyroid, let's make your meals tasty and easy! These are recipes that Kirin, my wife, and I make regularly. I hope you enjoy them; my family and I love them all.

This chapter contains recipes that you can use in both the Reset and the Maintenance phases. Nearly every recipe has options for those who are AIP or vegan. Most recipes have a shortlist of ingredients you can find in any supermarket; a few have some more exotic ingredients in case you'd like to try something new. None of the recipes will take more than a few minutes to prepare.

Please know that you don't have to use just these recipes. It is easy to assemble meals that fit the Thyroid Reset Diet guidelines. You can always look at the food lists in Chapter Seven and swap ingredients as you see fit. You're also welcome to mix and match the recipes. Breakfast can be as simple as a shake. Lunch and dinner can be a

batch-cooked protein, some basic greens, and some cooked grains or beans. You can also make a double-size shake for breakfast and keep half of it for a lunch on the go. Dinner recipes can be doubled, and the extra can serve as lunch the following day.

Many of the recipes are stand-alone meals. For those that are not, be sure to always have some mixture of protein, vegetables, and good carbs. The serving suggestions, provided when appropriate, help you out there.

If you are gluten-free, vegan, or AIP, you'll have lots of recipes to choose from. Many will work for you as they are. Most of the rest can be modified simply.

If you are new to cooking with whole grains and beans, you'll find cooking instructions, tips, and ways to help with digestibility at www.thyroidresetdiet.com/resources.

THE 28-DAY MEAL PLAN

If you'd like an idea of how to put these recipes together for your Reset phase, the following is a suggested meal plan.

	WEEK 1		PAGE
MONDAY	BREAKFAST	Chocolate Cherry Swirl	43
	LUNCH	Freekeh Tabbouleh	36
	DINNER	Sweet Corn and Sorghum Soup	78
TUESDAY	BREAKFAST	Easy Breakfast Oatmeal	51
	LUNCH	Mediterranean Fennel Salad	64
	DINNER	Dr. Khoshaba's Lentil Soup	79
WEDNESDAY	BREAKFAST	Chocolate Mint Shake	44
	LUNCH	Classic Niçoise Salad	65
	DINNER	Gingered Tempeh and Broccoli Basic Brown Rice	96 112
THURSDAY	BREAKFAST	Three-Ingredient Pancakes	53
	LUNCH	Chai Potato Bowl	68
	DINNER	15-Bean Soup	82
FRIDAY	BREAKFAST	Eggnog for Breakfast	45
	LUNCH	Healthy Caesar Salad	66
	DINNER	Calamari Stew	86
SATURDAY	BREAKFAST	Sweet Potato Hash	54
	LUNCH	Cilantro Shrimp Bowl	70
	DINNER	Kirin's Slow-Cooker Chicken Basic Greens Basic Brown Rice	97 113 112
SUNDAY	BREAKFAST	Ginger Spice Shake	46
	LUNCH	Roman Wrap	73
	DINNER	Homestyle Meatloaf Whole-Grain Sourdough Bread Basic Greens	87 116 113

	WEEK 2		PAGE
DAY	MEAL	RECIPE	PAGE
MONDAY	BREAKFAST	Peppermint Nut Butter Shake	47
	LUNCH	Classic Niçoise Salad	65
	DINNER	One-Pot Green Chile Pasta	98
TUESDAY	BREAKFAST	Huevos Rancheros	57
	LUNCH	Masala Lentil Wrap	74
	DINNER	Chicken with Peaches and Black Beans	100
WEDNESDAY	BREAKFAST	Pumpkin Pie Delight	48
	LUNCH	Mediterranean Fennel Salad	64
	DINNER	Creamy Lentil Curry	101
THURSDAY	BREAKFAST	Vanilla Millet Hot Cereal	56
	LUNCH	Sesame Ginger Lettuce Wrap	76
	DINNER	Shepherd's Pie	89
FRIDAY	BREAKFAST	Orange Spice Shake	49
	LUNCH	Southwest Scramble Wrap	77
	DINNER	Poached Garlic Chicken	103
SATURDAY	BREAKFAST	Huevos Rancheros	57
	LUNCH	Cilantro Shrimp Bowl	70
	DINNER	White Bean Chile Verde	80
SUNDAY	BREAKFAST	Apple Pie Shake	50
	LUNCH	Freekeh Tabbouleh	63
	DINNER	Homestyle Beef Stew	81

	WEEK 3		PAGE
MONDAY	BREAKFAST	Easy Breakfast Oatmeal	51
	LUNCH	Shiitake Soba Bowl	72
	DINNER	Minnesota-Style Wild Rice Hot Dish	91
TUESDAY	BREAKFAST	Three-Ingredient Pancakes	53
	LUNCH	Roman Wrap	73
	DINNER	Curried Kabocha Soup	85
WEDNESDAY	BREAKFAST	Sweet Potato Hash	54
	LUNCH	Healthy Caesar Salad	66
	DINNER	One-Pot Green Chile Pasta	98
THURSDAY	BREAKFAST	Apple Pie Shake	50
	LUNCH	Classic Niçoise Salad	65
	DINNER	Chermoula Baked River Trout	109
FRIDAY	BREAKFAST	Buckwheat Berry Porridge	55
	LUNCH	Sesame Ginger Lettuce Wrap	76
	DINNER	Better Than Carry-Out Orange Chicken	104
SATURDAY	BREAKFAST	Ginger Spice Shake	46
	LUNCH	Mediterranean Fennel Salad	64
	DINNER	Thyroid Friendly Pesto	120
SUNDAY	BREAKFAST	Vanilla Millet Hot Cereal	56
	LUNCH	Southwest Scramble Wrap	77
	DINNER	Cajun Catfish	106

	WEEK 4		PAGE
MONDAY	BREAKFAST	Overnight Apple Pie Oats	61
	LUNCH	Masala Lentil Wrap	74
	DINNER	Classic Split Pea Soup	84
TUESDAY	BREAKFAST	Whole Oat Porridge	59
	LUNCH	Roman Wrap	73
	DINNER	Creamy Tarragon Chicken	94
WEDNESDAY	BREAKFAST	Brazil Nut Quickbread	60
	LUNCH	Chai Potato Bowl	68
	DINNER	Chermoula Baked River Trout	109
THURSDAY	BREAKFAST	Buckwheat Banana Bread	62
	LUNCH	Shiitake Soba Bowl	72
	DINNER	Gingered Tempeh and Broccoli	96
FRIDAY	BREAKFAST	Pumpkin Pie Delight	48
	LUNCH	Cilantro Shrimp Bowl	70
	DINNER	Soup of the Green Goddess	83
SATURDAY	BREAKFAST	Huevos Rancheros	57
	LUNCH	Chai Potato Bowl	68
	DINNER	Kirin's Slow-Cooker Chicken	97
SUNDAY	BREAKFAST	Eggnog for Breakfast	45
	LUNCH	Classic Niçoise Salad	65
	DINNER	Paprika Chicken with Roasted Limas and Brussel Sprouts	93

WEEKLY SHOPPING LIST

You can see the weekly shopping lists for the 28-Day Meal Plan beginning on page 125 or obtain a printable download of them at www.thyroidresetdiet.com/resources.

BREAKFAST IDEAS

Your first meal can set the tone for the entire rest of the day. Yet typical breakfast foods like milk, eggs, and baked goods can push you into unsafe levels of iodine.

I do encourage you to eat breakfast. People who eat breakfast have an easier time retaining muscle mass, being less hungry in the evening, and regulating their cortisol levels. We also know that optimal protein can be important for thyroid function, and it can be hard to get without a solid breakfast. If you feel that avoiding breakfast has been helpful, please do your best to make up the nutrients in your other meals.

SHAKES

Shakes are one of the easiest ways to get the protein and fibers your body needs in the morning without your making an elaborate meal. Here are several of my favorite recipes, all adapted to fit the Thyroid Reset Diet.

- **PROTEIN POWDER OPTIONS** Since iodine is the largest concern with thyroid function, it is best to use protein powders that come from normally low-iodine foods and that are tested for their iodine content. Whey- and egg-based protein powders do run the risk of having high levels of iodine. Look out for those without added iodine, kelp, sea vegetables, or iodine texturizers like carrageenan. Even some of the vegetable protein raw materials that we have tested have had too much iodine to be safe. Pea or

hemp proteins are often good options, but they should be assayed to show their iodine content. Our clinic uses the premade meal replacement Daily Reset Shake, which has been shown to have under 0.15 mcg of iodine per gram. You can visit www.thyroidresetdiet.com/resources for more detailed information.

- **BEANS IN SHAKES?** In the early 2000s, studies started coming out in droves about the health benefits of a food constituent called resistant starch. It was able to help people lose weight, lower blood sugar, and improve digestive health. I started to include beans in my shakes many years ago to add some more resistant starch. But the great taste and texture the beans add have made them indispensable. If ever I make a shake and don't have some beans to pour into it, I find it is nowhere near as creamy. My favorite trick is to use canned white beans or navy beans. I open the can and just pour in roughly one-third of a cup of beans along with the aquafaba (the canning liquid).

Chocolate Cherry Swirl

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 2 cups water or unflavored non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- 1 tablespoon unsweetened cocoa powder, natural or Dutch-process
- 1 to 2 Brazil nuts
- $\frac{1}{2}$ cup packed fresh spinach
- 10 frozen cherries
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ cup crushed ice

In a high-speed blender, combine the water, protein powder, cocoa powder, Brazil nuts, spinach, cherries, and banana. Add the ice. Blend all the ingredients until smooth.

Chocolate Mint Shake

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 2 cups water or unflavored non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- 1 tablespoon unsweetened cocoa powder, natural or Dutch-process
- 1 to 2 Brazil nuts
- $\frac{1}{2}$ cup packed fresh spinach
- $\frac{1}{2}$ cup canned navy beans, with canning liquid
- 4 fresh mint leaves, or 2 drops peppermint extract
- $\frac{1}{2}$ cup crushed ice

In a high-speed blender, combine the water, protein powder, cocoa powder, Brazil nuts, spinach, beans, and mint. Add the ice. Blend all the ingredients until smooth.

Eggnog for Breakfast

I loved eggnog as a kid. I've come to realize that it's more about the taste and texture than it is about the ingredients. This is a version that can turn eggnog into a year-round favorite.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 1 cup unsweetened flax milk or other non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- $\frac{1}{2}$ teaspoon freshly grated nutmeg
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 Medjool dates, pitted
- 2 teaspoons chopped raw cashews
- $\frac{1}{2}$ cup canned navy beans, with canning liquid
- $\frac{1}{2}$ cup crushed ice

In a high-powered blender, combine the flax milk, protein powder, nutmeg, allspice, vanilla, dates, cashews, and beans. Add the ice. Blend all the ingredients until smooth.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use AIP-approved protein source; use coconut yogurt instead of beans

Ginger Spice Shake

Entire books have been written about the health benefits of ginger. I like to store fresh ginger in the freezer and use a zester to grate the set amount when needed. This extends the life of the ginger and makes the ginger “fluffier.” Because it expands when grating, use about 50 percent more volume than the recipe calls for.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 1½ cups water
- ½ cup unsweetened flax milk or other non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- ½ cup canned navy beans, with canning liquid
- 1 to 2 teaspoons grated fresh ginger
- Ground cinnamon
- ½ cup crushed ice

In a high-speed blender, combine the water, flax milk, protein powder, beans, ginger, and cinnamon. Add the ice. Blend all the ingredients until smooth.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use AIP-approved protein powder; omit the beans

Peppermint Nut Butter Shake

Thin Mints anyone? Here's the answer if you feel yourself due for a fix of chocolate mint anything. Cocoa itself is low in iodine, but most chocolate products have additional ingredients that are high in iodine, such as dairy items. Toasted carob works well in place of cocoa.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 1½ cups water
- 2 to 3 drops peppermint extract
- 1 serving vanilla or unflavored vegetable-based protein powder
- 2 teaspoons unsweetened cocoa powder or toasted carob powder
- ½ cup canned navy beans, with canning liquid
- ½ teaspoon salt
- ½ tablespoon organic nut butter
- ½ cup crushed ice

In a high-speed blender, combine the water, peppermint extract, protein powder, cocoa powder, beans, salt, and nut butter. Add the ice. Blend all the ingredients until smooth.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use AIP-approved protein powder; use coconut yogurt instead of beans

Pumpkin Pie Delight

Pumpkin is an underutilized ingredient. Canned pumpkin is readily available and works well in this recipe. Look for versions that don't have sweeteners or salt and that are in BPA-free cans. The label says different, but when I measure, I find that each 14.5-ounce can yields almost exactly 2 cups puree.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 1½ cups unsweetened flax milk or other non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- ½ teaspoon pumpkin pie spice
- ½ cup organic pumpkin puree (not pumpkin pie filling)
- ½ organic banana, frozen, with peel
- 2 teaspoons organic honey
- ½ cup crushed ice

In a high-speed blender, combine the flax milk, protein powder, pumpkin pie spice, pumpkin puree, banana, and honey. Add the ice. Blend all the ingredients until smooth.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use AIP-approved protein powder

Orange Spice Shake

This is tasty and easy. Fresh orange zest is a great source of bioflavonoids, which improve thyroid hormone metabolism.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 1 cup water
- $\frac{1}{2}$ cup unsweetened flax milk or other non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{2}$ cup canned navy beans, with canning liquid
- 2 teaspoons grated orange zest
- 1 medium orange, peeled and sectioned
- $\frac{1}{2}$ cup crushed ice

In a high-speed blender, combine the water, flax milk, protein powder, cinnamon, cloves, beans, orange zest, and orange sections. Add the ice. Blend all the ingredients until smooth.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use AIP-approved protein powder; use coconut yogurt instead of beans

Apple Pie Shake

Here's one of our all-time favorite shakes. Any kind of apple works well. The raw oats are a good source of resistant starch, and unsweetened non-dairy yogurt can work well in place of the beans.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- 1½ cups unsweetened flax milk or other non-dairy milk
- 1 serving vanilla or unflavored vegetable-based protein powder
- ½ cup canned navy beans, with canning liquid
- 1 Granny Smith apple, peeled and cored
- ½ cup old-fashioned rolled oats
- 1 tablespoon chopped raw cashews
- ½ teaspoon ground Ceylon cinnamon
- ½ cup crushed ice

In a high-speed blender, combine the flax milk, protein powder, beans, apple, oats, cashews, and cinnamon. Add the ice. Blend all the ingredients until smooth.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use AIP-approved protein powder; use coconut yogurt instead of beans

OTHER BREAKFASTS

Easy Breakfast Oatmeal

I make this simple dish for breakfast on most days. Normally, I have some steel-cut or whole oat groats that have been batch-cooked and stored in a container. How do you know what a serving size is when you batch-cook? I usually cook 1 cup of oats at a time. When I spoon out some for a breakfast, I eyeball one-fourth of what is in the container; over four days, it averages out to be accurate. I include a little stevia when I cook the oats, so I don't need to bother adding sweetener when I assemble the breakfast.

SERVES 1

PREP TIME: 2 MINUTES

TOTAL TIME: 5 MINUTES

- $\frac{1}{4}$ cup cooked oatmeal
- $\frac{1}{4}$ cup frozen blueberries
- 2 tablespoons raw sunflower seeds
- 1 (6-ounce) serving unflavored non-dairy yogurt
- Sweetener (optional; stevia or lo han)

Place the oatmeal and blueberries in a microwave-safe bowl. Microwave for 1 minute, or until blueberries are soft. Add the sunflower seeds, yogurt, and sweetener and stir.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use pumpkin puree or mashed butternut squash in place of the oatmeal

Egg White Omelet

Here is a quick and savory protein option for breakfast, or even for dinner.

SERVES 1

PREP TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- 1 cup liquid egg whites
- 3 scallions, white and green parts sliced
- $\frac{1}{2}$ teaspoon paprika
- 1 cup sliced fresh button mushrooms
- $\frac{1}{2}$ to $\frac{1}{4}$ teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon toasted sesame oil

1. Place a small skillet on medium heat and mist with the avocado oil.
2. Sauté the scallion whites and the mushrooms for 2 to 3 minutes or until soft. Transfer to a plate.
3. Increase the heat under the skillet to medium high. Add the egg whites, stir in the paprika, then slowly stir in the turmeric until the eggs are light yellow.
4. Cook the egg whites 1 to 2 minutes, until just firm. Drizzle on the sesame oil and transfer to the plate with the scallions and mushrooms. Sprinkle on the scallion greens and serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use soft tofu or other plant-based egg product

AIP OPTION: No option available

Three-Ingredient Pancakes

When is it time to make these pancakes? Any time you have some bananas sitting around, getting overripe! If desired, top the pancakes with berries and serve with non-dairy yogurt or a protein shake to get more protein. Rather than commercial cooking spray, I like to use avocado oil (or other heat-stable oil) in a hand misting bottle.

SERVES 2

PREP TIME: 2 MINUTES

TOTAL TIME: 10 MINUTES

- 2 ripe bananas, peeled
 - 1 cup old-fashioned rolled oats
 - $\frac{1}{2}$ cup liquid egg whites
 - Avocado oil in a mister or nonstick cooking spray
1. In a medium bowl, use a fork to mash the bananas. Add the oats and egg whites to the bowl and mix well.
 2. Coat a griddle or large skillet with a misting of the avocado oil. Heat over medium-high heat until hot enough to sizzle a drop of water.
 3. Reduce the heat to medium, then scoop the batter, using a $\frac{1}{4}$ -cup measure, onto the griddle, leaving $\frac{1}{2}$ inch space between the pancakes.
 4. Cook for 2 minutes, then flip and cook for another minute, until the pancakes are lightly browned. Serve at once.

SERVING SUGGESTION: Add additional protein for complete protein serving

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the egg whites and replace with 1 serving pea protein powder

AIP OPTION: Omit the egg whites and replace the oats with shredded coconut

Sweet Potato Hash

This is my go-to recipe for a breakfast hash. You can use an old-fashioned box shredder or a food processor to shred the veggies here. There are few limits to what you can include for the veggies and protein in this dish!

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

- Avocado oil in a mister or non stick cooking spray
 - 2 sweet potatoes, peeled and shredded
 - 1 medium zucchini, shredded
 - 1 small white onion, shredded
 - 1 cup liquid egg whites
 - Salt and freshly ground black pepper
1. Mist a large skillet with the avocado oil and place over medium-high heat. Spread the sweet potatoes in the skillet, then reduce the heat to medium, cover the skillet, and cook for 3 minutes.
 2. Add the zucchini and onion, stir, cover again, and cook for 3 more minutes.
 3. Raise the heat to high, then add the egg whites, stirring and cooking until set, about 1 minute. Season to taste with salt and pepper, then serve.

SERVING SUGGESTION: Add a side of chicken or use extra egg whites for complete protein

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Replace the egg whites with ½ block firm tofu, crumbled

AIP OPTION: Replace the egg whites with diced cooked meat of choice

Buckwheat Berry Porridge

If you love oats, you are in for a real treat with buckwheat. For this recipe, you'll want raw buckwheat groats. If you don't mind taking an extra minute, they come out even better with a light toasting before cooking. Just heat them over medium heat in a dry skillet until they just barely darken and become fragrant. This is a great recipe to batch-cook and refrigerate for later.

SERVES 4

PREP TIME: 3 MINUTES

TOTAL TIME: 20 MINUTES

- 1 cup buckwheat groats
 - 1 cinnamon stick
 - 1½ cups unflavored non-dairy milk (I use unsweetened flax milk)
 - 1 cup fresh blackberries
 - ½ cup raw, unsalted pumpkin seeds
1. Place the buckwheat, cinnamon stick, non-dairy milk, 1½ cups water, the blackberries, and the pumpkin seeds in a medium saucepan and bring to a low simmer over medium heat.
 2. Lightly cover and simmer for 15 minutes. The buckwheat should have the texture of a hearty porridge. Let rest for 5 minutes, then remove the cinnamon stick and serve.

SERVING SUGGESTION: Serve with a side of protein to make a complete breakfast

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Vanilla Millet Hot Cereal

Millet makes one of the quickest-cooking hot cereals and it has a texture akin to mashed potatoes. It is an excellent source of copper and magnesium. This is a great recipe to batch-cook.

SERVES 4

PREP TIME: 5 MINUTES

TOTAL TIME: 25 MINUTES

- 1 cup whole millet
 - ½ cup almonds, chopped
 - 1 teaspoon natural vanilla extract or other flavoring
 - Sweetener of choice (stevia or lo han)
 - 1 medium pear, cored and diced
1. Place the millet, vanilla, pear, almonds, sweetener, and 2½ cups water in a medium saucepan.
 2. Bring to a boil over high heat, then reduce the heat and simmer for 20 minutes, lightly covered, until the mixture firms up into a hearty porridge. Let sit for 5 minutes, then serve.

SERVING SUGGESTION: Serve with non-dairy milk; for a complete breakfast, serve with a side of protein

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Huevos Rancheros

Remember that egg whites are a safe food choice and you can do so much with them! Watch your energy levels throughout the day after having this meal for breakfast—you may find they are steadier than normal, and your blood sugar will be more stable after the day's other meals, as well. If you don't have cooked potatoes on hand, you can quickly cook one in the microwave; just peel it, jab a fork into it several times, and heat on full power for 3 to 5 minutes. You'll have as much resistant starch present as if you had boiled the potato.

SERVES 2

PREP TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

- Avocado oil in a mister or non-stick cooking spray
 - $\frac{1}{2}$ cup diced onion
 - 2 cups liquid egg whites (or whites from 12 large eggs)
 - 1 boiled medium potato, peeled and cut into bite-size pieces
 - 1 Roma (plum) tomato, cored and diced
 - 1 cup canned pinto beans
 - 2 cups fresh spinach
 - $\frac{1}{2}$ avocado, diced
 - $\frac{1}{2}$ cup fresh cilantro, minced
 - Salt and freshly ground black pepper
 - Hot sauce of choice (optional)
1. Mist a large skillet with the avocado oil and heat over high heat until a drop of water sizzles.
 2. Add the onion and sauté for 1 to 2 minutes, until translucent. Add the egg whites and sauté an additional minute, or until the whites have mostly firmed up.
 3. Add the potato, tomato, beans, and spinach. Sauté for 3 to 4 minutes, until the spinach is wilted.
 4. Transfer to plates and garnish with the avocado and cilantro, then season with salt and pepper, and serve with hot sauce, if desired.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Substitute $\frac{1}{2}$ block of firm tofu for the egg whites

AIP OPTION: No option available

Pecan-Banana Teff Cereal

Teff is a staple food in Ethiopia, but it is rarely used in the States. Besides being tasty (kind of like cocoa cream of wheat), it is rich in iron and resistant starch. Most larger health food supermarkets have it. If you can't find it, steel-cut oats work great in this recipe, also. Refrigerate any leftovers and serve the next day.

SERVES 4

PREP TIME: 5 MINUTES

TOTAL TIME: 25 MINUTES

- 1 cup whole-grain teff
- 1 banana, peeled and diced
- 1 cup unsweetened flax milk
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup crushed pecans

Combine the teff, 2 cups water, the flax milk, pecans, banana, and cinnamon in a large saucepan. Bring to a low simmer over medium heat. Simmer for 25 minutes, stirring occasionally. Serve.

SERVING SUGGESTION: Serve with a side of protein to make a complete breakfast.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Whole Oat Porridge

This is a nice way to use whole oats, also called oat groats. Each time a grain is broken, as in processing, some flavors are lost and some of the oils oxidize. Using whole grains may be important for the preservation of beneficial phytonutrients. In terms of fiber, protein, vitamins, and minerals, whole oats and processed oats are pretty much identical in all other forms. Think of it as a continuum from the least oxidized to the most: whole, steel-cut, old-fashioned rolled, regular rolled, quick-cooking, and instant oats. Mind you, if I am traveling or short on staples, I'll take instant oats over donuts for breakfast any day. When I have time, though, whole oats are my favorite.

SERVES 8

PREP TIME: 2 MINUTES

TOTAL TIME: 4 TO 6 HOURS

IN A SLOW COOKER

- 8 cups purified water
- 2 to 3 cinnamon sticks
- 2 cups whole oats or steel-cut oats
- Optional flavorings:
1 teaspoon ground cloves
1 tablespoon ground cardamom

Place the water, oats, and cinnamon sticks in a slow cooker; add the desired flavorings. Close the cooker and cook on the low setting for 4 to 6 hours. Open the cooker and remove the cinnamon sticks. Serve.

SERVING SUGGESTION: Mix in protein powder or serve with egg whites for a complete meal; top with fresh fruit—apples and pears work well.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: In a high-speed blender, combine 1½ cups tigernuts, 1 cup coconut flakes, and ½ cup konjac root powder; blend until the pieces are as small as instant oats, then use in place of the oats and reduce the water to 6 cups

Brazil Nut Quickbread

This can be part of your breakfast, or a good-carb side dish for dinner. The citrus flavors work nicely with the Brazil nuts.

SERVES 6

PREP TIME: 20 MINUTES

TOTAL TIME: 60 MINUTES

- Avocado oil in a mister or nonstick cooking spray
 - $\frac{3}{4}$ cup white whole wheat flour
 - 2 teaspoons toasted carob powder or unsweetened cocoa powder
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - $\frac{1}{2}$ teaspoon baking powder
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{2}$ cup liquid egg whites or egg substitute
 - 2 tablespoons unflavored non-dairy milk
 - 1 tablespoon grated orange zest
 - $\frac{1}{4}$ cup chopped Brazil nuts
 - 1 cup chopped pitted Medjool dates
1. Preheat the oven to 325°F. Mist a 4 by 8-inch baking pan with the avocado oil.
 2. Combine the flour, carob powder, cinnamon, baking powder, and salt in a large bowl.
 3. Stir in the egg whites, non-dairy milk, zest, nuts, and dates. Mix well, until the batter is smooth.
 4. Pour the batter into the baking pan and bake for 40 minutes, until the top is lightly browned and the center pushes back. Cool on a rack, then slice and serve.

SERVING SUGGESTION: Add a side of protein for a complete meal

GLUTEN-FREE OPTION: Use gluten-free baking mix instead of the whole wheat flour

VEGAN OPTION: Use egg substitute

AIP OPTION: No option available

Overnight Apple Pie Oats

Do you have a busy morning coming up? It takes all of five minutes to put this together. You can serve all of it at once or refrigerate unused portions for up to four days.

SERVES 8

PREP TIME: 10 MINUTES

TOTAL TIME: 24 HOURS

- 2 cups old-fashioned rolled oats
- 1 teaspoon ground Ceylon cinnamon
- 2 small to medium apples (Gala or Pink Lady), cored and chopped
- 2 cups unsweetened flax milk or other non-dairy milk
- 4 teaspoons chia seeds

Combine the oats, apples, cinnamon, flax milk, and chia seeds in a large bowl. Refrigerate overnight. Serve.

SERVING SUGGESTION: Add a side of protein for a complete meal

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use cooked and cubed butternut squash instead of oats; omit dairy substitute

Buckwheat Banana Bread

Here is another good use for overripe bananas. It also helps you work in your buckwheat and Brazil nuts for the day. The bread keeps for a few days, but don't expect it to last if you have a family around. If you don't have buckwheat flour, you can blend 1½ cups of dry buckwheat groats in a blender to make the flour.

SERVES 10

PREP TIME: 15 MINUTES

TOTAL TIME: 75 MINUTES

- 1½ cups buckwheat flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons ground Ceylon cinnamon
- 3 very ripe bananas, peeled
- ½ cup liquid egg whites
- ½ cup honey or safe sweetener of your choice
- ½ cup unsweetened flax milk
- ½ cup chopped Brazil nuts
- 2 teaspoons pure vanilla extract

1. Preheat the oven to 350° F. Line a 9 by 5-inch loaf pan with parchment paper.
2. In a small bowl, mix the flour, baking soda, salt, and cinnamon. Whisk until evenly blended.
3. In a large bowl, mash the bananas with the egg whites, using a fork. Add the sweetener, flax milk, Brazil nuts, and vanilla. Mix well.
4. Pour the flour mixture into the banana mixture and mix until all the flour is incorporated. The batter will be thin and chunky.
5. Pour the batter into the loaf pan and bake for 60 to 70 minutes, or until a toothpick stuck in the center of the loaf comes out dry. Let cool on a rack for 30 minutes, then remove from the pan, slice, and serve.

SERVING SUGGESTION: Can be served with a protein for a quick breakfast or as a good carb for lunch and dinner

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use 2 tablespoons Egg Replacer powder instead of the eggs; combine with ½ cup water, mix well, and add the remaining ingredients

AIP OPTION: Substitute cassava flour for the buckwheat flour

SALADS, BOWLS, AND WRAPS

Freekeh Tabbouleh

Besides being a fun word to say (free-Kah), freekeh is among the lowest-glycemic good carbs. It is slower to digest because it is harvested before it is completely ripe. This also leaves it higher in pigmented phytonutrients like lutein and zeaxanthin.

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

- $\frac{1}{2}$ teaspoon salt
- 1 cup cracked freekeh, rinsed and drained
- 1 lemon, zested and juiced
- 2 teaspoons extra-virgin olive oil
- 1 cup fresh parsley, large stems removed and leaves finely chopped
- 1 medium red onion, finely diced
- 3 ripe Roma (plum) tomatoes, seeded and chopped
- 1 medium cucumber, peeled and seeded
- 1 cup green grapes, halved
- 4 Medjool dates, pitted and chopped
- $\frac{1}{4}$ cup sunflower seeds

1. Place 1½ cups water in a small saucepan set over high heat and bring to a boil. Add the salt and freekeh, reduce the heat to low, and simmer until tender, about 15 minutes.
2. Drain the freekeh, then spread out on a baking sheet and place in the refrigerator to quickly cool.
3. Combine the chilled freekeh with the lemon zest and juice, olive oil, parsley, red onion, tomatoes, cucumber, grapes, dates, and sunflower seeds. Serve.

SERVING SUGGESTION: Serve with leftover protein for a complete meal

GLUTEN-FREE OPTION: Replace the freekeh with quinoa

VEGAN OPTION: No modification needed

AIP OPTION: Replace the freekeh with riced zucchini

Mediterranean Fennel Salad

Fennel shares with licorice and anise a volatile oil called anethole. The fennel bulb is tough and fibrous. It is a member of the Apiaceae family, along with carrots, parsley, celery, and parsnips. This group of plants is uniquely beneficial to liver function. To use fennel raw in a salad, you shave it into very thin slices.

SERVES 4

PREP TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

FOR THE SALAD

- 1 head romaine lettuce, torn into bite-size pieces
- 1 small fennel bulb, outer leaves discarded, bulb cut into thin slices
- $\frac{1}{2}$ small red onion, sliced
- 1 (14-ounce) BPA-free, no salt added can artichoke hearts in water, drained and cut into quarters
- 1 (14.5-ounce) BPA-free, no salt added can chickpeas, drained and with liquid reserved
- 2 ripe Roma (plum) tomatoes, diced

- 1 jar (at least 4 ounces) pitted Kalamata olives. Take $\frac{1}{2}$ cup olives and dice

- 1 medium cucumber, peeled, seeded, and sliced

FOR THE DRESSING

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon nutritional yeast (with no synthetic folic acid)
- 3 tablespoons red wine vinegar
- 2 teaspoons stone-ground mustard
- 1 teaspoon herbes de Provence
- Salt and freshly ground black pepper

1. Place all the salad ingredients in a large bowl.
2. In a small bowl, combine the dressing ingredients with $\frac{1}{2}$ cup of liquid from the chickpeas. Mix well.
3. Pour the dressing over the salad and toss. Serve immediately.

SERVING SUGGESTION: Serve with a side of protein for a complete meal.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Omit tomatoes, vinegar, yeast, and chickpeas

Classic Niçoise Salad

Kirin is famous for her Niçoise salad. It is one of the few salad meals that fills me up. By peeling the potatoes, and by using only the egg whites, it's easy to make this meal low in iodine.

SERVES 4

PREP TIME: 25 MINUTES

TOTAL TIME: 30 MINUTES

FOR THE SALAD

- 1 (12.5-ounce) can chicken breast, drained
- 9 hard-boiled eggs, peeled and quartered, yolks discarded
- 1 pound Yukon Gold potatoes (2 to 3 medium), quartered and cooked until fork-tender (5 to 8 minutes)
- 2 heads butter lettuce, torn into small pieces
- 1 pint ripe cherry tomatoes, halved
- 1 medium red onion, thinly sliced
- 8 ounces green beans, cut into 2-inch pieces, blanched for 4 minutes
- $\frac{1}{2}$ cup pitted kalamata olives

FOR THE DRESSING

- 2 tablespoons rinsed capers
- 2 teaspoons nutritional yeast (folic-acid-free)
- $\frac{1}{2}$ cup lemon juice or red wine vinegar
- $\frac{1}{2}$ cup extra-virgin olive oil
- 3 tablespoons finely chopped shallots
- 2 tablespoons finely chopped fresh basil
- 1 tablespoon finely chopped fresh thyme
- 2 teaspoons finely chopped fresh oregano or tarragon
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper

Combine the salad ingredients in a large bowl. Combine the dressing ingredients in a jar, shake well, then drizzle over the salad and toss well.

SERVING SUGGESTION: Salad ingredients can be made several hours in advance, covered, and refrigerated until ready to serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the tuna

AIP OPTION: Omit the potatoes and tomatoes

Healthy Caesar Salad

I love Caesar salads, but it seems like restaurants try their best to turn them into bombs of empty calories. If you want a lighter lunch that can be assembled in just a few moments, this fits the bill. This recipe does call for two moderate-iodine foods (anchovies and parmesan), but the amounts used are less than one-fourth a typical serving. Cabbage is not a traditional ingredient, but it lends a crunchy texture to the salad.

SERVES 4

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

- 3 cups ($\frac{1}{2}$ -inch) cubes of whole-grain sourdough bread (optional)
- Avocado oil in a mister (optional)
- 2 to 3 garlic cloves, minced
- Salt and freshly ground black pepper
- 2 heads romaine lettuce, torn into bite-size pieces
- 2 cups shredded green cabbage
- 1 tablespoon minced fresh parsley
- 2 teaspoons sherry vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon minced fresh thyme leaves, or $\frac{1}{2}$ teaspoon mixed dried herbs
- 1 tablespoon extra-virgin olive oil
- 2 anchovy fillets, rinsed, dried, and mashed
- 1 tablespoon grated parmesan cheese

1. If making the croutons, preheat the oven to 350°F. Place the bread cubes in a small bowl, mist with the avocado oil or drizzle on about 1 teaspoon, then stir in one-third of the garlic and add salt and pepper. Spread the croutons on a baking sheet and bake for 10 minutes, stirring halfway through to crisp all sides. Let cool briefly.
2. Arrange the lettuce and cabbage in 4 serving bowls.
3. Whisk together the remaining garlic, the parsley, vinegar, mustard, thyme, olive oil, and anchovies into a thick dressing.
4. Pour the dressing over the lettuce; garnish each bowl with some croutons if using, and sprinkle with the parmesan.

SERVING SUGGESTION: Serve with a light protein dish and more sourdough bread or with a side of warmed cannellini beans

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Replace the anchovies with 2 teaspoons tamari; replace the cheese with 2 teaspoons nutritional yeast

AIP OPTION: Omit the croutons; replace the cheese with 2 teaspoons nutritional yeast

Chai Potato Bowl

Here is a dish to make in advance so you have a ready-to-go lunch the next day. Chai seasoning is a mixture of spices I like to have on hand for general use; it includes cinnamon, cardamom, cloves, ginger, and black pepper. I modified the classic chai combo to be lighter on the sweetest seasonings, the cinnamon and cardamom. I use purple potatoes here; red or gold potatoes would also work.

SERVES 2

PREP TIME: 10 MINUTES

TOTAL TIME: 65 MINUTES

- 1 teaspoon coarse salt
 - 1 teaspoon freshly ground black pepper
 - 1 teaspoon ground ginger
 - $\frac{1}{2}$ teaspoon ground Ceylon cinnamon
 - $\frac{1}{2}$ teaspoon ground cardamom
 - $\frac{1}{2}$ teaspoon ground cloves
 - 2 purple potatoes, peeled and cubed
 - 2 (6-ounce) skinless boneless chicken breasts, diced
 - Avocado oil in a mister or nonstick cooking spray
 - 4 cups fresh spinach
1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone mat.
 2. In a small bowl, combine the salt, pepper, ginger, cinnamon, cardamom, and cloves.
 3. In a medium bowl, combine the potatoes with half the seasoning blend and stir to lightly coat. Spread the potatoes on the baking sheet and bake until fork-tender, about 45 minutes.
 4. Place the chicken in a medium bowl and sprinkle with the remaining seasoning mix; stir to coat well.
 5. Mist a large skillet with some avocado oil. Heat over medium heat, then add the chicken and sauté until cooked through and lightly browned, 3 to 5 minutes, turning often so the seasonings do not burn.
 6. Add the spinach to the skillet and stir until the leaves have wilted, about 3 minutes.
 7. Transfer the chicken and spinach to serving bowls and add some of the roasted potatoes to each. Serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Replace the chicken with extra-firm tofu

AIP OPTION: Replace the potatoes with roasted beets, baking instead for 25 minutes

Cilantro Shrimp Bowl

Shrimp is a moderate-iodine food, but the iodine levels are acceptably low when the shrimp is boiled. That's because iodine is water-soluble, so much of it is lost in contact with water. Also, shrimp purchased without its shells is lower in iodine.

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

- 2 tablespoons salt
 - 1 pound peeled and deveined medium shrimp, cut into thirds
 - 1 (14.5-ounce) BPA-free can, no salt added black beans, drained and with liquid reserved
 - 1 bunch scallions, white and green parts cut into $\frac{1}{4}$ -inch pieces
 - 1 medium avocado, peeled, seeded, and diced
 - 1 ripe beefsteak tomato, cored and diced
 - 1 loose head red-leaf lettuce, torn into small pieces
 - 1 bunch fresh cilantro, chopped
 - 2 garlic cloves
 - 1 teaspoon ground cumin
 - Juice of 2 limes
1. Place about 2 quarts of water in a medium saucepan and bring to a boil. Add the salt and shrimp, reduce the heat, and simmer for 5 minutes. Drain thoroughly.
 2. In a large salad bowl, combine the shrimp, beans, scallions, avocado, and tomato. Add the lettuce and toss.
 3. In a small blender or food processor, combine the cilantro, garlic, cumin, lime juice, and $\frac{1}{2}$ cup liquid from the beans. Blend the dressing until smooth.
 4. Pour the dressing over the salad ingredients and stir. Serve immediately.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the shrimp or replace with cubed dried seasoned tofu

AIP OPTION: Omit the beans and tomatoes or replace with 1 cup cubed cooked squash

Ceviche Salad

Here is another great way to perfectly "cook" seafood. The acid from the lemon juice changes the protein in a way similar to heat, so the seafood is technically not raw anymore. But watch: it can become too tough if it sits in the acid for longer than recommended.

SERVES 4

PREP TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

FOR THE SALAD

- 1 loose head red-leaf lettuce, finely chopped
- 1 avocado, peeled, seeded, and diced
- 2 ripe beefsteak tomatoes, cored and diced
- 2 tablespoons pumpkin seeds
- 1 (14.5-ounce) BPA-free, no salt added can cannellini beans, drained
- 1 teaspoon dried tarragon, or 1 tablespoon chopped fresh

FOR THE CEVICHE

- 1 pound lower-iodine seafood of choice (catfish, flounder, halibut or scallops), cut into small dice
- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ cup fresh lemon juice
- 1 teaspoon salt
- $\frac{1}{4}$ cup chopped fresh cilantro
- $\frac{1}{4}$ medium red onion, diced
- 2 tablespoons extra-virgin olive oil
- Freshly ground black pepper

1. Mix the salad ingredients in a serving bowl.
2. Thoroughly mix the ceviche ingredients in a medium bowl. Refrigerate for 10 minutes, then let sit at room temperature for 10 minutes.
3. Pour off roughly half the liquid from the ceviche, then add the ceviche and remaining liquid to the salad. Toss and serve.

SERVING SUGGESTION: Serve with a side of carbs for a complete meal

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use extra-firm tofu instead of the seafood; place the diced tofu between layers of paper toweling, weighted down with a heavy pan for 10 minutes before soaking in the ceviche liquid

AIP OPTION: Omit the tomatoes and replace the beans with cauliflower florets; serve with a side of carbs

Shiitake Soba Bowl

Here is another great way to get the benefits of buckwheat, which is among the densest food sources of polyphenols and bioflavonoids. These soba noodles are also fast to cook, usually 2 to 3 minutes. Dried shiitakes are easy to find online or in specialty grocery stores; I love them because of their shelf life and their price point, but you can use fresh as well. If you use dried, just soak them in room-temperature water for 20 minutes before starting the recipe.

SERVES 4

PREP TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

- 1 navel orange, peeled and sectioned
- 3 teaspoons miso paste
- 2 garlic cloves, crushed
- 2 tablespoons red wine vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons avocado oil
- 1 pound fresh or soaked dried shiitake mushrooms, sliced
- 3 baby bok choy, sliced, white stems separated from leaves
- 2 cups sugar snap peas, trimmed
- 1 red bell pepper, cored, seeded, and sliced into matchstick pieces
- 4 young bulbing onions, sliced lengthwise into 4 pieces, then cut into 1-inch lengths
- 1 (8-ounce) package soba noodles, cooked
- 1 pound cooked chicken or extra-firm tofu, diced

1. In a blender, combine the orange, miso, garlic, vinegar, and sesame oil. Pour through a strainer into a small bowl.
2. Heat the avocado oil in a wok or large skillet over medium-high heat. Add the mushrooms and bok choy stems, then stir-fry over high heat for 2 minutes.
3. Add the peas, bell pepper, and onions. Stir-fry an additional 2 minutes.
4. Add the noodles, chicken, and strained sauce. Stir and cook for an additional minute. Serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use tofu instead of chicken

AIP OPTION: Use zucchini noodles instead of the soba

Roman Wraps

Lunch on the go can be much easier than people think. Wraps are portable and can let you repurpose leftovers in a new way. But what do you put your traveling wrap inside of? Lettuce works great, but it can be messy. Try using parchment paper around the lettuce and roll it back as you eat the wrap. If you open it without tearing, it may even be able to be reused. I've found that butter lettuce has the perfect combination of flavor, pliability, and structural stability to work as a wrap container. Romaine is a decent second option. Be sure to wash and thoroughly dry your lettuce leaves first. Too much moisture can make them adhere to the parchment paper. You'll need four pieces of parchment, each measuring roughly 10 inches square.

SERVES 2 (MAKES 4 WRAPS) PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

- | | |
|--|---|
| <ul style="list-style-type: none">• $\frac{1}{2}$ head butter lettuce, leaves removed and stacked (16 leaves)• 1 (8- to 10-ounce) skinless boneless chicken breast, cooked and sliced• 1 handful of arugula, trimmed• 2 ripe Roma (plum) tomatoes, cored and thinly sliced | <ul style="list-style-type: none">• $\frac{1}{4}$ medium red onion, thinly sliced• $\frac{1}{2}$ cup no salt added canned cannellini beans• 1 teaspoon Italian seasoning blend• Balsamic vinegar or glaze• Extra-virgin olive oil |
|--|---|
1. For each wrap, place 4 large lettuce leaves overlapping on a sheet of parchment paper that measures roughly 10 inches square.
 2. Add one-fourth of the chicken, arugula, tomatoes, red onion, balsamic, olive oil, beans and salt and pepper to taste.
 3. Fold over one end of the paper, then roll up, encasing the contents. Repeat with the remaining leaves and ingredients to make 3 more wraps.

SERVING SUGGESTION: This can be a stand-alone meal, or you can include additional snacking vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the chicken or replace with sliced seasoned dried tofu

AIP OPTION: Omit the cannellini beans

Masala Lentil Wraps

This wrap lends itself to lots of adaptation. I use fresh lentils more often than canned because they cook so quickly. All you need to do is rinse them, place in a saucepan, cover with 2 to 3 inches of water, and simmer for about 20 minutes. I usually cook a pound at a time and keep some in the refrigerator for later use. Lentils are higher in protein than other legumes, but not high enough for your full serving of protein, so I add one serving of protein to have with this. You'll need four pieces of parchment paper, each measuring roughly 10 inches square.

SERVES 4 (MAKES 4 WRAPS) PREP TIME: 10 MINUTES TOTAL TIME: 20 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- 1 medium yellow or sweet onion, diced
- 3 garlic cloves, crushed
- 2 teaspoons grated fresh ginger
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 3 cups cauliflower florets, broken into small pieces (from 1 small head)
- 2 tablespoons unsalted tomato paste
- 1 (14-ounce) BPA-free can, no salt added lentils, rinsed and drained
- 1 (14-ounce) BPA-free can unsalted diced tomatoes, drained
- 1 head butter lettuce, leaves removed and stacked (16 leaves)
- $\frac{1}{4}$ cup fresh cilantro, chopped
- Salt and freshly ground black pepper

1. Mist a large skillet with the avocado oil and heat over medium-high heat until hot enough that a drop of water sizzles.
2. Add the onion and sauté until translucent, 2 to 3 minutes. Add the garlic, ginger, garam masala, and cumin and sauté an additional 30 seconds.
3. Add the cauliflower, tomato paste, lentils, and tomatoes to the skillet. Stir, cooking, until the cauliflower is softened, about 5 minutes.
4. Place 4 large lettuce leaves overlapping on a sheet of parchment paper that measures roughly 10 inches square.
5. Add one-fourth of the mixture, then sprinkle on the cilantro and season with salt and pepper.

6. Fold over one end of the parchment paper, then roll up, encasing the contents. Repeat with the remaining ingredients to make 3 more wraps.

SERVING SUGGESTION: Add 1 serving of protein for a complete meal; you can also include snacking vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Sesame Ginger Lettuce Wraps

Asian seasonings rely heavily on fish sauce, so takeout dishes often have unsafe levels of iodine. The core Asian flavors come from tamari, toasted sesame oil, rice vinegar, garlic, and ginger, so these can be combined with many ingredients for delicious homemade Asian dishes that are low in iodine. You'll need four pieces of parchment paper, each measuring roughly 10 inches square.

SERVES 4 (MAKES 4 WRAPS) PREP TIME: 10 MINUTES TOTAL TIME: 20 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- $\frac{1}{2}$ medium yellow or sweet onion, diced
- 1 pound lean ground beef
- 8 ounces snow peas
- 1 (12-ounce) package udon noodles, cooked according to package directions
- 2 tablespoons tamari
- 2 garlic cloves, crushed
- 2 teaspoons grated fresh ginger
- 1 teaspoon toasted sesame oil
- 2 tablespoons rice vinegar
- 1 head butter lettuce, leaves removed and stacked (16 leaves)

1. Mist a large skillet with some avocado oil and heat over medium-high heat until hot enough that a drop of water will sizzle.
2. Add the onion and sauté until translucent, roughly 2 minutes. Add the ground beef and sauté until it browns, about 4 minutes.
3. Add the snow peas and sauté an additional 2 minutes. Add the noodles, tamari, garlic, ginger, sesame oil, and vinegar and stir to blend well.
4. Place 4 large lettuce leaves overlapping on a sheet of parchment paper that measures roughly 10 inches square. Add one-fourth of the mixture to the wrap.
5. Fold over one end of the parchment paper, then roll up, encasing the contents. Repeat with the remaining ingredients to make 3 additional wraps.

SERVING SUGGESTION: This can be a stand-alone meal, or you can include additional snacking vegetables.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the ground meat; can replace with crumbled tempeh

AIP OPTION: Omit the tamari

Southwest Scramble Wraps

Even if you're not vegan, tofu is a good source of protein, phytonutrients, calcium, and magnesium. For anything other than smoothies, I prefer extra-firm tofu. Most brands are refrigerated and in the dairy section; be sure to check the ingredients, because a few of them can have seaweed-based texturizers like carrageenan, alginates, or agar—all of which you want to avoid. You'll need four pieces of parchment paper, each measuring roughly 10 inches square.

SERVES 2 (MAKES 4 WRAPS) PREP TIME: 10 MINUTES TOTAL TIME: 20 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- $\frac{1}{2}$ yellow or sweet onion, sliced
- 1 block extra-firm tofu, cut into bite-size cubes
- 1 or 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 2 teaspoons smoked paprika
- $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon dried oregano
- Juice of $\frac{1}{2}$ lime
- $\frac{1}{2}$ (14.5-ounce) BPA-free, no salt added can black beans, drained
- 1 ripe tomato, cored and diced
- $\frac{1}{2}$ head butter lettuce, leaves removed and stacked (16 leaves)

1. Mist a large skillet with the avocado oil and heat over medium-high heat until hot enough that a drop of water sizzles.
2. Add the onion and sauté until translucent, about 2 minutes. Add the tofu and sauté until browned, about 3 minutes.
3. Add the garlic, cumin, paprika, cayenne, and oregano and sauté an additional 30 seconds. Stir in the lime juice, beans, and tomato and stir well.
4. Place 4 large lettuce leaves overlapping on a sheet of parchment paper that is roughly 10 inches square.
5. Add one-fourth of the mixture to the wrap. Fold over one end of the parchment paper, then roll up. Continue to make the remaining 3 wraps.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Replace the tofu with cooked lean beef stew or ground pork

SOUPS AND STEWS

Sweet Corn and Sorghum Soup

Here is an easy one-pot meal that is a great use for sweet corn. For those seeking to avoid GMO products, look for organic sweet corn or purchase from farmers' markets, and confirm with the farmer. This dish is also a good way to get introduced to sorghum, a gluten-free grain popular in the U.S. South. Historically, much of it was used for syrup production, but the grain is a nice chewy addition to many dishes.

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 1 HOUR,
45 MINUTES

- 4 (6-ounce) skinless boneless chicken breasts
- 1 medium onion, diced
- $\frac{3}{4}$ cup sorghum grain
- 1 cup corn kernels (from about 2 ears)
- 1 (3-inch) piece fresh ginger, peeled and minced
- 3 tablespoons tamari
- 2 teaspoons chopped fresh chives, or 1 teaspoon dried
- $\frac{1}{2}$ cup chopped fresh cilantro

1. Place the chicken in a large saucepan along with the onion and 2 cups water.
2. Bring to a boil over high heat, then reduce the heat to medium low and simmer for 20 minutes.
3. Add the sorghum and simmer for another 35 to 40 minutes, or until the grains are tender.
4. Add the corn, ginger, tamari, and chives. Simmer an additional 5 minutes, then sprinkle with the cilantro and serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Substitute tofu, seitan, or meat substitute for the chicken

AIP OPTION: Omit the sorghum; replace the corn with diced mushrooms

Dr. Khoshaba's Lentil Soup

Dr. Linda Khoshaba, the medical director at our clinic, Integrative Health, invited us to dinner at her home one evening, and she served this. It's a family recipe that has been passed down through generations, and once you taste it, you'll see why. The flavor is incredible! It's filling, delicious, and even children love it. Lentils are higher in protein than other legumes, but not high enough for a complete meal serving of protein, so accompany with $\frac{1}{2}$ to 1 serving of protein.

SERVES 4 TO 6

PREP TIME: 5 TO 10 MINUTES TOTAL TIME: 35 MINUTES

- | | |
|---|---|
| • 1 tablespoon extra-virgin olive oil | • 2 teaspoons ground turmeric |
| • 1 large onion, finely chopped | • 2 teaspoons curry powder |
| • 3 tablespoons unsalted chicken or vegetable broth | • $\frac{1}{2}$ teaspoon freshly ground black pepper |
| • 2 cups orange lentils | • $\frac{1}{2}$ cup white rice (optional; add 1 cup water if using) |

1. Place the olive oil in a large saucepan and heat over medium-low heat. Add the onion and sauté about 5 minutes, until almost caramelized.
2. Add the broth and cook for 2 to 3 minutes so the onion absorbs the flavor.
3. Add the lentils and stir. Add the turmeric, curry powder, black pepper, and rice, if using.
4. Add 7 cups water and bring to a boil over high heat, then reduce to medium-low heat and cook for 20 to 25 minutes, until the lentils are soft. Serve.

SERVING SUGGESTION: Dr. Khoshaba's favorite way to eat this is with chopped red onions and a bit of sriracha sauce on top; add $\frac{1}{2}$ serving of protein for a complete meal

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option

White Bean Chile Verde

People will be blown away when you tell them you made this from scratch! They don't have to know how easy it is to make. Tomatillos are found in most supermarkets today. To find good ones, peel away some of the papery husk and look at the skin. It should be bright green and firm.

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

- 1 pound fresh tomatillos, husks removed and tomatillos rinsed well
- 1 serrano chile, stem removed
- 3 garlic cloves
- 1 medium onion, diced
- 1 pound skinless boneless chicken breast, cut into quarters
- $\frac{1}{2}$ (14.5-ounce) BPA-free, no salt added can white beans, with canning liquid
- 1 tablespoon ground cumin
- $\frac{1}{2}$ teaspoon white pepper
- 3 tablespoons unsalted chicken or vegetable broth
- Juice from 2 limes
- 1 bunch fresh cilantro, coarsely chopped

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone mat.
2. Place the tomatillos, chile, garlic, and onion on the baking sheet. Roast on the middle rack of the oven for 15 to 20 minutes, until the tomatillos start to brown.
3. In a large saucepan over low heat, combine the chicken, beans and canning liquid, cumin, white pepper, and broth. Whisk to mix well. Reduce the heat to low and simmer, uncovered, for 5 minutes.
4. Place the roasted vegetables in a blender and add 2 cups water. Cover loosely so some steam can escape and blend until almost completely pureed, leaving some small chunks, 60 to 90 seconds.
5. Add the puree to the saucepan, then continue simmering for 25 minutes more. Stir in the lime juice and cilantro just before serving.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the chicken and use vegetable-flavored bouillon

AIP OPTION: Replace the beans with cauliflower

Homestyle Beef Stew

It has taken many years for me to make a stew that Kirin loves. The ones I used to make were complicated Irish versions that included over a dozen ingredients. This is a great example of how fewer ingredients sometimes lead to cleaner flavors. If you read the recipe and think I forgot to include liquid, know that I did not. You don't have to use a drop, because the ingredients themselves have plenty of moisture to give. Use a heavy pot with a tight-fitting lid. Pressure cookers also work well for this recipe. Potato flesh is low in iodine, but the skins may carry moderate amounts, so it's best to peel.

SERVES 4

PREP TIME: 5 MINUTES

TOTAL TIME: 1 HOUR,
40 MINUTES

- Avocado oil in a mister or non-stick cooking spray
- 1 pound boneless extra-lean beef stew meat
- 1 medium yellow or sweet onion, diced
- 3 medium Yukon Gold potatoes, peeled and quartered
- 8 ounces baby carrots, cut in half
- 3 celery stalks, sliced
- $\frac{1}{2}$ cup unsalted beef or vegetable broth

1. Heat a Dutch oven or large, heavy pot over high heat. Mist with the avocado oil. Add the meat and sear, turning to brown on all sides, about 10 minutes.
2. Add the onion and sauté until soft, about 4 minutes.
3. Add the potatoes, carrots, celery, and broth. Cover tightly and reduce the heat to low. Simmer 80 to 90 minutes, or until the meat is tender. Serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the meat or replace with cubed meat substitute or other vegetable protein

AIP OPTION: Omit the potatoes or replace them with cauliflower; add a side of carbs

15-Bean Soup

Okay, maybe it is 13 or 17, but it is easy to find bags of combined dried beans. This is one of the few cases when I suggest soaking your beans ahead. The reason is that these combo packages contain beans that range greatly in size and therefore in their cooking times. By soaking them first, they end up closer to evenly cooked. This is a good dish to put in the slow cooker and forget about until later.

SERVES 8

PREP TIME: 15 MINUTES,

TOTAL TIME: 2 HOURS

PLUS 8 TO 24 HOURS SOAKING

- 1 (1-pound) bag 15-bean soup mix
- 2 celery stalks, sliced
- Avocado oil in a mister or nonstick cooking spray
- 1(15-ounce) BPA-free can unsalted diced tomatoes
- 1 medium onion, diced
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 2 medium carrots, peeled and sliced
- 2 teaspoons smoked paprika
- 1 teaspoon cayenne pepper

1. Rinse the beans and place in a large bowl. Cover with about 10 cups water and soak for 8 to 24 hours.
2. Drain the beans and place in a stockpot. Add 8 cups water and bring to a simmer. Cook until the beans are almost tender, about 60 minutes.
3. Mist a large skillet with the avocado oil and heat over medium-high heat. Add the onion, garlic, carrots, celery, tomatoes, oregano, cumin, paprika, and cayenne and sauté for 3 to 4 minutes, until the carrots and celery are tender.
4. Add the vegetables to the pot and simmer an additional 30 minutes, or until the largest beans are soft.

SERVING SUGGESTION: Serve with basic greens and protein for a simple dinner

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Soup of the Green Goddess

Talk about getting your greens. This soup is excellent and ridiculously good for you. Just don't wear a white shirt when you eat it.

SERVES 6

PREP TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

- 2 cups frozen peas
- 3 cups spinach leaves
- 2 cups kale leaves, ribs and thick stems removed
- $\frac{1}{2}$ cup fresh mint leaves
- $\frac{1}{2}$ cup fresh cilantro leaves
- 1 avocado
- $\frac{1}{2}$ cup unsalted vegetable broth
- Salt and freshly ground black pepper
- 1 cup unflavored non-dairy yogurt
- Avocado oil in a mister or non-stick cooking spray
- 1 medium yellow or sweet onion, diced

1. In a blender, combine the peas, spinach, kale, mint, cilantro, avocado, broth, 2 cups water, salt and pepper, and non-dairy yogurt. Blend well, working in batches if needed, until smooth.
2. Mist a large stockpot with the avocado oil and heat over medium heat. Add the onion and sauté for 2 minutes or until translucent.
3. Add the vegetable puree to the sautéed corn and bring to a simmer, then reduce the heat to low and simmer for 20 minutes. Serve.

SERVING SUGGESTION: Serve with a side of protein for a complete meal

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No modification needed

Classic Split Pea Soup

This is always one of my family's favorite comfort meals. You can include leftover meat, add veggie protein, or leave it as is. I like the soup thick, but if you prefer a thinner consistency, add 1 to 2 more cups of water. If you want to use whole dried peas, add an extra cup of water and allow an extra hour to cook.

SERVES 8

PREP TIME: 10 MINUTES

TOTAL TIME: 1 HOUR,
35 MINUTES

- Avocado oil in a mister or nonstick cooking spray
 - 1 medium yellow or sweet onion, diced
 - 2 cups green split peas
 - 3 celery stalks with leaves, chopped
 - 3 medium carrots, chopped
 - $\frac{1}{2}$ cup unsalted vegetable broth
 - Salt and freshly ground black pepper
1. Mist a large stockpot with the avocado oil and heat over medium heat. Add the onion and sauté for 2 minutes or until translucent.
 2. Add the peas, celery, and carrots and sauté an additional 3 minutes.
 3. Add the broth, 7 cups water, and salt and pepper and bring to boil. Reduce the heat to low and simmer about 90 minutes, until the peas are tender and the vegetables are cooked.

SERVING SUGGESTION: Add protein for a complete meal; you can also include additional greens

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: For peas, substitute 2 pounds of asparagus, steamed and pureed, and 2 diced medium avocados; reduce the liquid to 2 cups water and reduce the cooking time to 15 minutes; add a carb and a protein

Curried Kabocha Soup

Kabocha is a winter squash, also called a Japanese pumpkin. The flavor is more pronounced and earthy than other winter squashes. If you can't find kabocha, butternut or acorn squash can be used in the same way. And don't waste the seeds! You can clean off the filaments, rinse, and toast them in a 250°F oven for about 20 minutes. They can then be sprinkled on the soup or served separately as a snack. Count them toward your healthy fat intake.

SERVES 6

PREP TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

- | | |
|--|--|
| <ul style="list-style-type: none">• 1 (2- to 3-pound) kabocha squash, seeded and sliced into quarters• 1 yellow or sweet onion, diced• 1 (2-inch) piece fresh ginger, sliced | <ul style="list-style-type: none">• 4 cups unsalted vegetable broth• $\frac{1}{2}$ cup unsweetened non-dairy milk (flax or coconut milk work well)• 2 tablespoons red curry paste |
|--|--|
1. Preheat the oven to 350°F. Line a baking sheet with parchment paper or a silicone mat.
 2. Place the squash pieces on the baking sheet, cut side up. Sprinkle the onion and ginger on top. Bake about 50 minutes, until the squash is fork-tender.
 3. Let cool, then scoop the squash flesh free of the peel and discard the peel.
 4. In a blender, combine the squash, onion, and ginger with the broth, non-dairy milk, and curry paste. Blend, loosely covered, for 2 minutes, until smooth.
 5. Serve immediately or refrigerate for a later meal.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Omit non-dairy beverage

Calamari Stew

If you like tomato-based seafood stews, here is an excellent low-iodine option.

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 75 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- 1 medium onion, diced
- 1 fennel bulb and fronds, outer tough leaves removed, bulb chopped
- 2 tablespoons unsalted tomato paste
- $\frac{1}{2}$ cup white wine vinegar
- 3 garlic cloves, minced
- 2 pounds calamari (squid), chopped
- 1 (28-ounce) BPA-free can unsalted crushed tomatoes
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground black pepper
- $\frac{1}{2}$ cup chopped fresh parsley

1. Mist a large skillet with the avocado oil and heat over medium-high heat until hot enough to sizzle a drop of water. Add the onion and fennel and sauté about 3 minutes, until the onion is translucent.
2. Add the tomato paste, vinegar, and garlic and sauté an additional 3 minutes or until the sauce is reduced to one-fourth the amount you started with. Stir frequently so the garlic doesn't burn.
3. Add the calamari and crushed tomatoes and lower the heat to medium low. Simmer for 5 to 10 minutes, or until the calamari is tender; don't overcook.
4. Season with salt and pepper and garnish with the parsley.

SERVING SUGGESTION: Serve with a good carb for a complete meal

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Replace the squid with seitan and increase the final simmer time from 10 minutes to 45 minutes

AIP OPTION: No option available

MAIN COURSES

Homestyle Meatloaf

Any kind of ground meat can work well in this meatloaf. I use 93 percent lean ground beef or ground turkey. One tip for a nice texture is to not mix it too vigorously. Once the ingredients are (mostly) evenly distributed, it is time for it to go into the pan. Also, an easy way to puree the beans is to pour off just a bit of the liquid and insert an immersion blender right into the can!

SERVES 4

PREP TIME: 10 MINUTES

TOTAL TIME: 1 HOUR,
10 MINUTES

- 1(14.5-ounce) BPA-free, no salt added can black beans
- Avocado oil in a mister or nonstick cooking spray
- 1 medium yellow or sweet onion, diced
- 4 ounces fresh button mushrooms, finely chopped
- 1 pound 93 percent lean ground beef or ground turkey
- 1 green bell pepper, cored, seeded, and diced
- 3 garlic cloves, minced
- $\frac{1}{2}$ cup liquid egg whites
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 tablespoon unsalted tomato paste

1. Preheat the oven to 400°F.
2. Drain the beans and reserve half the canning liquid. Puree the beans and remaining canning liquid in a food processor or use an immersion blender right in the can.
3. Mist a large skillet with the avocado oil, then heat over medium-high heat until hot enough to sizzle a drop of water.

4. Add the onion and mushrooms and sauté for 2 to 3 minutes, until onion is translucent.
5. Place the onion and mushrooms in a large bowl and add the meat, bean puree, bell pepper, garlic, egg whites, thyme, parsley, salt, pepper, and tomato paste. Stir to blend the ingredients, then shape into a loaf.
6. Mist an 8 by 4 by 2½-inch loaf pan with some avocado oil, then transfer the loaf to the pan, cover with aluminum foil, and bake for 1 hour, or until the internal temperature reaches 160°F. Let rest briefly, then serve or refrigerate for later use.

SERVING SUGGESTION: Serve with a side of greens and a good carb for a complete meal

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use ground meat substitute and omit the egg whites; instead, add ½ cup old-fashioned rolled oats

AIP OPTION: Omit the tomato paste

Shepherd's Pie

This is an update on the all-time favorite comfort food recipe from *The Adrenal Reset Diet*. I've made this with vegan ground "meat," and it worked perfectly. Just be sure to avoid any products made with seaweed-based binders (carrageenan, alginates, agar-agar).

SERVES 4

PREP TIME: 40 MINUTES

TOTAL TIME: 1 HOUR,
20 MINUTES

- 1 tablespoon salt
- 3 cups peeled and diced russet potatoes (from 3 to 4 potatoes)
- Avocado oil in a mister or nonstick cooking spray
- 8 ounces lean ground meat substitute
- 1 medium yellow or sweet onion, diced
- 8 ounces fresh button mushrooms, sliced
- 3 medium carrots, sliced into thin coins
- 2 celery stalks, chopped
- 3 tablespoons unsalted beef or vegetable broth

1. Preheat the oven to 350°F.
2. Bring a large pot of water to a boil and add the salt. Add the potatoes, reduce the heat to medium, and simmer for 12 minutes, or until the potatoes split easily with a fork. Drain and mash the potatoes with a potato masher or in a food processor; add a little cooking water or broth to soften, if necessary.
3. Mist a large skillet with the avocado oil and heat on medium-high heat until a drop of water sizzles. Add the meat and brown it, stirring, for 4 to 5 minutes. Transfer to a plate.
4. Add the onion to the skillet and sauté until translucent, about 2 minutes.
5. Add the mushrooms and sauté until soft, 1 to 2 minutes. Then add the carrots, celery, and broth. Stir and sauté for 3 minutes, then add the meat, and stir to combine.
6. Pour the meat mixture into a 2-quart casserole dish and spread the mashed potatoes evenly over the top. Cover with aluminum foil and bake for 25 minutes. Then uncover and bake an additional 10 minutes, until potato topping is lightly browned in spots.

SERVING SUGGESTION: This can be a one-course meal or serve it with cooked greens

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Replace the meat with ground meat substitute

AIP OPTION: Replace the potatoes with cooked and mashed cauliflower florets

Minnesota-Style Wild Rice Hot Dish

This was my favorite dish growing up. At every major family get-together, at least one person always made some version of this casserole. Cream of mushroom soup was the staple thickener, but it has too much fat and poor-quality ingredients. After many attempts, I've improved it with healthy ingredients. All types of wild rice are good, but most are farm-grown in California. Those have narrow, black grains, but the real Minnesota lake rice has larger and less narrow grains. They are also a flecked light tan, almost white and black. If you can get the real thing, you'll have a special treat. The overnight soak is helpful so that the rice cooks completely. This also makes excellent leftovers!

SERVES 6

PREP TIME: 20 MINUTES,
PLUS OVERNIGHT SOAK

TOTAL TIME: 1 HOUR,
20 MINUTES

- 1 cup wild rice
- 1 cup long-grain brown rice
- 1 pound 93 percent lean ground beef or turkey
- 2 tablespoons arrowroot powder
- 2 cups unsalted vegetable broth
- 8 ounces fresh medium mushrooms (such as whitecap), sliced
- 2 cups unflavored non-dairy milk (such as unsweetened flax milk)
- 1 medium yellow or sweet onion, diced
- 1 pound frozen French-cut green beans
- 3 celery stalks with leaves, chopped
- 3 garlic cloves, minced

1. Combine the wild and brown rices in a large bowl. Cover with 3 inches of water and let soak overnight at room temperature. Drain and rinse the rice.
2. Preheat the oven to 400°F.
3. In a large skillet over medium heat, brown the meat for 3 to 5 minutes. Transfer to a large bowl.

4. Mix the arrowroot with the broth. Add to the bowl along with the rice, mushrooms, non-dairy milk, onion, beans, celery, and garlic. Stir well to mix all ingredients.
5. Pour the mixture into a 9 by 13-inch baking pan and cover with a lid or aluminum foil. Bake for 60 minutes, or until bubbly. Let rest for 10 minutes, then serve.

SERVING SUGGESTION: Serve with additional vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the ground meat or replace with 1 (12-ounce) package tempeh, crumbled and browned

AIP OPTION: If in the reintroduction stage, omit the brown rice and replace with an additional cup of wild rice

Paprika Chicken with Roasted Limas and Brussels Sprouts

This is an unusual dish that is exotic enough for entertaining, yet surprisingly easy to prepare.

SERVES 4

PREP TIME: 20 MINUTES

TOTAL TIME: 1 HOUR

- 2 pounds skin-on, bone-in chicken breasts
- 2 tablespoons olive oil
- Spice blend of choice
- 1(14.5-ounce) BPA-free, no salt added can lima beans, drained
- 1 pound Brussels sprouts, trimmed and cut in half lengthwise
- 1 cup red seedless grapes
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 1 teaspoon dried garlic
- 1 teaspoon salt

1. Preheat the oven to 400°F. Line a rimmed baking sheet (sheet pan) with parchment paper or a silicone mat.
2. In a large bowl, coat the chicken breasts with 1 tablespoon of the olive oil and half the spice blend.
3. Place the chicken on the baking sheet and roast on the middle rack of the oven for 15 minutes.
4. In a medium bowl, combine the lima beans, sprouts, grapes, paprika, cumin, garlic, salt, the remaining olive oil, and the remaining spice blend.
5. Spoon the vegetable mixture around the chicken breasts and return to the oven to roast roughly 35 minutes more, or until the sprouts are lightly browned and fork-tender. The chicken should register 165°F on an instant-read thermometer. Let rest 5 minutes, then serve as a complete meal.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the chicken or replace with 1½ pounds of cubed tempeh

AIP OPTION: Omit the lima beans

Creamy Tarragon Chicken

When you taste this chicken, you'll be amazed it is dairy-free. Potatoes give the dish its texture, as well as a whole new level of satisfaction. This is a wonderful comfort meal. Unfortunately, I had to forgo the potato peels, as some studies have shown they can be high in iodine.

SERVES 4

PREP TIME: 25 MINUTES

TOTAL TIME: 65 MINUTES

- 3 to 4 Yukon Gold potatoes (1½ pounds), peeled
 - Avocado oil in a mister or nonstick cooking spray
 - 4 skinless boneless chicken tenders (roughly 2 pounds)
 - ¼ cup white wine vinegar
 - ½ yellow or sweet onion, diced
 - 8 ounces fresh button mushrooms, sliced
 - 2 garlic cloves, crushed
 - 1 pound frozen green beans
 - 3 tablespoons unsalted chicken broth
 - 1 teaspoon dried tarragon
 - 1 tablespoon olive oil
1. In a medium saucepan, cover the potatoes in water and boil for 12 minutes or until easily split with a fork. Drain the potatoes and reserve 2 cups of the cooking water. Allow the potatoes to cool for 10 minutes.
 2. In a blender, combine the potatoes and cooking water. Open the blender vent slightly so steam can escape.
 3. Mist a large skillet with the avocado oil and heat on medium-high heat until a drop of water sizzles.
 4. Place the chicken in the skillet and cook for 4 minutes, then turn and cook an additional 2 minutes or until cooked through. Transfer the chicken to a plate, cover, and keep warm.
 5. Add the vinegar to the skillet, then add the onion and simmer it for 3 minutes, until translucent. Add the mushrooms and garlic and sauté for 2 to 3 minutes, until the mushrooms are softened. Be careful not to burn the garlic.
 6. Stir in the broth, tarragon, green beans, and blended potatoes. Cover and simmer for 15 minutes.
 7. Spread the bean mixture on 4 serving plates and top with the chicken.

SERVE AS A COMPLETE MEAL

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the chicken or substitute seitan or tempeh; use vegetable broth instead of chicken broth

AIP OPTION: Substitute acorn squash for the potato

Gingered Tempeh and Broccoli

Tempeh is a traditional fermented soy food first used in Indonesian cuisine. It is a complete protein and is rich in fiber, micronutrients, prebiotics, and antioxidants. Most large health food supermarkets carry it in the refrigerated or frozen food section.

SERVES 4

PREP TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

- 1 tablespoon avocado oil
 - 2 (12-ounce) packages tempeh (or 3 [8-ounce] packages), thawed and cut into bite-size pieces
 - 2 fresh lemongrass stalks, roots and outer leaves discarded, white section finely chopped; or 2 tablespoons dried lemongrass
 - 2 garlic cloves, minced
 - 1 head of broccoli, cut into florets
 - 1 pound green beans, cut into 2-inch sections
 - 1 medium onion, sliced
 - 1 tablespoon honey
 - $\frac{1}{2}$ to 1 teaspoon red pepper flakes
 - 2 tablespoons tamari
1. Place the oil in a wok or large skillet and put over medium-high heat; heat until a drop of water sizzles.
 2. Add the tempeh and stir-fry for 3 to 5 minutes, until it starts to brown.
 3. Add the lemongrass and garlic, and stir-fry an additional 2 minutes.
 4. Add $\frac{1}{2}$ cup water along with the broccoli, green beans, onion, honey, red pepper flakes, and tamari. Stir-fry an additional 5 minutes or until the vegetables are cooked and colorful. Serve.

SERVING SUGGESTION: Serve this over steamed brown rice

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Substitute coconut aminos for the tamari, and serve over riced cauliflower

Kirin's Slow-Cooker Chicken

This is a two-ingredient recipe (plus oil and salt and pepper) that will amaze people! You can set the flavor based on the herbs or seasonings you add. We keep it simple and use just a bit of salt and pepper. This simple preparation allows you to use the leftovers in soups and salads. You don't need any liquid for this because the onion gives it just enough moisture to make this juicy and fall-off-the-bone delicious.

SERVES 4 TO 6

PREP TIME: 5 MINUTES

TOTAL TIME: 4 HOURS

- Avocado oil in a mister or non-stick cooking spray
- 1 large yellow or sweet onion, sliced (6 to 8 slices)
- 1 (3- to 4-pound) chicken, rinsed and patted dry
- Salt and freshly ground black pepper

1. Set the slow cooker on high heat and let it heat up for 5 minutes.
2. Mist the liner pot with a little avocado oil, then lay the onion slices in the liner pot so they cover the bottom. Place the chicken on top of the onion slices, breast side down.
3. Cover with the lid, and turn the heat to low. Let cook for 4 hours, or until the chicken legs wiggle freely and the breasts give with with light pressure.
4. Remove from cooker and lightly dust with salt and pepper.

SERVING SUGGESTION: Serve with veggies and a good carb, such as cooked spinach and brown rice

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No option available

AIP OPTION: No modification needed

One-Pot Green Chile Pasta

This is one of my wife, Kirin's, favorites! If you've never made a one-pot pasta dish, you're in for a treat.

SERVES 4

PREP TIME: 10 MINUTES

TOTAL TIME: 25 MINUTES

- Avocado oil in a mister or nonstick cooking spray
 - 1 pound lean ground turkey
 - Salt and freshly ground black pepper
 - 3 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - $\frac{1}{2}$ teaspoon cayenne pepper
 - 4 garlic cloves, minced
 - 1 medium yellow or sweet onion, diced
 - 1 red bell pepper, cored, seeded, and diced
 - 1(4-ounce) can Hatch green chiles or other canned green chiles
 - 1(10-ounce) can unsalted diced tomatoes
 - 1(12-ounce) box whole-grain penne pasta
 - 2 tablespoons unsalted chicken or vegetable broth
 - $\frac{1}{2}$ cup unflavored non-dairy milk
 - 3 cups fresh spinach leaves
 - 1 bunch fresh cilantro, chopped
1. Mist a large, heavy sautépan with the avocado oil. Heat over medium-high heat until a drop of water sizzles.
 2. Add the turkey and brown for 3 to 5 minutes, until cooked through.
 3. Season the turkey with salt and pepper. Add the cumin, oregano, and cayenne. Stir well and cook for 1 minute, then add the garlic, onion, and bell pepper. Cook an additional 3 minutes, until vegetables are softened.
 4. Pour in the chiles and tomatoes. Add the pasta, chicken broth, and 2 cups water. Cover, reduce the heat to medium low, and simmer for 7 to 9 minutes, as per pasta cooking time.
 5. Uncover; add the non-dairy milk and spinach, and stir for about 3 minutes, until the spinach is wilted. Transfer to serving plates and garnish with the cilantro.

SERVE AS A COMPLETE MEAL

GLUTEN-FREE OPTION: Use gluten-free penne pasta

VEGAN OPTION: Use 2 cups of cooked lentils in place of the turkey

AIP OPTION: Use cooked spaghetti squash or zucchini noodles in place of the pasta, and omit the tomatoes and cayenne

Chicken with Peaches and Black Beans

If you're in a rush, you can blend the veggies in a food processor or small blender until it's in salsa-size bits. Adjust the jalapeños per your spice tolerance. And be sure to wear gloves or at least wash your hands twice after handling the chiles!

SERVES 4

PREP TIME: 10 MINUTES

TOTAL TIME: 35 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- 2 jalapeño peppers, seeded and finely diced
- 1 pound skinless boneless chicken breasts, cubed
- 1 avocado, diced in $\frac{1}{8}$ -inch pieces
- 1 (15-ounce) BPA-free can, no salt added black beans, drained and rinsed
- 2 peaches, pits removed, diced in $\frac{1}{8}$ -inch pieces
- 1 medium onion, finely diced
- Salt and freshly ground black pepper
- 1 Roma (plum) tomatoes, diced in $\frac{1}{8}$ -inch pieces
- $\frac{1}{2}$ bunch fresh cilantro, chopped

1. Mist a large skillet with the avocado oil. Heat the skillet over high heat until hot enough that a drop of water sizzles.
2. Add the chicken, stir, and sauté for 5 minutes or until just cooked.
3. Add the peaches, tomatoes, onion, jalapeños, avocado, and beans. Stir for an additional minute, until warmed through.
4. Season with salt and pepper, and garnish with the cilantro.

SERVING SUGGESTION: Add a side of mixed vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Omit the chicken or replace with cooked seitan

AIP OPTION: Omit the beans and tomatoes or replace with a cubed roasted sweet potato

Creamy Lentil Curry

You'll be amazed at what a perfect "cream" a mashed potato can make. For dishes like these, russets work nicely for texture, but red potatoes are the next best option. Fun fact: red lentils are the same as green or brown lentils—just without the skin.

SERVES 4 TO 6

PREP TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

- Avocado oil in a mister or nonstick cooking spray
 - 1 medium yellow or sweet onion, diced
 - 2 tablespoons curry powder
 - 1 tablespoon nutritional yeast
 - 1 teaspoon ground turmeric, or 2 teaspoons grated fresh turmeric
 - 1 tablespoon unsalted vegetable bouillon powder
 - 3 cups diced peeled russet potatoes (from 3 to 4 medium potatoes)
 - 2 cups red lentils, rinsed and drained
 - 3 medium carrots, sliced
 - 2 celery stalks, chopped
 - 3 cups chopped fresh kale
1. Mist a large, heavy saucepan with avocado oil. Heat the saucepan over medium-high heat until a drop of water sizzles.
 2. Add the onion and sauté for 3 minutes, until translucent.
 3. Stir in the curry powder, yeast, turmeric, and bouillon powder and stir another 1 minute.
 4. Add the potatoes, lentils, carrots, celery, and 6 cups water. Reduce the heat to medium low and simmer for 25 minutes, or until the potatoes are soft.
 5. Add the kale and simmer an additional 2 minutes, until the kale is wilted.
 6. Remove 1 to 1½ cups of the mixture along with 2 cups of the liquid and place in a blender and blend until smooth, with the vent slightly open so steam can escape (blend in batches, if necessary).
 7. Add the puree to the saucepan and stir until well incorporated. Serve.

SERVING SUGGESTION: Though lentils are higher in protein than other legumes, they are not quite high enough for this to be a full serving of protein; accompany with $\frac{1}{2}$ serving of protein

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Replace the lentils with any cooked meat; replace the potatoes with cauliflower florets and reduce the cooking to 15 minutes

Poached Garlic Chicken

Is your family bored with chicken? Here is an easy brined chicken recipe that will make everyone see the bird in a new light. Also, leaner cuts of poultry, in general, often cook up dry and flavorless, but brining yields a moist result. A kitchen thermometer is helpful for the best results. I like to serve this poached chicken with mildly flavored side dishes so the chicken's full flavor gets a chance to shine for a change.

SERVES 4 TO 6

PREP TIME: 10 MINUTES

TOTAL TIME: 1 HOUR,

55 MINUTES

- | | |
|---|--|
| <ul style="list-style-type: none">• 1 tablespoon honey• $\frac{1}{2}$ cup tamari• $\frac{1}{2}$ cup kosher salt (for brining) | <ul style="list-style-type: none">• 1 large head of garlic, cloves separated, larger cloves mashed• 4 (6- to 8-ounce) skinless boneless chicken breasts |
|---|--|

1. In a large pot, whisk together the honey, tamari, salt, garlic, and 4 quarts water. Add the chicken breasts and let sit at room temperature for 30 minutes.
2. Place the pot on the stove over low heat so the temperature in the pot rises to 175°F; check with a thermometer. Allow 25 to 35 minutes.
3. Simmer the chicken at this temperature for 20 minutes, then turn off the heat and cover the pot. Let sit for an additional 20 minutes, then remove from the pot and discard the water. Serve the chicken.

SERVING SUGGESTION: Serve with a side of vegetables and good carbs, such as greens, alliums, and cruciferous veggies, as well as steamed millet

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No option available

AIP OPTION: No modification needed

Better Than Carry-Out Orange Chicken

Orange chicken was my son's go-to dish whenever it was on the menu at a Chinese restaurant. He never had it more than a couple of times per year, but every so often I tried to win him over with a homemade version. He was polite about my many versions, but this was the first one that he preferred over the restaurants'. Instead of the fresh orange zest, organic dried orange peel works well, but then you need only 2 tablespoons.

SERVES 4

PREP TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

- $\frac{1}{2}$ cup freshly grated orange zest
- Juice from 2 oranges (roughly $\frac{3}{4}$ cup)
- 1 tablespoon honey
- 2 garlic cloves, crushed
- 1 tablespoon grated fresh ginger
- $\frac{1}{2}$ cup tamari
- 2 tablespoons dry sherry
- $\frac{1}{2}$ teaspoon toasted sesame oil
- 2 tablespoons arrowroot powder
- 1 pound skinless boneless chicken breasts, cut into bite-sized pieces
- Salt and freshly ground black pepper
- Avocado oil in a mister or nonstick cooking spray
- 1 bunch scallions, trimmed, sliced lengthwise into quarters, then cut into 1-inch pieces
- 1 red bell pepper, cored, seeded, and sliced into matchstick strips

1. In a small saucepan, combine the orange zest, orange juice, honey, garlic, ginger, tamari, sherry, and sesame oil. Dissolve the arrowroot powder in $\frac{1}{2}$ cup water, then add to the saucepan. Simmer over low heat for 10 minutes. Set aside.
2. Season the chicken with salt and pepper and let sit at room temperature for 10 minutes.
3. Mist a large skillet or wok with the avocado oil. Heat over medium-high heat until a drop of water sizzles. Add the chicken and stir-fry for 5 to 7 minutes, until just cooked. Transfer to a plate.

4. Add the scallions and red pepper to the skillet and stir-fry for 1 to 2 minutes, until the peppers becomes brighter in color.
5. Add the chicken and sauce to the skillet and briefly stir. Simmer for 2 to 3 minutes, then serve.

SERVING SUGGESTION: Serve over cooked brown rice and add a side of vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use cooked seitan, cut into bite-size pieces, in place of the chicken

AIP OPTION: Omit the sherry, substitute coconut aminos for the tamari, and serve over riced cauliflower

Cajun Catfish

Catfish has gotten a bad rap, owing to the omega 6 content and the fact that the fish is a scavenger. Too much of any food constituent is harmful, but all foods with fat have a combination of types of fat; for example, 1 tablespoon of olive oil contains about 1,300 mg of omega 6 fat. A 3-ounce serving of catfish has about 131 mg of omega 6. As for being a scavenger, most catfish sold in the U.S. markets are farm-raised in America. Some wild cat fish from Asia and Europe can be high in toxic metals, but it is not commonly available here. Actually, catfish is among the fish that are lowest in mercury and other toxins, so it is considered one of the safest to eat. It is a rich source of vitamin B12, magnesium, zinc, and more. Thankfully, it is also a low-iodine fish.

SERVES 4

PREP TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

- 1teaspoon salt
 - 1teaspoon freshly ground black pepper
 - 1teaspoon garlic powder
 - 1teaspoon onion powder
 - 1teaspoon smoked paprika
 - 1teaspoon dried parsley
 - 1teaspoon cayenne pepper
 - $\frac{1}{2}$ teaspoon dried oregano
 - $\frac{1}{2}$ teaspoon dried thyme
 - 1pound catfish fillets
 - Avocado oil in a mister or non stick cooking spray
1. Mix the salt, pepper, garlic and onion powder, paprika, parsley, cayenne, oregano, and thyme in a shallow bowl or on a sheet of wax paper.
 2. Lay the catfish fillets in the spice mixture, turning to coat each side.
 3. Mist a large skillet with the avocado oil and heat over medium-high heat until a drop of oil sizzles in the pan.
 4. Place the catfish in the skillet, working in 2 batches if necessary. Sauté for 2 minutes, then turn and cook on the other side for approximately 1 minute, or until the flesh just starts to flake and the fillets are lightly browned. Serve.

SERVING SUGGESTION: Serve with a side of good carbs and vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Substitute firm tofu; rinse and slice into $\frac{1}{2}$ -inch-thick rectangles, then place between layers of dish towel and place a weight on top; press for 20 minutes, then use it in place of the catfish

AIP OPTION: Omit the black pepper, cayenne, and paprika

Garlic-Lime Calamari

Calamari (squid) is among the most sustainable seafood available. It is easy to find, low in cost, low in iodine, and super easy to work with in the kitchen. You can buy a whole squid or portions. Many supermarkets have it frozen and those with large seafood departments will have it fresh. Calamari steaks and tubes are interchangeable; if you cut a tube lengthwise, you've got a steak. I've made calamari multiple times in different ways, but this is by far my biggest hit.

SERVES 4

PREP TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- 1 pound fresh or thawed calamari, rinsed and patted dry
- 2 tablespoons neutral oil, such as avocado oil
- 4 garlic cloves, minced
- $\frac{1}{2}$ cup white wine vinegar
- 1 lime, quartered

1. Mist a large skillet with the avocado oil and heat over medium-high heat until a drop of water sizzles.
2. Add the calamari, leaving 1 inch or more between each piece; cook in batches, if necessary. (If cooking in batches, cool and wipe the pan clean pan between batches.) Lightly mist the calamari with some oil and cook for 2 to 3 minutes. Turn and cook for another 2 to 3 minutes, until the flesh is just firm. Transfer to serving plates and keep warm.
3. Heat a medium skillet over medium heat. Add the avocado oil and the garlic. Cook 2 to 3 minutes, until transparent. Add the vinegar and stir frequently until reduced by half, usually 3 to 5 minutes.
4. Squeeze the lime juice into the vinegar and stir for another minute.
5. Pour the sauce over the calamari and serve immediately.

SERVING SUGGESTION: Serve with a side of good carbs and vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: Use firm tofu in place of the calamari; rinse and slice into $\frac{1}{4}$ -inch-thick rectangles, place between layers of a dish towel and place a weight on top, and press for 20 minutes, then cook as for the calamari.

AIP OPTION: Omit the garlic and vinegar

Chermoula Baked River Trout

Chermoula is a Moroccan sauce that usually includes cilantro, paprika, cumin, and garlic. This flavor combination works well with a light fish like rivertROUT, which is lower in iodine than other seafood.

SERVES 4

PREP TIME: 5 MINUTES

TOTAL TIME: 25 MINUTES

- 1 pound fresh or thawed previously frozen river trout fillets
- 1 fresh lemon, sliced
- $\frac{1}{2}$ cup chopped fresh cilantro
- 1 teaspoon paprika
- 3 garlic cloves, crushed
- $\frac{1}{2}$ teaspoon ground cumin
- Salt and freshly ground black pepper

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Place the fillets on the baking sheet and sprinkle the lemon slices, cilantro, paprika, garlic, and cumin over the fish. Season with salt and pepper.
3. Bake for 10 to 13 minutes, or until the fish is just starting to flake.
4. Remove the lemon slices and serve.

SERVING SUGGESTION: Serve with a good carb and a side of vegetables

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No option

AIP OPTION: Omit paprika

SIDES, DRESSINGS, AND DIPS

Some of the main dishes are stand-alone meals and some are not. For those that are not, here are some side-dish options to make your meals complete. They can also be handy if you find yourself coming to the end of the day without having had enough of your veggies.

Easy Flatbread

If you miss bread, please know that homemade baked goods are already low in iodine or can easily be adapted. I think this is one of the easiest to make. It is a great accompaniment to a meal or you can use it in wraps and sandwiches.

If you have a scale, it is easier and more accurate to weigh flour instead of measuring it by volume. I like to use some white whole wheat flour instead of all-purpose flour alone. White whole wheat flour is whole wheat flour, but made from a naturally white wheat berry.

MAKES 12 FLATBREADS

PREP TIME: 15 MINUTES

TOTAL TIME: 1 HOUR

- 2 cups all-purpose flour
(240 grams), plus more for rolling
- 1 cup white whole wheat flour
(120 grams)
- 2 teaspoons baking powder
- 1½ teaspoons salt
- 2 tablespoons vegetable oil
(avocado, grapeseed, or canola)
- 1 cup ice water
- Nonstick cooking spray

1. In a large bowl, combine the flours, baking powder, and salt. Mix thoroughly with a whisk or a fork.
2. Make a well in the middle of the flour mixture and add the oil and ice water. Gradually bringing the flour into the well, mix until the dough is evenly moistened. Cover with a damp towel and let rest for 10 minutes.
3. Separate the dough into 12 equal pieces. Each will be about the size of a golf ball.

4. On a floured surface, roll out each ball into a round about $\frac{1}{4}$ inch thick.
5. Heat a large skillet or griddle over medium-high heat and coat with cooking spray.
6. Add the dough rounds to the skillet a few at a time and cook for 2 to 3 minutes on each side or until golden brown.
7. Let cool for 10 minutes before serving. After cooling for 2 to 4 hours, store in an airtight bag with a paper towel or dry dish towel to catch moisture.

GLUTEN-FREE OPTION: Use gluten-free all-purpose flour

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Basic Brown Rice

Here is a good staple to have on hand. Most grains cook by the same procedure, although you may need to adjust the amount of liquid for some.

SERVES 8

PREP TIME: 5 MINUTES

TOTAL TIME: 60 MINUTES

- 2 cups brown rice

1. Rinse the rice with cool water until the water runs clear.
2. Place the rice in a medium saucepan and add 4 cups water. Bring to a rolling boil over high heat, then reduce the heat to low and simmer for 45 minutes covered.
3. Turn off the heat and let rest for 10 minutes before serving.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Basic Greens

This is my favorite way to prepare greens. A key element is the ume plum vinegar. *Ume* is short for *umeboshi*, a fermented plum used in Japanese cuisine. Most larger health food supermarkets have ume plum vinegar, and you can always find it online.

In this recipe I use baby bok choy, but the preparation works for any type of greens you plan to cook—arugula, beet tops, collards, dandelion, kale, or spinach are all wonderful, too. Do note that cooking times may vary. Collards, kale, and dandelion may take longer; spinach and arugula will need less time.

SERVES 4

PREP TIME: 4 MINUTES

TOTAL TIME: 10 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- 1 bunch bok choy or 4 bunches baby bok choy, white stalks separated from green leaves and chopped into bite-size pieces
- 1 teaspoon sesame seeds
- 2 teaspoons ume plum vinegar

1. Heat a large skillet over medium-high heat and mist with the avocado oil.
2. Add the bok choy stalks and stir continuously for 2 to 3 minutes, until they just start to soften.
3. Add the sesame seeds and bok choy leaves, and stir for another 1 to 2 minutes, or until the leaves wilt. Remove from the heat, stir in ume plum vinegar and serve.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Omit the sesame seeds

Klubb (Norwegian Potato Dumplings)

My family all hunted when I was growing up. I enjoyed our getting together and walking in the cold woods all day, but I never had the heart for shooting deer. Before we went out, Grandma Christianson fed us klubb and packed some for us to take with us. She told us that her klubb would keep us warm and keep us from getting tired. It seemed to work.

Here is a dish I can almost guarantee you've never had before. Consider it one of the best sources of resistant starch! It takes a fair amount of time to drain the potatoes, but the basic idea is to get them as dry as possible. Some recipes omit this step, but the final texture is even heartier when you make that extra effort. The traditional recipe calls for barley flour and whole wheat flour, but you can replace the barley flour with more whole wheat flour. You can also grind pearl barley in a powerful blender to make barley flour.

SERVES 4 OR MORE

PREP TIME: 30 MINUTES

TOTAL TIME: 2 HOURS

- 5 large russet potatoes, peeled
 - 4 teaspoons salt
 - $\frac{1}{2}$ cup barley flour
 - Chopped rutabaga, onion, apple, or roast meat (optional)
 - 1 cup whole wheat flour
1. Using a coarse grater, grate the potatoes. If you have a food grinder, you can also use that to grind the potatoes.
 2. Place the grated potatoes in a colander in the sink and set a weighted bowl on top to push out the liquid. Let drain for 60 to 90 minutes, then discard the liquid.
 3. Place the potatoes in a bowl and mix with the flours and 1 teaspoon salt. Mix to get a thick, dough-like consistency. You may need a bit more or less flour.
 4. Bring about 3 quarts of water to a boil in a large saucepan and add the remaining 3 teaspoons salt. Bring to a boil over high heat, then reduce the heat to low.
 5. Using an ice-cream scoop or a $\frac{1}{2}$ cup measure, scoop up pieces of dough and shape into ovals, then set them on a tray.
 6. If desired, push a bite of something tasty into each dumpling. Traditional choices are a piece of rutabaga, onion, apple, or cubes of roasted meat.

7. Using a strainer, lower the dumplings into the water and simmer for 60 minutes.
8. Use the strainer to remove the cooked dumplings and transfer them to serving plates. Serve immediately. (The dumplings can also be refrigerated for up to 5 days or frozen for up to 1 month.)

GLUTEN-FREE OPTION: Use 1½ cups of gluten-free flour instead of the whole wheat and barley flours; Bob's Red Mill gluten-free all-purpose baking flour is my favorite

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Whole-Grain Sourdough Bread

Many of the concerns about commercially baked goods are not inherent in the wheat or other grains but, rather, in the additives that have iodine or a lack of proper fermentation. Commercial bread is made at a rate of hundreds of loaves per minute. There is never time for the yeast and bacteria to predigest the proteins.

You can make sourdough bread with a sourdough starter, or you can use baker's yeast to jump-start the process. But be careful—if you use too much yeast, you will throw off the flavor. Many bread recipes that are meant to rise quickly use lots of yeast and they taste yeasty. But they also do not give enough time for the bacteria to activate the lactic acid fermentation—this takes at least 48 hours to get going. This recipe uses yeast as a quick start, then ferments the dough in the refrigerator. You can use any type of whole wheat flour; I especially like white whole wheat for this recipe. For unbleached flour, I prefer Bob's Red Mill artisan bread flour.

MAKES 2 ROUND LOAVES (EACH LOAF IS 8 TO 10 SERVINGS)	PREP TIME: 5 MINUTES, PLUS 2 HOURS TO PROOF, 3 DAYS FOR FERMENTATION	BAKING TIME: 35 MINUTES
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- | | |
|-----------------------------------|---------------------------------------|
| • 1 tablespoon active dry yeast | • 2½ teaspoons salt |
| • 3½ cups white whole wheat flour | • 3 cups unbleached all-purpose flour |
| • 3 cups warm water (95°–105°F) | |

1. In a large mixing bowl, mix the yeast and ½ cup of the warm water.
2. Add the whole wheat flour, the remaining 3 cups warm water, the salt, and the all-purpose flour, mixing while you add each to the bowl. Stir just enough to have all the flour absorbed, 2 to 3 minutes.
3. Cover the bowl with a thin fabric towel and let it sit out at room temperature for 2 hours.

4. Remove the towel, cover the bowl with plastic wrap, and place in the refrigerator for at least 3 days. The sourdough taste will get more pronounced the longer it sits (up to 2 weeks). My favorite time frame is 3 to 5 days.
5. When ready to bake, cut the dough in half to make two loaves. You can bake both one after the other or refrigerate the remaining loaf in an airtight container for up to 1 week. Place parchment paper on the counter, and using a little extra flour, work the dough into a ball for 1 to 2 minutes, without actually kneading.
6. Preheat the oven to 450°F and place a Dutch oven (without lid) on the middle rack of the oven. Let the bread rest for 30 minutes while the oven heats.
7. Slash an *X* in the top of the dough with a serrated knife, cutting about $\frac{1}{2}$ inch deep. Set the dough in the hot Dutch oven and place the lid on top. Bake for 25 minutes.
8. Remove the lid, and bake an additional 12 to 15 minutes, until the top is golden brown. Remove bread from the pot and let it cool on a rack for at least 10 minutes before slicing.

GLUTEN-FREE OPTION: Use gluten-free flour

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Greens, Alliums, and Cruciferous Veggies

If you have not had your quota for greens, alliums, and cruciferous vegetables for the day, here is a fast and tasty dish that will help you check off those boxes all at once! I like to have frozen spinach, broccoli florets, and some diced onions on hand so I can quickly assemble this side dish.

SERVES 4

PREP TIME: 5 MINUTES

TOTAL TIME: 20 MINUTES

- 2 teaspoons salt
 - 1(12-ounce) bag frozen broccoli florets
 - 1(12-ounce) bag frozen chopped spinach
 - 1(10- or 12-ounce) bag frozen diced white onion
 - 1teaspoon extra-virgin olive oil
 - Salt and freshly ground black pepper
1. Place 1 quart water in a large saucepan and fit with a steamer basket. Adjust the water level so that it is just below the steamer.
 2. Add the salt to the water and bring to a simmer over medium-high heat, then reduce the heat to low.
 3. Add the broccoli, spinach, and onion, and steam for roughly 10 minutes, or until the veggies are warmed through. Stir occasionally and add water, if needed.
 4. Turn off the heat, carefully remove the steamer basket, and pour all the vegetables into a serving dish. Drizzle with the olive oil and season with salt and pepper.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No modification needed

Roasted Garlic

We make this side dish a few times when my cousin's garlic is harvested in August or anytime fresh garlic at the store looks particularly fetching. This is also great if you feel a cold coming on. The cooking time will vary based on the size and age of your garlic bulbs. Here, the instruction is to cook until soft, but you can cook even longer for a caramelized flavor. This dish works well on a tray of raw vegetables for dipping, plus some cooked chicken or some homemade bread or polenta.

MAKES 4 SERVINGS

PREP TIME: 5 MINUTES

TOTAL TIME: 50 TO
80 MINUTES

- 6 to 8 heads of garlic
1. Preheat the oven to 350°F.
 2. Cutoff the top of the garlic heads, creating a $\frac{1}{2}$ -inch opening onto the cloves.
 3. Wrap each garlic head in aluminum foil. Place on a baking sheet in the oven and bake for 45 to 75 minutes, until the garlic has a soft, paste-like consistency.
 4. Let the garlic heads cool briefly, then remove the foil, and let sit for 5 minutes.
 5. Squeeze the roasted garlic cloves into small serving bowls and serve with fresh sourdough bread or as an accompaniment to any vegetable dish.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Thyroid Friendly Pesto

Basil comes in many varieties, including holy basil (*Ocimum tenuiflorum*) and culinary basil (*Ocimum basilicum*). Both types of basil are known to have antioxidant and immune-regulating properties, but the typical pesto has more cheese and oil than basil. This version is lighter, with a cleaner and more concentrated flavor. Aquafaba is the cooking or canning liquid for beans. With no flavor of its own, it is a perfect texturizer and source of resistant starch. If you have some home-cooked light-colored beans, just use of that liquid; otherwise, open a can of chickpeas and pour off $\frac{1}{2}$ cup of the liquid (refrigerate the beans for later use). I love to serve pesto immediately after blending it. The colors and flavors start to darken or fade almost immediately. Serve this pesto over whole-grain pasta or zucchini noodles, along with a protein like diced chicken breast or sautéed crumbled tempeh.

MAKES ABOUT 1 CUP

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

- 4 ounces fresh basil leaves, stems removed
 - 2 garlic cloves
 - $\frac{1}{2}$ cup liquid from beans
 - Pinch of cayenne pepper
 - 1 tablespoon fresh lemon juice, or more to taste
 - Salt
1. Place the basil, garlic, bean liquid, cayenne, and 1 tablespoon lemon juice in a food processor or blender. Blend until smooth and bright green.
 2. Add salt and, if desired, additional lemon juice. Serve immediately.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: Use water or bone broth instead of bean liquid and omit the cayenne

Pico de Gallo

This is a flavorful way to add zest to your veggies, protein, or carbs.

MAKES 1 CUP

PREP TIME: 5 MINUTES

TOTAL TIME: 20 MINUTES

- 4 ripe Roma (plum) tomatoes, finely chopped
 - 1 medium onion, finely chopped
 - 1 bunch fresh cilantro, finely chopped
 - Juice of 1 lime
 - 1 small jalapeño pepper, seeded and finely diced (optional)
 - $\frac{1}{2}$ teaspoon salt
1. In a medium bowl, combine the tomatoes, onion, and cilantro. Add the lime juice and jalapeño, if using. Add salt and mix thoroughly.
 2. Let sit for at least 15 minutes so the flavors can meld.

SERVING SUGGESTION: Use as a fat-free salad dressing or spoon onto your fish or chicken entrée; you can also use to top off your beans

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

DESSERTS

I don't normally serve dessert at home because we always have fruit on hand. If we're still a little hungry after eating, we'll grab a piece of fruit. Here are a few favorites for special occasions when you feel like having something extra.

Norwegian Amaranth Pudding

Okay, so my grandparents used white rice and cow's milk when they made this. They used to joke that all Norwegian food had to be white. Since I'm a fan of whole grains and amaranth makes such a great pudding, I altered the recipe to make this dish even more delicious.

SERVES 4 TO 6

PREP TIME: 5 MINUTES

TOTAL TIME: 55 MINUTES,

PLUS 4 MORE HOURS TO CHILL

- $\frac{1}{2}$ cup amaranth grains
- $\frac{1}{2}$ teaspoon ground cardamom
- 2 cups unflavored non-dairy milk (such as unsweetened flax milk)
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup dried red currants or raisins
- $\frac{1}{2}$ teaspoon salt

1. In a large saucepan over high heat, bring $1\frac{1}{2}$ cups water to a boil and add the amaranth. Cover, reduce the heat to medium low, and simmer for 30 minutes, stirring occasionally.
2. Add the non-dairy milk, salt, cardamom, vanilla, and currants, if using. Cover and simmer for 20 minutes more, stirring occasionally.
3. Chill for 4 or more hours before serving.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Pistachio Chia Pudding

Did you enjoy pistachio ice cream before your dietary enlightenment? If so, here is a great substitute you can feel good about.

SERVES 4

PREP TIME: 3 MINUTES

TOTAL TIME: 5 MINUTES

- 1 cup unflavored non-dairy milk (such as unsweetened flax milk)
- 3 tablespoons chia seeds
- Sweetener, as desired (stevia or lo han)
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup chopped pistachios, plus 2 tablespoons chopped for garnish
- 2 Medjool dates, pitted

1. In a blender, combine the non-dairy milk, chia seeds, sweetener, vanilla, $\frac{1}{4}$ cup pistachios, and dates. Blend for 1 to 2 minutes, or until smooth.
2. Pour into a bowl and refrigerate at least 1 hour.
3. Garnish with the chopped pistachios.

SERVING SUGGESTION: Because this is high in healthy fats, if weight control is an issue for you, skip the fats in your meal you are pairing this with.

GLUTEN-FREE OPTION: No modification needed

VEGAN OPTION: No modification needed

AIP OPTION: No option available

Apple and Brazil Nut Cobbler

Here is another way to get your Brazil nuts. If you have already had yours for the day, you could use all pecans.

SERVES 5

PREP TIME: 30 MINUTES

TOTAL TIME: 1 HOUR,
40 MINUTES

- Avocado oil in a mister or nonstick cooking spray
- $\frac{1}{2}$ cup white whole wheat flour
- 2 tablespoon non-dairy spread (Smart Balance or Earth Balance brands)
- $\frac{1}{2}$ cup old-fashioned rolled oats
- 4 Brazil nuts, chopped
- 2 tablespoons chopped pecans
- $\frac{1}{2}$ cup allulose powder or other sweetener of choice
- $\frac{1}{2}$ teaspoon salt
- 2½ pounds mildly sweet apples (McIntosh, Gala, Braeburn), cored and thinly sliced
- 1 tablespoon lemon juice

1. Preheat the oven to 350°F. Mist a 4 by 8-inch baking pan with the avocado oil.
2. In a medium bowl, combine the flour, lemon juice, non-dairy spread, oats, nuts, allulose powder, and salt.
3. Arrange the apple slices in the bottom of the baking pan. Sprinkle lemon juice over apple slices, then spread the cobbler mixture on top. Bake for 60 minutes, until the fruit is tender and the top is lightly browned.
4. Let cool for 15 minutes, then serve.

SERVING SUGGESTION: Because this is mostly carbs, have half your carb serving with whichever meal you eat this with

GLUTEN-FREE OPTION: Use gluten-free flour

VEGAN OPTION: No modification needed

AIP OPTION: Substitute $\frac{1}{2}$ cup almond flour for the whole wheat flour and rolled oats; substitute coconut oil for the spread

SECONDARY CONDITIONS

SYMPTOMS	POSSIBLE HIDDEN CAUSE	SCREENING TESTS
Fatigue	Anemia, heart disease, kidney disease	Routine blood tests—chemistry panel, iron panels
Insomnia	Sleep apnea	Home sleep apnea screen
Weight-loss resistance	Fatty liver, diabetes	Height-to-waist ratio, routine fasting blood tests, morning fasting glucose, A1C
Gas and bloating	Parathyroid disease, IBS, IBD	Routine blood tests—calcium levels, food intolerance test, stool culture
Hair loss	Anemia, PCOS	Iron panels, hormone tests, ovarian ultrasound
Pain	Arthritis, fibromyalgia	Physical exam, X-ray
Depression/anxiety	Adrenal, anemia, celiac, obesity	Depression and anxiety symptom survey, cortisol slope test, iron panels, celiac screen

Shopping Lists

Here are the shopping lists for each week. At first you will want to stock up on the staples, but after that you'll mostly just need to get perishables like produce and protein. Some items do not come in small enough sizes to exactly fit so you may have some items left over after each week.

If you'd like to print a copy and bring it with you, you can find a printer friendly version on the resources page www.thyroidresetdiet.com/resources.

THYROID RESET KITCHEN STAPLES

These pantry items are things you don't have to buy every week. Keep any or all of them in your pantry so you can create most meals. You don't need them all. And you most likely already have many in your kitchen.

If you start to make a meal and find you don't have a particular ingredient, you can often replace it with something else from the list or leave it out entirely. It truly is up to you.

PANTRY PROTEINS

- Protein powder: pea, hemp (assayed for low-iodine content), vanilla, or unflavored
- Canned chicken breast
- Dried lentils, red, orange

PANTRY FATS

- Grapeseed oil, extra-virgin olive oil, avocado oil, toasted sesame oil
- Sunflower seeds, sesame seeds, pumpkin seeds, chia seeds
- Brazil nuts, almonds, cashews (all unsalted)
- Organic nut butters

PANTRY CARBS

- Rice: brown, wild, long-grain white; quinoa, millet, freekeh
- Grains: old-fashioned rolled oats; buckwheat groats
- Beans (unsalted): pinto, navy, black, cannellini, chickpeas; bean soup mix
- Pasta: whole-grain penne, buckwheat soba and udon noodles
- Flour: buckwheat, whole wheat, bread, all-purpose; baking powder

EXTRACTS, SPICES, CONDIMENTS

- Cocoa powder, natural unsweetened or Dutch-process; carob (toasted or plain)
- Mint extract, orange extract, vanilla extract, and so on
- Mustard, stone-ground, Dijon; tamari; capers; canned green chiles; olives; anchovies
- Non-iodized salt; black and white pepper; dried herbs: basil, oregano, herbes de Provence, Italian seasoning blend, bouquet garni; spices: ground cardamom, cloves, curry, cumin, smoked and regular paprika; nutmeg, allspice, cayenne pepper, chili powder, red pepper flakes, garam

masala, pumpkin pie spice, cinnamon, garlic powder, onion powder, turmeric, ginger, red curry paste

- Canned artichoke hearts (in water); canned unsalted tomatoes, crushed, diced; unsalted tomato paste; pumpkin puree
- Vinegars: red wine, white wine, ume plum, sherry, rice, balsamic
- Unsalted broth: chicken, beef, vegetable; powdered bouillon
- Miscellaneous: miso paste, nutritional yeast, arrowroot powder, sorghum grain, spirulina powder
- Sweeteners: honey, stevia, lo han

WEEK 1

REFRIGERATED ITEMS

1(32-ounce) container unflavored non-dairy milk
1(24-ounce) container non-dairy yogurt
1 dozen large eggs
1(16-ounce) container liquid egg whites
1(8-ounce) package grated parmesan cheese
1 block tempeh

MEAT AND SEAFOOD

1(12.5-ounce) can canned chicken breast
1(3- to 4-pound) roasting chicken
2 pounds skinless boneless chicken breasts
1 pound lean ground turkey
1 pound medium shrimp, shelled
2 pounds squid (calamari)

PRODUCE

5 medium red onions and 1 small red onion; 2 medium and 2 large yellow onions; 1 small white onion
2 heads garlic
1 shallot
1 bunch scallions

1 pound Yukon Gold potatoes
2 purple potatoes
2 sweet potatoes
2 medium carrots
1 bunch celery
2 fennel bulbs
3 bunches bok choy
1 head green cabbage
1 bunch fresh spinach
1 beefsteak tomato
7 Roma (plum) tomatoes
2 cucumbers
1(8-ounce) package fresh button mushrooms
1 green bell pepper
2 ears corn
1(16-ounce) package fresh green beans
1 medium zucchini
1 medium avocado
3 heads romaine lettuce
3 heads butter lettuce
1 loose head red-leaf lettuce
1 bunch arugula
1 bunch fresh parsley
1 bunch fresh chives
1 bunch fresh cilantro
1 bunch fresh basil
1 bunch fresh thyme
1 bunch fresh tarragon

FRUITS	
1 pound frozen cherries	1 lemon
1 pint fresh blueberries	2 limes
3 bananas	6 Medjool dates
1(8-ounce) package seedless green grapes	OTHER
	1(8-ounce) package raw cashews

WEEK 2

REFRIGERATED ITEMS	
1(32-ounce) container unflavored non-dairy milk	2 beefsteak tomatoes
1 dozen large eggs	1(16-ounce) package fresh green beans
1(16-ounce) container liquid egg whites	1 red bell pepper
1 block extra-firm tofu	2 jalapeño peppers
MEAT AND SEAFOOD	1 serrano chile
1(12.5-ounce) can chicken breast	1 pound tomatillos
1 pound lean ground turkey	1 knob fresh ginger
2 pounds skinless boneless chicken breasts	1(8-ounce) package fresh spinach
1 pound extra-lean beef stew meat	1(8-ounce) package fresh kale
1½ pounds lean ground beef (93 percent)	1(8-ounce) package snow peas
1 pound medium shrimp, shelled	3 medium avocados
PRODUCE	5 heads butter lettuce
5 medium and 1 small red onions;	1 head romaine lettuce
7 medium white onions	1 loose head red-leaf lettuce
1 shallot	1 bunch fresh basil
1 bunch scallions	1 bunch fresh thyme
4 heads garlic	1 bunch fresh parsley
3½ pounds Yukon Gold potatoes	1 bunch fresh oregano
6 russet potatoes	4 bunches fresh cilantro
6 medium carrots	
1(8-ounce) package baby carrots	FRUITS
1 bunch celery	2 peaches
2 cucumbers	1 banana
1(8-ounce) package fresh button mushrooms	1 pear
1 head cauliflower	1 Granny Smith apple
1 fennel bulb	1(8-ounce) package seedless green grapes
9 Roma (plum) tomatoes	1 orange
1 pint cherry tomatoes	5 limes
	1 lemon
	4 Medjool dates
	OTHER
	1(1-ounce) package whole almonds

WEEK 3

REFRIGERATED ITEMS

- 1(24-ounce) container unflavored non-dairy yogurt
- 1(32-ounce) container unflavored non-dairy milk
- 1 dozen large eggs
- 1(16-ounce) container liquid egg whites
- 1(16-ounce container) extra-firm tofu
- 1(8-ounce) container miso paste
- 1(8-ounce) package grated parmesan cheese

MEAT AND SEAFOOD

- 1(12.5-ounce) can chicken breast
- 2 pounds skinless boneless chicken breasts
- 2 pounds lean ground beef (93%)
- 1 pound lean ground turkey
- 1 pound river trout fillets (fresh or frozen)
- 1 pound catfish fillets

PRODUCE

- 1 medium yellow onion; 4 medium red onions; 1 medium sweet onion; 1 small white onion
- 2 bunches green bulbing onions
- 3 heads garlic
- 1 shallot
- 1 pound Yukon Gold potatoes
- 2 sweetpotatoes
- 1 head green cabbage
- 3 baby bok choy
- 1 fennel bulb
- 1 bunch celery
- 1 bunch spinach leaves
- 1 cucumber
- 1(8-ounce) package fresh shiitake mushrooms
- 1(8-ounce) package fresh button mushrooms
- 1(8-ounce) package sugarsnap peas
- 1(16-ounce) package French-cut green beans
- 1(16-ounce) package green beans

- 1(8-ounce) package snow peas
- 2 red bell peppers
- 1 beefsteak tomato
- 2 Roma (plum) tomatoes
- 1 pint cherry tomatoes
- 5 heads butter lettuce
- 3 heads romaine lettuce
- 1 bunch arugula
- 1 knob fresh ginger
- 1 kabocha winter squash (2 to 3 pounds)
- 1 medium zucchini
- 1 bunch fresh parsley
- 1 bunch fresh thyme
- 2 bunches fresh basil
- 1 bunch fresh oregano
- 1 bunch fresh cilantro

FRUITS

- 1 pint fresh blueberries
- 1 pint fresh blackberries
- 3 navel oranges
- 1 Granny Smith apple
- 1 pear
- 2 lemons
- 1 lime
- 2 bananas

OTHER

- 1(4-ounce) can of green chilis
- 1(12-ounce) box whole-grain penne pasta
- 1(10-ounce) can unsalted diced tomatoes

WEEK 4

REFRIGERATED ITEMS

- 1(32-ounce) container unflavored non-dairy milk
- 1(24-ounce) container unflavored non-dairy yogurt
- 1 dozen large eggs
- 1(16-ounce) container liquid egg whites
- 1(12-ounce) package tempeh

MEAT AND SEAFOOD

- 1(12.5-ounce) can chicken breast
- 1(3- to 4-pound) roasting chicken
- 2 pounds skinless boneless chicken breasts
- 1 pound lean ground turkey
- 1 pound halibut fillet
- 1 pound medium shrimp, shelled

PRODUCE

- 3 medium red onions; 1 large and 5 medium yellow onions
- 3 heads garlic
- 1 shallot
- 2 bunches scallions
- 1 bunch celery
- 3 medium carrots
- 10 to 11 Yukon Gold potatoes
- 4 purple potatoes
- 3 baby bok choy
- 1 head cauliflower
- 1 bunch broccoli
- 1(8-ounce) package fresh button mushrooms

1(8-ounce) package fresh shiitake mushrooms

1 knob fresh ginger
2 stalks fresh lemongrass
3 bunches fresh spinach
1 bunch fresh kale
1(8-ounce) package sugarsnap peas
2 pounds fresh green beans
1 beefsteak tomato
3 Roma (plum) tomatoes
4 heads butter lettuce

1 loose head red-leaf lettuce
1 bunch arugula
3 medium avocados
3 bunches fresh cilantro
1 bunch fresh tarragon
1 bunch fresh mint
1 bunch fresh basil
1 bunch fresh thyme
1 bunch fresh oregano
1(10-ounce) package frozen peas
1 pint cherry tomatoes
2 red bell peppers

FRUIT

2 small to medium apples
4 bananas
1 orange
1 lemon
2 limes