



COACH ADRIENNE

7-DAY THYROID PLAN

EAT CLEAN
GET FIT
LIVE WELL

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Congratulations on taking steps to improve your health by managing your thyroid health with good nutrition! Here are simple recipes to aid in thyroid health. (Disclaimer: Always consult your medical professional. This is not intended to diagnose or treat any condition.)

Egg & Kimchi Scramble

Probiotic-rich fermented vegetables—it's a flavor bomb, adding a tangy, spicy flavor and just-enough-crunchy texture (similar to sauerkraut) to just about anything. You can eat kimchi raw (as a snack, straight from the jar) or cooked, making the options abound.

Serves 2.

4 eggs, scrambled

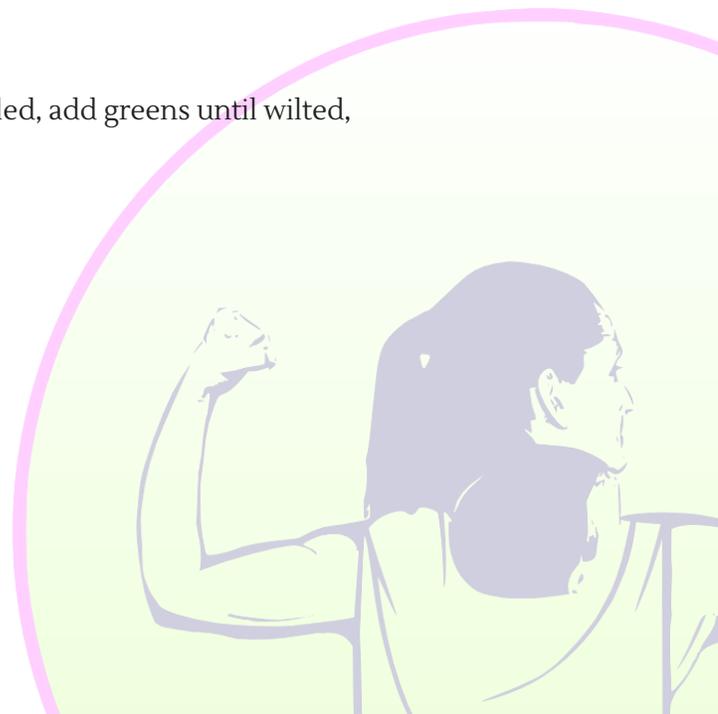
1-2 tbsp coconut oil or ghee

1 cup greens like spinach or kale

2-3 tsp kimchi

Instructions:

Heat oil in skillet and add eggs. Once they are almost scrambled, add greens until wilted, then stir in kimchi.



Quinoa Salad

1/2 cup cooked quinoa

1 cup chopped vegetables of your choice (steamed asparagus, chopped cucumbers, sliced cherry tomatoes, chopped zucchini, chopped broccoli (steamed or roasted), fresh/frozen peas, sliced radishes, chopped bell peppers, roasted Brussels sprouts, roasted cauliflower, etc.)

1/2 cup chopped greens (baby kale, arugula, spinach, etc.)

1/2 cup fresh herbs. Experiment with chopped basil, mint, parsley, tarragon, dill or cilantro.

1/2 cup fruit (apples, grapes, cranberries)

1/2 cup sliced almonds

Dressing: a simple dressing of 2 parts olive oil, 1 part vinegar (of your choice), salt and pepper, juice from half a lemon, 1 tsp Dijon mustard, a few drops liquid stevia or 1 tsp honey.

Prepare quinoa and let cool while you chop the vegetables. If using already prepared quinoa, place 1-2 cups into a large bowl. Add your chopped vegetables, greens, herbs, and fruit to the bowl. In a small Mason jar, add the dressing ingredients and shake well. Pour dressing over salad and toss well to combine. Top with nuts and serve.

Sauteed Veggies

Makes 6 Servings (1 cup per serving)

Ingredients

4 Zucchini, medium raw

4 Carrots, medium raw

1 tablespoon ghee or coconut oil

1 tablespoon honey

Salt, to taste

Pepper, to taste

Directions

Clean, peel, and slice zucchini and carrots.

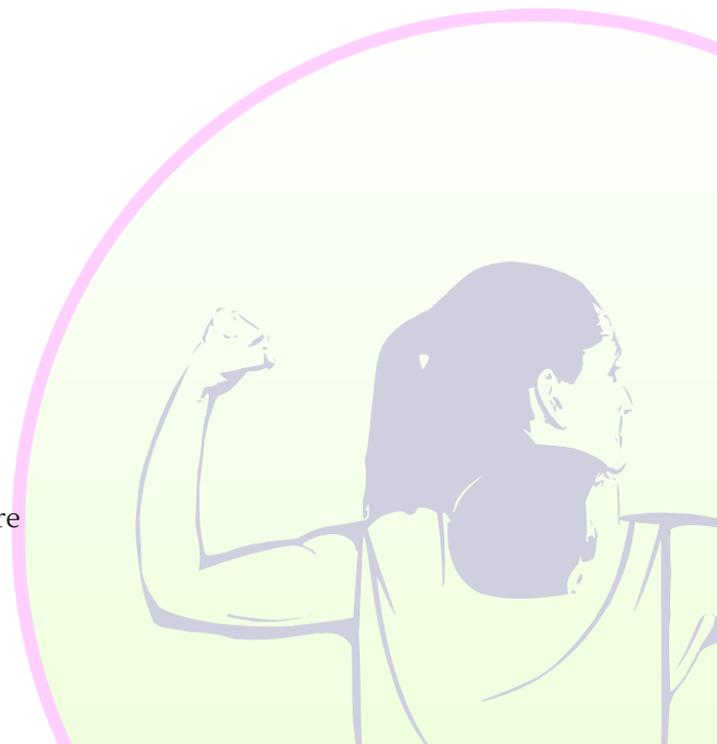
Melt butter in large frying pan.

Add sugar and carrots. Cook carrots over medium heat for 10 minutes turning carrots regularly.

Add zucchini and cook for another 10 minutes turning mixture regularly.

Remove from heat and allow to cool.

Add salt and pepper to taste.



Cauliflower Breakfast Muffins

- 2½ cup finely diced cauliflower (in food processor)
- 1 Tablespoon ground flaxseed
- 2 eggs, beaten
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅔ cup diced lean ham or turkey bacon
- 1 cup nutritional yeast flakes for cheesy flavor (or your favorite cheese)
- ⅔ cup diced mushrooms (optional)
- 12 Jalapeno slices (optional)

Preheat oven to 375 degrees.

Place muffin liners in a 12 muffin tin and coat liners with non-stick spray.

In a medium size mixing bowl, combine all ingredients except jalapenos.

Divide mixture evenly between muffin liners and place jalapeno slice on top of each muffin (if desired).

Bake for 30 minutes or until golden brown.

Turkey Meatballs

Serves 6.

- Nonstick cooking spray
- 1½ pounds of lean ground turkey
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 large egg, lightly beaten
- ¾ cup quick-cooking rolled oats (gluten-free)
- 2 cloves garlic, finely chopped
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons no sugar added ketchup

Instructions

Preheat oven to 400 F; lightly spray a large baking sheet with cooking spray and set aside. Combine all ingredients in large bowl; mix well with clean hands. Roll mixture into 30 1-inch meatballs; place on prepared baking sheet. Bake for 15 to 20 minutes, or until no longer pink in center.

Notes



Mexican Chicken Zucchini Boats

8 servings, 1 boat each

4 large zucchini, cut in half lengthwise

4 tsp. olive oil, divided use

1 medium onion, finely chopped

2 cloves garlic, finely chopped

1 cup tomato sauce, no sugar added

2 tbsp. tomato paste, no sugar added

1 tbsp. ground chili powder (or 1½ tsp. chili powder and 1½ tsp. ancho chili powder)

1 tsp. ground cumin

½ tsp. ground paprika

3 cups shredded cooked chicken breast

1½ cups corn kernels

1 cup shredded cheddar (or Monterey jack) cheese

2 tbsp. finely chopped cilantro

1 medium tomato, chopped

2 green onions, thinly sliced

Instructions:

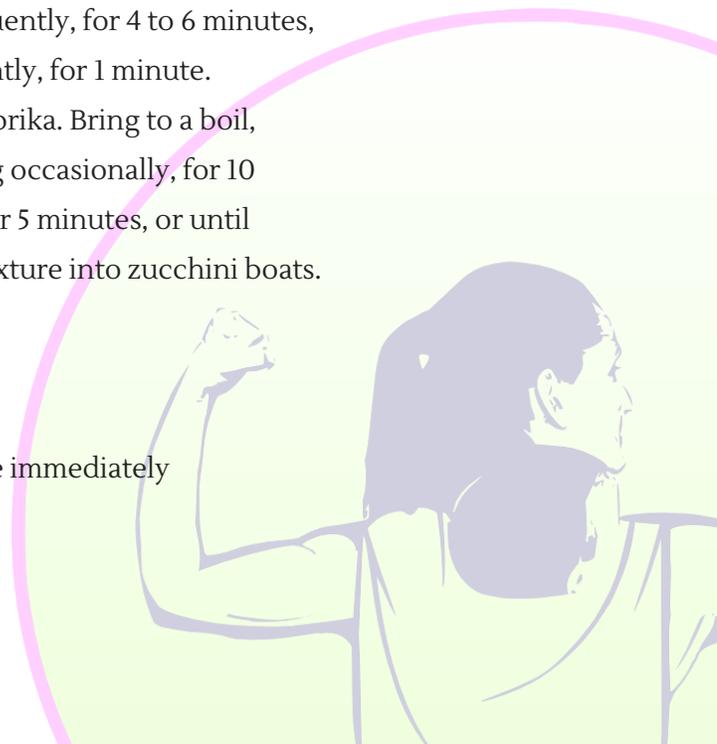
Preheat oven to 400° F.

Using a spoon (or melon baller), scoop pulp out of zucchini to make boats. Place on a large baking sheet. Brush with 1 tsp. oil. Bake for 15 to 20 minutes, turning once, until tender-crisp. While zucchini is baking, heat remaining 3 tsp. oil in medium nonstick skillet over medium-high heat. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute.

Add tomato sauce, tomato paste, chili powder, cumin, and paprika. Bring to a boil, stirring frequently. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes. Add chicken and corn; cook, stirring occasionally, for 5 minutes, or until heated through. Remove from heat. Evenly spoon chicken mixture into zucchini boats. Evenly top with cheese.

Bake for 5 to 8 minutes, or until cheese has melted.

Sprinkle evenly with cilantro, tomato, and green onions; serve immediately



Sweet Potato Fries

Makes 6 Servings

Ingredients

3 Sweet Potato, large
1 tablespoon Coconut Oil
2 teaspoons minced garlic
1/4 cup fresh oregano
1/2 teaspoon Salt

Directions

Preheat oven to 375°F (190°C).

Slice sweet potatoes into long thin strips.

Combine sweet potatoes, coconut oil, oregano, garlic, and salt into a mixing bowl. Mix thoroughly until potatoes are evenly coated.

Place coated sweet potato fries onto a large baking sheet and bake for 45 minutes to 1 hour. Flip the fries after the first 30 minutes.

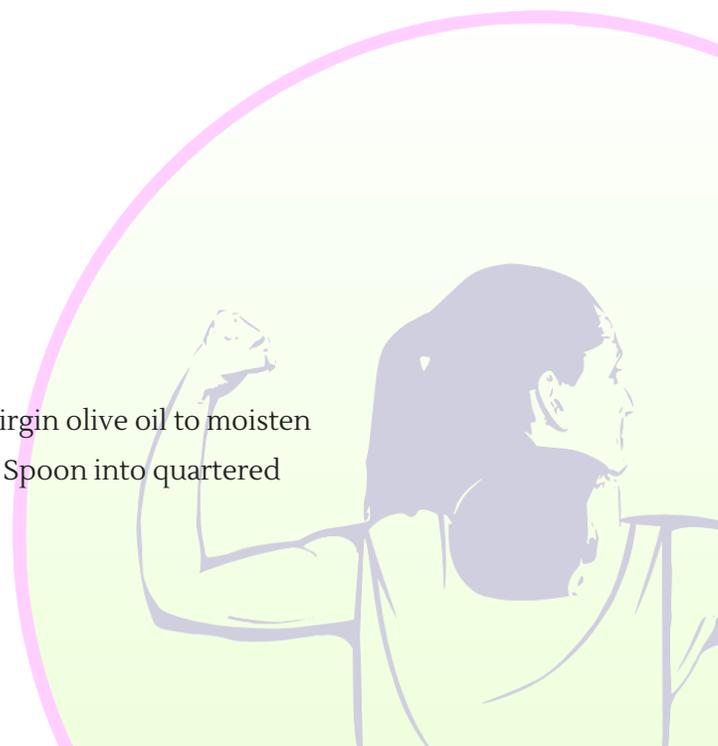
Tuna Salad on Tomato

Servings: 2

Ingredients

1 can (5 oz) water packed tuna, drained
1 tbsp fresh chopped basil
1/2 stalk celery, minced
1 finely chopped scallion - green part only (optional)
2 tbsp lemon juice, or more to taste
Extra virgin olive oil to taste
Salt and pepper to taste
1 ripe tomato, quartered for stuffing

Place tuna in a bowl and separate well with a fork. Add extra virgin olive oil to moisten the tuna; about 1- 2 tbsp. Season with salt and pepper to taste. Spoon into quartered tomato.



VANILLA CHIA PUDDING

Serves 2 – 4

Ingredients

2 cups unsweetened almond milk or coconut milk (or non-dairy milk of your choice)

1/2 cup chia seeds

2 teaspoons vanilla extract

1 tablespoon pure maple syrup, optional

Place ingredients in container or bowl and mix well. Place covered in the refrigerator and mix every 1-2 hours until set. Mixing is important since the seeds will fall to the bottom of the container, if not shaken or stirred every now and then it won't set properly. Keep refrigerated, will last up to 5-6 days.

Serve with 1 cup of fruit of your choice.

Greek Chicken Salad with Pear

Serves 2.

Ingredients

1 pound Grilled Chicken, chopped.

1 Cucumber, medium

1 Tomato, medium

•1/4 cup hummus

1 pear per serving, sliced or diced.

Serve over 2 cups mixed greens per serving.

Directions

Add cucumber, tomatoes, chicken, and hummus into a mixing bowl. Serve on top of mixed greens and top with chopped or sliced pear.



Veggie Egg Muffins

Serves: 12 servings

INGREDIENTS

1 Tbsp olive oil

½ yellow onion, chopped

2 cloves garlic, minced

½ zucchini, shredded

1 red bell pepper, chopped

8 large eggs

2 cups arugula, roughly chopped

¼ cup shredded Parmesan cheese (or vegan cheese or nutritional yeast)

Salt and pepper, to taste

INSTRUCTIONS

Preheat oven to 375 degrees F. Coat a muffin tin with spray and set aside.

In a large skillet on medium heat, drizzle olive oil and saute onion and garlic for about 4 minutes until tender and fragrant. Add in zucchini and red bell pepper, cooking an additional 2 minutes. Fill each muffin tin about ¾ full with veggie mixture.

In a large bowl, whisk together eggs, arugula, cheese and salt/pepper and fill each muffin tin evenly, being careful not to over-fill.

Bake muffins for about 20 minutes, until they've risen and are slightly browned. Enjoy!

Southwest Breakfast Scramble

Serves 1.

2 eggs, scrambled

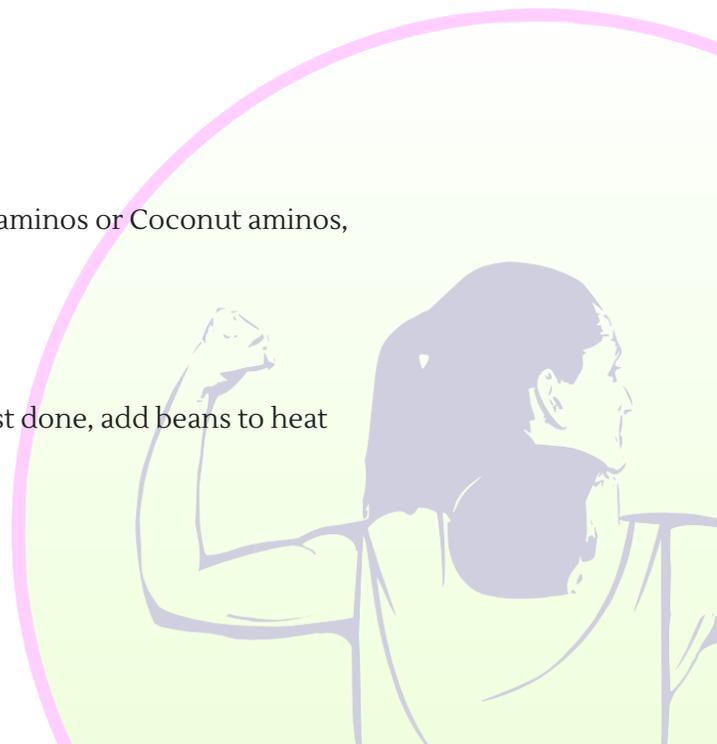
1 tbsp coconut oil

1/4 cup rinsed black beans, seasoned with 1 tsp Braggs liquid aminos or Coconut aminos,

1 tsp cumin, 1 tsp coriander, 1 tsp garlic powder

1 tbsp no-sugar added salsa

Heat oil in skillet on medium and scramble eggs. When almost done, add beans to heat and blend well. Serve with salsa.



Cheesy Taco Skillet

Serves 6.

INGREDIENTS

1 lb lean ground beef or ground turkey
1 large yellow onion, diced
2 bell peppers, diced
1 12 oz. can diced tomatoes with green chilis
1-2 large zucchinis, diced
2 tbsp taco seasoning
3 cups baby kale/spinach mixture (this sounds like a lot- it cooks down)
1½ cup shredded vegan cheese or nutritional yeast
green onions, to garnish

INSTRUCTIONS

In a large pan, lightly brown ground meat well. Drain excess fat. Add vegetables, and cook until browned. Add tomatoes, taco seasoning, and any water needed for taco seasoning to evenly coat mixture (up to 1 tbsp- the liquid from the tomatoes will help) Add greens and let fully wilt. Mix well.

Cover with shredded cheese, and let cheese melt - about five minutes (sometimes it helps to cover the pan with a lid to melt the cheese faster.)

When cheese is melted, serve over a bed of lettuce, quinoa or brown rice. Garnish with green onions if desired.

Cranberry Walnut Chicken Salad

Makes 8 Servings.

Ingredients

4 cooked chicken breast halves
2 tbsp minced garlic
1/2 cup unsweetened dried cranberries
1/2 cup walnuts chopped
2 avocados
2 tablespoons lemon juice
salt & pepper

Instructions:

Dice up cooked chicken breast & mix together with garlic, cranberries, and walnuts in a large bowl. In separate small bowl, mash avocados with lemon juice.

Stir avocado mixture into chicken mix. Season with salt and pepper to taste.

