



HASHIMOTO'S PROTOCOL

Root Cause
Autoimmune Paleo Diet
2-Week Recipe Plan

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About The Author



Dr. Izabella Wentz, PharmD, FASCP, is a pharmacist who has dedicated herself to addressing the root causes of autoimmune thyroid disease, after being diagnosed with Hashimoto's Thyroiditis in 2009.

She is the author of *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back* and the *New York Times* best-selling patient guide *Hashimoto's Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause* and is an ardent champion of incorporating lifestyle change and functional medicine into the treatment of autoimmune disease.

www.thyroidpharmacist.com
www.facebook.com/thyroidlifestyle
www.rootcauserecipes.com
www.hackinghashimotos.com



WEEK 1

AI FOODS INCLUDED

- Most organic vegetables
- Fermented foods
- Most organic meats
- Low-glycemic organic fruits
- Herbs and spices
- Sweet potatoes

AI FOODS AVOIDED

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



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1

WEEK 1, DAY 1 BREAKFAST: Apple "Toast" with Chicken and Fig Spread

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

2 large apples, cored and sliced

1 tablespoon coconut oil

1 cup cooked and shredded chicken

3 tablespoons unsweetened fig preserves

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons chopped cilantro

Directions:

Preheat oven to 375 degrees F.

Rub apple slices with oil and place on a baking sheet.

Place baking sheet in the preheated oven and bake for 5 to 10 minutes on each side, until apples are crisp.

In a large bowl, mix together the remaining ingredients.

Spoon mixture onto the apple toasts and serve.



1

WEEK 1, DAY 1 LUNCH: Salmon and Brussels Salad

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

2 cups shredded Brussels sprouts

2 cups cooked and flaked salmon

2 tablespoons lemon juice

1 tablespoon olive oil

1 teaspoon honey

1 tablespoon minced dill

1 small shallot, minced

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a large bowl, mix together all the ingredients and serve.



1

WEEK 1, DAY 1 DINNER: Beef Burgers with Grilled Onions

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1 pound ground beef

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large onion, cut into thick slices

2 tablespoons balsamic vinegar

2 teaspoons olive oil

1 large avocado, peeled and mashed

Directions:

Heat grill to medium high heat.

In a large bowl, mix the ground beef, salt and pepper and form into patties.

In another large bowl, place the onion, balsamic vinegar and oil. Toss well.

Place burgers and onions on preheated grill. Cook burgers for 5 to 10 minutes on each side, until burgers reach desired level of doneness. Cook onions for 5 minutes, until tender.

Layer burgers, mashed avocado and onion and serve.



1

WEEK 1, DAY 1 SNACK: Prosciutto Avocado Roll-ups

Serves 4

Prep Time: 10 minutes

Cook Time: N/A

Ingredients:

2 large avocados, peeled and sliced

2 tablespoons lemon juice

1 teaspoon honey

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

8 very thinly sliced prosciutto

Directions:

In a large bowl, toss the first 5 ingredients (avocado through salt and pepper).

Wrap each slice of avocado with 1 or 2 slices of prosciutto and serve.



2

WEEK 1, DAY 2 BREAKFAST: Roasted Breakfast Hash

Serves 4

Prep Time: N/A

Cook Time: 30 minutes

Ingredients:

1 pound ground gluten and nitrate free sausage

1 large shallot, chopped

2 cups chopped Brussels sprouts

1 large carrot, chopped

2 cups cauliflower florets

2 teaspoons olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon minced thyme

1 teaspoon minced oregano

Directions:

Preheat oven to 375 degrees F.

In a large skillet over medium heat, add sausage and shallot. Cook for 10 minutes, until sausage is brown.

In a large bowl, toss together the remaining ingredients with the sausage mixture and pour into a large baking dish.

Bake for 20 minutes, until edges of vegetables are brown and tender.

Serve warm.



2

WEEK 1, DAY 2 LUNCH: Shrimp and Pineapple with Ginger

Serves 4

Prep Time: 3 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 clove garlic, minced

2 tablespoons chopped leek

1 pound deveined and shelled shrimp

2 small carrots, chopped

1/2 cup bone broth

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon ground ginger

1 teaspoon grated lime zest

2 teaspoons honey

1/4 cup chopped cilantro

1/2 cup diced pineapple

Directions:

In a large skillet over medium heat, heat oil. To the oil, add the next 4 ingredients (garlic through carrots). Cook for 5 minutes, until fragrant.

In a medium bowl, whisk together the remaining ingredients and pour over the shrimp mixture. Reduce heat to low and simmer for 5 to 10 minutes, until shrimp is opaque and vegetables are tender.

Serve warm.



2

WEEK 1, DAY 2 DINNER: Bacon and Avocado Lamb Burgers

Serves 4

Prep Time: 5 minutes

Cook Time: 14 minutes

Ingredients:

1 pound ground lamb

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon garlic powder

1 teaspoon chopped oregano

1 tablespoon coconut oil

8 slices additive free bacon

8 slices romaine lettuce leaves

1 small avocado, peeled and sliced

Directions:

In a large bowl, mix the first 5 ingredients (lamb through oregano). Form lamb mixture into patties.

In a large skillet over medium heat, heat oil. To the skillet, add the burgers and cook for 4 minutes on each side, until burgers reach desired level of doneness. Remove burgers from skillet and set aside.

To the skillet, add the bacon and cook on medium heat for 3 minutes on each side, until very crispy. Transfer bacon to a paper towel lined plate.

Layer 1 lettuce leaf, burger, avocado, bacon. Top with another lettuce leaf and serve.



2

WEEK 1, DAY 2 SNACK: Turkey and Carrot Rollups

Serves 4

Prep Time: 15 minutes

Cook Time: N/A

Ingredients:

1/2 pound additive and gluten free sliced deli turkey

1/2 cup shredded carrots

1 tablespoon chopped onion

2 tablespoons chopped cilantro

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut aminos

1 teaspoon lime juice

Directions:

Arrange turkey slices in a single layer.

In a medium bowl, mix together the remaining ingredients and spoon into the turkey slices.

Roll up turkey and serve.



3

WEEK 1, DAY 3 BREAKFAST: Crispy Turkey Bacon with Berry Salad

Serves 4

Prep Time: N/A

Cook Time: 20 minutes

Ingredients:

1 pound turkey bacon

1 cup blueberries

1 cup raspberries

1 cup sliced strawberries

2 tablespoons lime juice

1 tablespoon chopped mint

Sea salt and freshly ground black pepper to taste

Directions:

Preheat oven to 375 degrees F.

On a large baking sheet, place bacon in a single layer and place in the oven. Bake for 5 to 10 minutes on each side until very crispy.

In a large bowl, toss the remaining ingredients together and serve with bacon.



3

WEEK 1, DAY 3 LUNCH: Shrimp "Fried Rice"

Serves 4

Prep Time: 3 minutes

Cook Time: 7 minutes

Ingredients:

2 tablespoons coconut oil

1/2 medium onion, sliced

1 clove garlic, minced

1 large zucchini, diced

1 large head cauliflower, cut into florets and pulsed in the food processor until it reaches rice consistency

2 cups peeled and cooked shrimp

2 tablespoons coconut aminos

Sea salt and freshly ground black pepper to taste

Directions:

In a large skillet over medium heat, heat coconut oil. To the oil, add the onion, garlic and zucchini and cook for 2 minutes, then add the cauliflower and stir. Cook for 5 minutes, until vegetables are tender. To the vegetables, add the shrimp and coconut aminos and stir.

Serve warm.



3

WEEK 1, DAY 3 DINNER: Sweet and Sour Chicken Skewers with Broccoli Salad

Serves 4

Prep Time: 2 hours

Cook Time: 20 minutes

Ingredients:

1 pound chicken thighs

1/4 cup coconut aminos

2 teaspoons lemon zest

1 teaspoon molasses

1 teaspoon honey

Sea salt and freshly ground black pepper to taste

3 cups broccoli slaw

1/4 cup raisins

1 tablespoon minced shallot

2 tablespoons canned full fat coconut milk

1 tablespoon honey

2 tablespoons lime juice

Directions:

Place chicken in a large re-sealable bag. In a large bowl, whisk together the next 6 ingredients (coconut aminos through salt and pepper) and pour the mixture into the bag. Seal bag and place chicken in the fridge for at least 2 hours.

Heat grill to medium heat.

Thread chicken onto large skewers. Place skewers on the grill and cook for 5 to 10 minutes on each side until chicken is no longer pink inside.

In a large bowl, toss the remaining ingredients with sea salt and freshly ground black pepper to taste.

Serve chicken with salad.



3

WEEK 1, DAY 3 SNACK: Chicken and Avocado Loaded Plantain Chips

Serves 4

Prep Time: 5 minutes

Cook Time: 35 minutes

Ingredients:

3 cups sliced plantains

1/4 cup olive oil

Sea salt and freshly ground black pepper to taste

2 tablespoons chopped green onion

2 tablespoons lime juice

1 large avocado, peeled and mashed

1/2 cup cooked and shredded chicken breast

Directions:

Preheat oven to 350 degrees F.

On two baking sheets, lay a sheet of foil.

In a medium bowl, add plantains and toss with oil. Season with salt and pepper then toss again.

On the two baking sheets, arrange the plantain slices in a single layer. Bake for 35 minutes or until golden and crisp. Half way through baking, rotate baking sheets and turn over plantains.

On a large plate place the chips.

In a medium bowl, mix the next 3 ingredients (onion through avocado) with sea salt and freshly ground black pepper to taste.

Top the chips with guacamole and chicken and serve.



4

WEEK 1, DAY 4 BREAKFAST: Apple Spice Turkey Saute

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

2 tablespoons coconut oil

1 pound ground turkey

2 teaspoons ground cinnamon

1 teaspoon ground cloves

1 teaspoon ground ginger

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large apple, diced

Directions:

In a large skillet on medium heat, heat coconut oil, add turkey and cook for 15 minutes, or until almost cooked throughout, while stirring and breaking the meat apart. Add spices and continue cooking the meat until it's cooked through. Add apples and cook for another 3 to 5 minutes, or until the apple chunks are cooked and soft.

Serve warm.



4

WEEK 1, DAY 4 LUNCH: Seared Ahi Orange-Avocado Salad

Serves 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

4 (6-ounce) ahi tuna filets
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 tablespoon coconut oil
1 large head romaine, shredded
1 large carrot, grated
1 medium avocado, diced
1 small orange, peeled and sectioned
1/4 cup olive oil
1 teaspoon apple cider vinegar
1 tablespoon ground garlic

Directions:

On a large cutting board, season ahi filets with salt and pepper and set aside.

In a large skillet on medium-high heat, heat oil and add tuna filets and sear for about a minute on each side or until desired temperature. Remove from heat, slice thinly, and set aside.

In a large bowl, combine all remaining ingredients and toss to coat evenly.

Place ahi slices on top of mixed salad and serve immediately.



4

WEEK 1, DAY 4 DINNER: Baked Garlic Ginger Chicken in Portobello Mushroom Caps

Serves 4

Prep Time: 2 hours 15 minutes

Cook Time: 20 minutes

Ingredients:

1/4 cup coconut aminos	1 small onion, finely chopped
3 tablespoons fresh orange juice	1 large celeriac, finely chopped
1-inch piece ginger root, peeled, minced	1 large carrot, finely chopped
3 cloves garlic, minced, divided	1/2 cup collard greens, finely chopped
Sea salt/pink Himalayan salt to taste	2 tablespoons chopped rosemary
Pepper to taste (if tolerated)	1 pound Portobello mushroom caps
2 pounds chicken breast, butterflied	3 tablespoons chopped parsley
2 tablespoons coconut oil, divided	

Directions:

Preheat oven to 400 degrees F.

Line a large baking sheet with parchment paper and set aside.

In a blender or food processor, combine ingredients 1 to 5 (coconut aminos through salt and pepper), using only 1 clove garlic, to make the marinade and blend for 30 seconds.

In a resealable bag, pour blended marinade ingredients with chicken and marinate for 2 hours. Remove from marinade and discard the rest.

Heat a large skillet on medium-high heat, add half of oil and cook for 7 minutes each side, or until the chicken is cooked all throughout.

In another large skillet over medium-high heat, heat remaining oil and add onions and cook for 2 to 3 minutes. Then add the next 4 ingredients (celery through rosemary) and continue cooking for 5 more minutes. Remove from heat and scoop mixture into Portobello caps and place onto prepared baking sheet.

Bake for 30 minutes and serve warm garnished with fresh parsley.



4

WEEK 1, DAY 4 SNACK: Apple Crumble Skillet

Serves 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients:

4 tablespoons coconut oil, melted, divided

4 medium-size apples, peeled, thinly sliced

1 teaspoon ground cinnamon, divided

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 cup coconut flour

Directions:

Preheat oven to 350 degrees F.

In a large skillet over medium-high heat, heat 1 tablespoon coconut oil, add apples and cook about 8 to 10 minutes, until soft but not mushy. Stir in half of cinnamon and sea salt and remove from heat.

In a small bowl, whisk together the remaining coconut oil, cinnamon and coconut flour. Spoon on top of the cooked apple mixture and place everything into a small baking dish.

Bake for 10 minutes until the crumble is crispy.



5

WEEK 1, DAY 5 BREAKFAST: Ground Bison and Root Veggie Hash

Serves 4

Prep Time: N/A

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 pound ground bison

2 cloves garlic, minced

1/4 cup chopped scallions

1 cup chopped carrots

1 cup chopped parsnip

1/2 cup chopped turnips

2 teaspoons chopped oregano

Sea salt and freshly ground black pepper to taste

Directions:

In a large skillet over medium heat, heat the coconut oil. To the skillet, add the bison, garlic and scallions and cook for 5 minutes, until meat is browned.

To the skillet, add the remaining ingredients and stir. Cook for 10 minutes, until chicken is cooked through and vegetables are tender.

Serve warm.



5

WEEK 1, DAY 5 LUNCH: Duck Breast and Kale Stir Fry with Balsamic Reduction

Serves 4

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

1 tablespoon coconut oil

1 large onion, sliced

Sea salt and freshly ground black pepper to taste

1 pound chopped duck breast

2 cups chopped kale

2 cups sliced mushrooms

1/3 cup balsamic vinegar

2 tablespoons honey

1/4 cup chopped scallions

2 teaspoons chopped rosemary

Directions:

In a large skillet over medium heat, heat coconut oil. To the skillet, add the onion and salt and pepper. Cook for 5 to 10 minutes, until tender and caramelized.

To the skillet, add the duck, kale and mushrooms and stir. Cook for 10 minutes, until duck is cooked through and vegetables are tender. Transfer duck mixture to a bowl and set aside.

To the skillet, add the remaining ingredients and turn heat up to high. Bring balsamic mixture to a boil then reduce to low and whisk periodically for 10 minutes, until balsamic mixture has reduced to half. To the reduction sauce, add the contents of the bowl and stir.

Serve warm.



5

WEEK 1, DAY 5 DINNER: Ham and Cucumber Salad with Lemon Dill Vinaigrette

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

1 tablespoon coconut oil

2 cups cubed nitrate free ham

2 cups chopped cucumber

4 cups arugula lettuce

1 medium avocado, peeled and chopped

2 tablespoons chopped scallions

1/4 cup lemon juice

2 tablespoons honey

1 clove garlic, minced

2 teaspoons chopped dill

Sea salt and freshly ground black pepper to taste

Directions:

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

In a large bowl, toss the ham with the next 4 ingredients (cucumber through scallions).

In a small bowl, whisk together the remaining ingredients.

Pour over the salad and serve.



5

WEEK 1, DAY 5 SNACK: Fiesta Chicken Celery Boats

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

1 cup cooked and shredded chicken breast

1/2 cup diced green onion

Sea salt and freshly ground black pepper to taste

3 tablespoons mashed avocado

2 tablespoons lime juice

2 tablespoons chopped cilantro

4 large stalks celery

Directions:

In a large bowl, mix the first 7 ingredients (chicken through cilantro).

Spoon chicken mixture onto the celery and serve.



6

WEEK 1, DAY 6 BREAKFAST: Turkey and Avocado Breakfast Burritos

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

1 pound ground turkey

1/2 small onion, diced

1/2 cup chopped mushrooms

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 clove garlic, minced

4 large turnip green leaves

3 tablespoons chopped cilantro

1 large avocado, sliced

Directions:

In a large skillet over medium heat, add the first 6 ingredients (turkey through garlic) and sauté for 10 minutes, until turkey is cooked through and vegetables are tender.

Spoon the turkey mixture into the lettuce leaves and top with cilantro and avocado.

Roll up leaves and serve.



6

WEEK 1, DAY 6 LUNCH: Baked Fish with Crispy Citrus Greens

Serves 4

Prep Time: 5 minutes

Cook Time: 40 minutes

Ingredients:

4 large firm white fish filets

2 teaspoons olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 cups chopped kale

4 cups chopped collard greens

1 tablespoon coconut oil

2 teaspoons grated lemon zest

Directions:

Preheat oven to 400 degrees F.

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

In a large bowl, toss together remaining ingredients with sea salt and freshly ground black pepper to taste. Pour the greens mixture onto a large baking sheet and place in the oven. Bake for 15 minutes, stirring halfway through, until greens are crispy.

Serve with fish.



6

WEEK 1, DAY 6 DINNER: Meatball and Mushroom Soup

Serves 4

Prep Time: 3 minutes

Cook Time: 32 minutes

Ingredients:

1 pound ground beef

2 tablespoons coconut flour

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 teaspoon dried thyme

1/2 tablespoon coconut oil

4 cups bone broth

1 (14-ounce) can full fat unsweetened coconut milk

2 cups sliced mushrooms

1 large stalk celery, chopped

1 cup cauliflower florets

1/4 cup chopped green onion

Directions:

In a large bowl, mix the first 5 ingredients (beef through thyme). Form meat mixture into meatballs.

In a large pot over medium heat, heat coconut oil. To the oil, add the meatballs and cook on each side for 2 minutes, until brown. To the meatballs, add the remaining ingredients and stir. Cook for 20 to 30 minutes, until meatballs are no longer pink in the center and vegetables are tender.

Serve warm.



6

WEEK 1, DAY 6 SNACK: Chopped Chicken and Spinach

Serves 4

Prep Time: 3 minutes

Cook Time: N/A

Ingredients:

2 cups cooked and shredded chicken breast

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 tablespoons coconut aminos

1 tablespoon chopped onion

1 teaspoon chopped oregano

1 cup chopped spinach

Directions:

In a large bowl, mix all the ingredients and serve in small bowls.



7

WEEK 1, DAY 7 BREAKFAST: Sausage and Avocado Breakfast Burrito

Serves 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

1 pound ground nitrate free turkey sausage

2 teaspoons chopped oregano

1/4 cup chopped scallions

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

4 large cabbage leaves

1 tablespoon olive oil

1 large avocado, peeled and sliced

Directions:

Preheat broiler to high.

Line a large baking sheet with parchment paper.

In a large skillet, heat coconut oil over medium-high heat. To the oil, add the next 5 ingredients (turkey through salt and pepper). Cook for 5 minutes, or until the sausage is cooked through. Set aside while preparing cabbage leaves.

For the cabbage, rub both sides of each leaf with olive oil. Place on the parchment lined baking sheet and place under preheated broiler. Broil for 3 minutes on each side, until each side is tender and slightly brown on the edges.

Layer the cabbage, sausage and avocado and fold into burritos.

Serve warm.



7

WEEK 1, DAY 7 LUNCH: Dill Radish and Crab Salad

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

2 cups, canned flaked crab meat
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 cup diced radish
2 cups chopped spinach
2 tablespoons olive oil
2 tablespoons chopped dill
1/4 cup lemon juice
2 teaspoons honey

Directions:

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

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

Toss and serve.



7

WEEK 1, DAY 7 DINNER: Steak and Arugula Salad with Balsamic Dressing

Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

1 tablespoon coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/4 cup chopped scallions

1 (14-ounce) can artichoke hearts, drained and chopped

1/2 cup shredded carrots

4 cups arugula lettuce

1/3 cup balsamic vinegar

2 tablespoons honey

2 tablespoons olive oil

1 clove garlic, minced

Directions:

Heat grill to medium-high heat.

Rub steaks with coconut oil, salt and pepper. Place steaks on preheated grill and cook for 7 minutes on each side, until steak reaches desired level of doneness. Allow steak to cool, then chop.

In a large bowl, mix the steak with the next 4 ingredients (scallions through lettuce).

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

Toss and serve.



7

WEEK 1, DAY 7 SNACK: Bacon Guacamole Cups

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

1 pound cooked and chopped bacon

1 large avocado, peeled and cubed

1 tablespoon chopped red onion

4 tablespoons lemon juice

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon chopped cilantro

Directions:

In a large bowl, toss all the ingredients together.

Using a slotted spoon, spoon the bacon mixture into muffin liners and serve.



SHOPPING LIST

MEAT

- Ahi Tuna filets (4 (6-ounce))
- Bacon (8 slices, additive-free)
- Bacon (1 pound)
- Beef (2 pounds, ground)
- Beef steaks (4, medium)
- Bison (1 pound, ground)
- Chicken breast (2 pounds)
- Chicken breast (4 1/2 cups)
- Chicken thighs (1 pound)
- Crab meat (2 cups, canned)
- Duck breast (1 pound)
- Fish filets (4 large, firm, white)
- Ham (2 cups, cubed)
- Lamb (1 pound, ground)
- Prosciutto (8 thin slices)
- Salmon (2 cups)
- Sausage (1 pound, ground)
- Shrimp (1 pound)
- Shrimp (2 cups)
- Turkey (2 pound, ground)
- Turkey (1/2 pound, additive-free deli slices)
- Turkey sausage (1 pound, ground)
- Turkey bacon (1 pound)

PRODUCE

- Apples (4, medium)
- Apples (3, large)
- Arugula lettuce (8 cups)
- Avocados (1, small)
- Avocados (2, medium)
- Avocados (7, large)
- Avocados (3 tablespoons, mashed)
- Blueberries (1 cup)
- Broccoli slaw (3 cups)
- Brussels sprouts (2 cups, chopped)
- Brussels sprouts (2 cups, shredded)
- Cabbage leaves (4, large)
- Carrots (2 carrots)
- Carrots (1 cup, shredded)
- Carrots (1 cup, chopped)
- Cauliflower (1 large head)

- Cauliflower (3 cups, florets)
- Celeriac (1, large)
- Celery (5 large, stalks)
- Collard greens (4 1/2 cups, chopped)
- Cucumber (2 cups, chopped)
- Garlic (10 cloves)
- Green onion (2 tablespoons, chopped)
- Green onion (3/4 cup, diced)
- Kale (6 cups, chopped)
- Leek (2 tablespoons, chopped)
- Mushrooms (4 1/2 cups, chopped)
- Onion (2 tablespoons, chopped)
- Onion (1 1/2, small)
- Onion (1/2, medium)
- Onion (2, large)
- Orange (1, small)
- Orange juice (3 tablespoons)
- Lemon juice (8 tablespoons)
- Lemon juice (1/2 cup)
- Lemon zest (4 teaspoons)
- Lime juice (1 teaspoon)
- Lime juice (8 tablespoons)
- Lime zest (1 teaspoon)
- Parsnip (1 cup, chopped)
- Pineapple (1/2 cup, diced)
- Portobello mushroom caps (1 pound)
- Radish (1 cup, diced)
- Raspberries (1 cup)
- Red onion (1 tablespoon, chopped)
- Romaine lettuce (1 large head)
- Romaine lettuce (8 slices)
- Scallions (2 tablespoons chopped)
- Scallions (1 cup, chopped)
- Shallot (1 tablespoon, minced)
- Shallot (1,small)
- Shallot (1, large)
- 3 cups sliced plantains
- Strawberries (1 cup)
- Spinach (3 cups, chopped)
- Turnips (1/2 cup, chopped)
- Turnips green leaves (4, large)
- Zucchini (1, large)



SHOPPING LIST (continued)

CANNED GOODS (OR HOMEMADE)

- Artichoke hearts (1 (14-ounce) can)
- Bone broth (4 1/2 cups)
- Coconut milk (2 tablespoons)
- Coconut milk (1 (14-ounce) can)
- Fig preserves (3 tablespoons, unsweetened)

DRY GOODS

- Raisins (1/4 cup)

BAKING

- Coconut flour (2 tablespoons)
- Coconut flour (1 cup)

CONDIMENTS

- Apple cider vinegar (1 teaspoon)
- Balsamic vinegar (2 tablespoons)
- Balsamic vinegar (2/3 cups)
- Coconut aminos (6 tablespoons)
- Coconut aminos (1/2 cup)
- Coconut oil (20 1/2 tablespoons)
- Honey (7 teaspoons)
- Honey (7 tablespoons)
- Molasses (1 teaspoon)
- Olive oil (6 teaspoons)
- Olive oil (6 tablespoons)
- Olive oil (1/2 cup)

SPICES/HERBS

- Black Pepper to taste (if tolerated)
- Cilantro (1/4 cup, fresh, chopped)
- Cilantro (10 tablespoons, fresh)
- Cinnamon (3 teaspoons, ground)
- Cloves (1 teaspoon, ground)
- Dill (2 teaspoons, fresh, chopped)
- Dill (3 tablespoons, fresh)
- Garlic (1 teaspoon, powder)
- Garlic (1 tablespoon, ground)
- Ginger root (1-inch piece)
- Ginger (2 teaspoons, ground)
- Mint (1 tablespoon, fresh, chopped)
- Oregano (6 teaspoons, fresh, chopped)
- Oregano (1 teaspoon, fresh, minced)
- Parsley (3 tablespoons, fresh, chopped)
- Rosemary (2 teaspoons, fresh, chopped)
- Rosemary (2 tablespoons, fresh, chopped)
- Sea salt and freshly ground black pepper to taste
- Thyme (1/2 teaspoon, dried)
- Thyme (1 teaspoon, fresh, minced)



WEEK 2

AI FOODS INCLUDED

- Most organic vegetables
- Fermented foods
- Most organic meats
- Low-glycemic organic fruits
- Herbs and spices
- Sweet potatoes

AI FOODS AVOIDED

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



WEEK 2 MEAL SCHEDULE

Day 1:

Breakfast: Collard Green and Sausage Breakfast Burritos [Page 35](#)

Lunch: Loaded Chicken Coleslaw [Page 36](#)

Dinner: Coconut Crusted Trout with Wild Mushrooms [Page 37](#)

Snack: Prosciutto Wrapped Asparagus with Asian Dipping Sauce [Page 38](#)

Day 2:

Breakfast: Warm Porridge with Lemon Zest and Fresh Berries [Page 39](#)

Lunch: Chicken Grapefruit Avocado Salad [Page 40](#)

Dinner: Cream of Avocado with Crab Meat [Page 41](#)

Snack: Pumpkin Spice “Granola” [Page 42](#)

Day 3:

Breakfast: Warm Blueberry Applesauce with Sausage [Page 43](#)

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Dinner: Shrimp and Squash Skewers [Page 45](#)

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Day 4:

Breakfast: Sweet Potato and Beef Hash Browns with Arugula Salad [Page 47](#)

Lunch: Greek Chicken Salad [Page 48](#)

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Snack: Ham and Tangy Vegetable Salad [Page 50](#)

Day 5:

Breakfast: Avocado and Blueberry Chicken Salad [Page 51](#)

Lunch: Kale and Shrimp Stir Fry [Page 52](#)

Dinner: Grilled Balsamic Steak with Mashed Sweet Potatoes [Page 53](#)

Snack: Italian Chicken and Carrots [Page 54](#)

Day 6:

Breakfast: Bacon, Avocado and Mushrooms [Page 55](#)

Lunch: Fig and Arugula Salad with Raspberry Vinaigrette [Page 56](#)

Dinner: Citrus Bison Meatballs with Crispy Sweet Potato Noodles [Page 57](#)

Snack: Crispy Bacon and Pomegranate [Page 58](#)

Day 7:

Breakfast: Bacon, Avocado and Sweet Potato Casserole [Page 59](#)

Lunch: Parsnip and Chicken Salad with Creamy Lemon Dressing [Page 60](#)

Dinner: Marinated Ginger Steaks with Arugula and Cucumber Salad [Page 61](#)

Snack: Shrimp Sliders with Tangy Carrot Salad [Page 62](#)

Shopping List

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1

WEEK 2, DAY 1 BREAKFAST: Collard Green and Sausage Breakfast Burritos

Serves 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

1 pound ground nitrate free sausage

1/2 medium onion, chopped

1/3 cup shredded carrot

2 tablespoon coconut aminos

1/2 teaspoon grated lemon zest

1/2 cup broccoli slaw

Sea salt/pink Himalayan to taste

Black pepper to taste if tolerated

4 large collard greens, steamed

Directions:

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

Spoon sausage mixture, divided evenly, into collard leaves.

Fold into burritos and serve warm.



1

WEEK 2, DAY 1 LUNCH: Loaded Chicken Coleslaw

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

2 cups shredded cabbage
2 cups diced and cooked sweet potatoes
2 cups cooked and chopped chicken breast
2 tablespoons lemon juice
1 teaspoon honey
1 tablespoon minced dill
1 medium stalk celery, chopped
1 small shallot, minced
Sea salt/pink Himalayan to taste
Black pepper to taste if tolerated

Directions:

In a large bowl, mix together all the ingredients and serve.



1

WEEK 2, DAY 1 DINNER: Coconut Crusted Trout with Wild Mushrooms

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

4 medium trout filets

1 tablespoon olive oil

1 cup coconut flour

1 cup unsweetened coconut flakes

Sea salt/pink Himalayan to taste

Black pepper to taste if tolerated

2 cups sliced wild mushrooms

1 medium leek, chopped

Directions:

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

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

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

Serve warm.



1

WEEK 2, DAY 1 SNACK: Prosciutto Wrapped Asparagus with Asian Dipping Sauce

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

1 large bunch asparagus, ends trimmed and steamed

1/2 pound thinly sliced prosciutto

Sea salt/pink Himalayan to taste

Black pepper to taste if tolerated

1 tablespoon lemon juice

1/2 cup coconut aminos

1 clove garlic, minced

2 teaspoons honey

1 tablespoon grated ginger

Directions:

Preheat oven to 375 degrees F.

Wrap each stalk of asparagus with prosciutto and place on a large baking sheet. Place in the oven and bake for 5 minutes on each side, until edges of asparagus are brown.

In a medium bowl, whisk together the remaining ingredients and serve with asparagus.



2

WEEK 2, DAY 2 BREAKFAST: Warm Porridge with Lemon Zest and Fresh Berries

Serves 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

1 large head cauliflower, florets

3/4 cup unsweetened coconut flakes

2 tablespoons coconut butter

3 cups unsweetened coconut milk

1 large lemon, zest

1/2 cup fresh mixed berries

Sea salt/pink Himalayan salt to taste

1/2 pound additive free bacon, cooked

Directions:

Place cauliflower florets into a food processor or blender and pulse about 8-10 times until the cauliflower is the same consistency as large grains of rice. Set aside.

Heat a large skillet over medium-high heat, add diced cauliflower, coconut flakes, coconut butter, coconut milk and stir to combine. Bring to a simmer, add remaining ingredients, cover with a lid and cook for about 25-30 minutes stirring every 3-4 minutes until the cauliflower is tender and the porridge is a creamy consistency.

Cool and serve warm with lemon zest, mixed berries and drizzled on top and a side of bacon.



2

WEEK 2, DAY 2 LUNCH: Chicken Grapefruit Avocado Salad

Serves 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

1 large avocado, pitted and chopped into cubes

1/4 cup lemon juice

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 small head bib lettuce

1 large pink grapefruit, peeled, seeded and chopped into cubes

1 large kiwi, peeled and thinly sliced

1 tablespoon chives, chopped

2 tablespoons olive oil

1 tablespoon apple cider vinegar

2 (6-ounce) cooked chicken breasts, sliced

Directions:

In a small mixing bowl, cover the avocado with lemon juice and a pinch of salt and pepper, and let marinate for a few minutes.

Meanwhile, cut your bib lettuce into small, bite-sized pieces.

In a large mixing bowl, mix the avocado mixture, bib lettuce, grapefruit and kiwi.

In a medium bowl, whisk the chives, oil, vinegar and sea salt and freshly ground black pepper to taste.

Drizzle the dressing on the salad, place chicken breast on top and serve.



2

WEEK 2, DAY 2 DINNER: Cream of Avocado with Crab Meat

Serves 4

Prep Time: 1 hour 10 minutes

Cook Time: N/A

Ingredients:

4 large avocados

3 tablespoons red onions, chopped

2 tablespoons fresh lemon juice

3 tablespoons full fat unsweetened coconut milk, chilled

2 cups bone broth

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

2 (6-ounce) cans crab meat, drained

6 cups mixed salad greens

1 1/2 tablespoons chives, chopped

Directions:

In a blender or food processor, put the avocado meat, onion, lemon juice, coconut cream, broth and salt and pepper. Mix on high for 30 seconds, until the mixture becomes smooth and creamy. Chill for 1 hour in the refrigerator.

Once chilled, serve the cream of avocado chilled with a 3 ounce portion of crab meat on top of each salad and some chives for the garnish.



2

WEEK 2, DAY 2 SNACK: Pumpkin Spice "Granola"

Serves 4

Prep Time: 10 minutes

Cook Time: 1 hour

Ingredients:

2 cups unsweetened coconut flakes

2/3 cup raisins

2/3 cup apples, chopped in rings

2 medium bananas

2 tablespoons coconut oil

1 1/2 teaspoons cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground mace

1/4 teaspoon Sea salt/pink Himalayan salt

Directions:

Preheat oven to 300 degrees F.

Line a large baking sheet with parchment paper or oil well with coconut oil.

In a medium-size mixing bowl, stir together coconut flakes, raisins and apple rings.

In a separate medium-size mixing bowl, mash the banana until smooth. Stir the coconut oil, spices, and sea salt into the mashed banana. Coat the dry mixture with the wet mixture by stirring together until the ingredients are well combined and everything sticks together. Spread out mixture evenly onto prepared baking sheet into a 1/4-inch layer.

Bake for 45 to 50 minutes, stirring halfway through, until the granola is a golden brown. Let cool for 10 minutes to set. Break any large chunks into smaller, bite-sized pieces.

Serve warm if desired.



3

WEEK 2, DAY 3 BREAKFAST: Warm Blueberry Applesauce with Sausage

Serves 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

6 large apples, cored, chopped and steamed

1/2 cup blueberries

8 medium additive free pork sausage links

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

Preheat oven to 375 degrees F.

In a large food processor, add apples and blueberries and blend until smooth.

Place sausage on a large parchment lined baking sheet and place in preheated oven. Cook for 15 minutes, until sausage is brown and cooked through. Season with salt and pepper to taste.

Serve applesauce warm with sausage.



3

WEEK 2, DAY 3 LUNCH: Orange Chicken Coleslaw

Serves 4

Prep Time: 10 minutes

Cook Time: N/A

Ingredients:

6 cups shredded cabbage

2 cups cooked and chopped chicken breast

1/3 cup chopped onion

1 cup chopped kale

1/4 cup orange juice

2 teaspoons olive oil

2 teaspoons lemon juice

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1/2 teaspoon minced garlic

Directions:

In a large bowl, mix the first 4 ingredients (cabbage through kale).

In a small bowl, whisk together the remaining ingredients. Pour the dressing over the salad, toss and serve.



3

WEEK 2, DAY 3 DINNER: Shrimp and Squash Skewers

Serves 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

1 pound shelled and deveined shrimp

1 cup chopped zucchini

1 cup chopped summer squash

1 large onion, cut into wedges

2 tablespoons coconut aminos

1 clove garlic, minced

1 tablespoon olive oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

Heat grill to medium heat.

In a large bowl, toss all the ingredients. Thread the shrimp, zucchini, summer squash and onion onto large skewers. Place skewers on preheated grill and cook for 5 to 10 minutes on each side until shrimp is opaque and cooked through and vegetables are tender.

Serve warm.



3

WEEK 2, DAY 3 SNACK: Bacon Wrapped Brussels

Serves 4

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients:

1/2 pound halved Brussels sprouts

1/2 pound sliced bacon

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

Preheat oven to 375 degrees F.

Wrap each Brussels sprout half with a piece of bacon. Spear each bacon wrapped Brussels sprout with a toothpick and place on a baking sheet.

Sprinkle Brussels sprouts with salt and pepper and place in preheated oven. Bake for 25 minutes, until bacon is crisp and Brussels sprouts are tender.

Serve warm.



4

WEEK 2, DAY 4 BREAKFAST: Sweet Potato and Beef Hash Browns with Arugula Salad

Serves 4

Prep Time: 5 minutes

Cook Time: 11 minutes

Ingredients:

2 large sweet potatoes, shredded

1 pound ground beef

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 teaspoon minced thyme

1 tablespoon coconut oil

4 cups arugula lettuce

1 tablespoon olive oil

1 tablespoon chopped shallot

1/4 cup apple cider vinegar

2 tablespoons honey

Directions:

Preheat oven to 400 degrees F.

In a large bowl, mix the first 4 ingredients (potatoes through thyme). Form beef mixture into flat, thin patties.

In a large skillet over high heat, heat coconut oil. To the oil, add the hash browns and cook for 3 minutes on each side, until golden brown on each side.

Place hash browns on a large baking sheet and place in the oven. Bake for 5 minutes on each side, until the center of each hash brown is cooked through.

In a large bowl, toss together remaining ingredients with sea salt and freshly ground black pepper to taste.

Serve salad with hash browns.



4

WEEK 2, DAY 4 LUNCH: Greek Chicken Salad

Serves 4

Prep Time: 3 minutes

Cook Time: N/A

Ingredients:

3 cups cooked and shredded chicken breast

2 tablespoons minced red onion

1 tablespoon chopped parsley

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 large avocado, peeled and mashed

1 teaspoon grated lemon zest

1/4 cup sliced olives

4 cups baby spinach

Directions:

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

Serve chicken over a bed of spinach.



4

WEEK 2, DAY 4 DINNER: Chicken "Tortilla-less" Soup

Serves 4

Prep Time: 3 minutes

Cook Time: 30 minutes

Ingredients:

1 tablespoon coconut oil

1 small onion, chopped

2 cloves garlic, minced

3 cups bone broth

2 (14-ounce) cans unsweetened coconut milk

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 pound chicken thighs, chopped

2 cups chopped cabbage

1 cup cauliflower florets

1 cup sliced mushrooms

1 large avocado, peeled and sliced

1/4 cup chopped cilantro

Directions:

In a large pot over medium heat, heat coconut oil. To the pot, add the onion and garlic and cook for 5 minutes, until tender.

To the onion mixture, add the next 8 ingredients (broth through mushrooms) and stir. Cover soup and reduce heat to low. Simmer for 25 minutes, until chicken is cooked through and vegetables are tender.

Using a large soup spoon, spoon soup into bowls and top with avocado and cilantro.

Serve warm.



4

WEEK 2, DAY 4 SNACK: Ham and Tangy Vegetable Salad

Serves 4

Prep Time: 3 minutes

Cook Time: N/A

Ingredients:

2 cups apple cider vinegar

4 tablespoons honey

2 tablespoons chopped dill

1 large carrot, chopped

1 small shallot, chopped

1 medium cucumber, sliced

2 cups cooked and chopped nitrate and gluten free ham

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a medium saucepan over medium heat, add vinegar and honey. Stir and bring to a boil. Turn off heat and add the next 4 ingredients to the saucepan (dill through cucumber). Allow vinegar mixture to cool then place in an air tight container and refrigerate overnight.

In a large bowl, spoon pickled vegetables (leaving liquid behind). To the bowl, add the ham and salt and pepper to taste.

Toss and serve.



5

WEEK 2, DAY 5 BREAKFAST: Avocado and Blueberry Chicken Salad

Serves 4

Prep Time: N/A

Cook Time: 20 minutes

Ingredients:

1 tablespoon coconut oil

2 cups chopped chicken breast

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 cup blueberries

2 small avocados, peeled and sliced

2 tablespoons lemon juice

Directions:

In a large skillet over medium heat, heat coconut oil. To the skillet, add the chicken and salt and pepper. Cook for 5 to 10 minutes, until chicken is cooked through.

In a large bowl, toss the chicken with the remaining ingredients and serve.



5

WEEK 2, DAY 5 LUNCH: Kale and Shrimp Stir Fry

Serves 4

Prep Time: N/A

Cook Time: 10 minutes

Ingredients:

1 tablespoon coconut oil

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 pound shelled and deveined shrimp

3 cups chopped kale

2 tablespoons coconut aminos

1/4 cup chopped scallions

2 teaspoons chopped rosemary

Directions:

In a large skillet over medium heat, heat coconut oil. To the skillet, add the remaining ingredients and stir. Cook for 10 minutes, until shrimp is opaque and cooked through and vegetables are tender.

Serve warm.



5

WEEK 2, DAY 5 DINNER: Grilled Balsamic Steak with Mashed Sweet Potatoes

Serves 4

Prep Time: 1 hour

Cook Time: 25 minutes

Ingredients:

4 medium beef steaks of choice

1 tablespoon coconut oil

1 teaspoon garlic powder

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon balsamic vinegar

2 teaspoons olive oil

4 large sweet potatoes, peeled, cubed and steamed

1/4 cup canned full fat coconut milk

Directions:

Rub steaks with the next 5 ingredients (coconut oil through vinegar). Place steaks in a re-sealable bag and refrigerate for 1 hour.

Heat grill to medium heat. Place steaks on preheated grill and cook for 3 to 6 minutes on each side, until meat reaches desired level of doneness.

In a large bowl, place the remaining ingredients and additional sea salt and freshly ground black pepper to taste. Mash with a potato masher.

Serve steaks with side of mashed sweet potatoes.



5

WEEK 2, DAY 5 SNACK: Italian Chicken and Carrots

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

2 cups cooked chopped chicken breast

2 cups shredded carrots

1 teaspoon dried thyme

1 clove garlic, minced

1 teaspoon grated lemon zest

1 tablespoon olive oil

1 tablespoon apple cider vinegar

1 teaspoon honey

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

Directions:

In a large bowl, mix the chicken and carrots.

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

Toss and serve.



6

WEEK 2, DAY 6 BREAKFAST: Bacon, Avocado and Mushrooms

Serves 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

4 slices additive free bacon, halved

4 small mushrooms, sliced

1 large avocado, pitted and sliced thinly

1 tablespoon parsley, chopped

Directions:

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

Serve the crisp bacon with the mushrooms and alongside the sliced avocado.

Garnish with fresh parsley.



6

WEEK 2, DAY 6 LUNCH: Fig and Arugula Salad with Raspberry Vinaigrette

Serves 4

Prep Time: 15 minutes

Cook Time: N/A

Ingredients:

1/2 cup olive oil

1/2 cup raspberries

2 tablespoons apple-cider vinegar

2 tablespoons unsweetened coconut flakes

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

6 ounces arugula

8 dried figs, sliced thinly

2 (6 ounce) cooked chicken breasts, thinly sliced

Directions:

Place the olive oil, raspberries, apple-cider vinegar, shredded coconut and salt and pepper in a blender or food processor and mix on high for a few minutes until the dressing has a creamy texture, set aside.

Place the arugula, figs and chicken in a large bowl, add dressing and toss.

Serve immediately.



6

WEEK 2, DAY 6 DINNER: Citrus Bison Meatballs with Crispy Sweet Potato Noodles

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients:

8 tablespoons coconut oil, divided	1 tablespoon thyme, chopped
1/2 large onion, minced	Sea salt/pink Himalayan salt to taste
3 cloves garlic, minced	Pepper to taste (if tolerated)
1 teaspoon ground ginger	1/2 cup fresh orange juice
2 pounds ground bison	1/4 cup coconut aminos
	2 large sweet potatoes, peeled

Directions:

In a large skillet, heat 2 tablespoons of the coconut oil on medium heat. When the oil is melted and the pan is hot, add the onion and cook, stirring for 8 minutes or until translucent. Add the garlic and ginger and cook, stirring for a minute, just until fragrant. Remove from heat and place onion mixture into a bowl. Set aside to cool for a few minutes.

When the onion mixture has cooled, add it to a large mixing bowl with the ground bison, thyme, and salt and pepper. Gently mix with your hands until everything is well incorporated. Form into 1-1/2 inch meatballs.

Add 2 more tablespoons of the oil in the bottom of the skillet used for the onions on medium heat. When the oil is melted and the skillet is hot, add the meatballs. Brown for three minutes on one side, flip and add the orange juice and coconut aminos. Cook covered, for 10 minutes, or until cooked throughout. Remove meatballs from pan and set aside.

Leave the remaining juices in the pan and turn up to medium-high heat. Let the sauce reduce to about half the amount, about 5-10 minutes. Set sauce aside.

Using a vegetable peeler, peel the sweet potato into long, flat ribbons, or spiralize it with a vegetable spiralizer.

In another skillet, heat 2 tablespoons coconut oil on medium-high heat. When the oil has melted and the pan is hot, add half of the sweet potatoes. Let them cook, stirring, for about 10 minutes, being sure not to stir them too often to ensure that they brown on the bottoms. Remove the first batch, then add the remaining oil and repeat with the second batch of sweet potatoes.

Serve meatballs on a bed of crispy sweet potato noodles, glazed with sauce.



6

WEEK 2, DAY 6 SNACK: Crispy Bacon and Pomegranate

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

12 slices additive free bacon

3 tablespoons pomegranate juice

2 tablespoons lime zest

Sea salt/pink Himalayan salt to taste

Directions:

In a large skillet, cook the bacon over medium-high heat for about 2-3 minutes on each side and then set on paper towels once cooked to absorb some of the oil. When bacon is cool, tear pieces into 2 inch strips

In a medium bowl, toss the bacon with the remaining ingredients and serve in small bowls.



7

WEEK 2, DAY 7 BREAKFAST: Bacon, Avocado and Sweet Potato Casserole

Serves 4

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

- 1 pound bacon, chopped
- 1 large shallot, chopped
- 2 large sweet potatoes, diced
- Sea salt/Pink Himalayan to taste
- Black pepper to taste if tolerated
- 1 teaspoon minced thyme
- 2 large stalks celery, chopped
- 2 cups chopped kale
- 1/4 cup beef broth
- 1 large avocado, peeled and sliced

Directions:

Preheat oven to 375 degrees F.

In a large skillet over medium heat, add bacon. Cook bacon for 5 minutes, then add shallot and cook for 5 more minutes, until shallot is tender and bacon is very crispy.

Into a large baking dish, using a slotted spoon, spoon bacon mixture. To the baking dish, add the remaining ingredients and stir. Cover with aluminum foil and place in the oven. Bake for 15 minutes, uncover baking dish and bake for 5 minutes, until golden brown on top and vegetables are tender.

Serve warm.



7

WEEK 2, DAY 7 LUNCH: Parsnip and Chicken Salad with Creamy Lemon Dressing

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

1 1/2 cups cooked and shredded chicken breast

Sea salt/Pink Himalayan to taste

Black pepper to taste if tolerated

3 cups shredded parsnip

1/3 cup chopped cilantro

1/4 medium onion, chopped

1/4 cup canned full fat coconut milk

3 tablespoons lemon juice

2 teaspoons lemon zest

2 teaspoons honey

1/2 teaspoon minced garlic

Directions:

In a large bowl, mix the first 6 ingredients (chicken through onion).

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

Mix well and serve.



7

WEEK 2, DAY 7 DINNER: Marinated Ginger Steaks with Arugula and Cucumber Salad

Serves 4

Prep Time: 2 hours

Cook Time: 10 minutes

Ingredients:

- 4 medium beef steaks of choice
- 1 tablespoon olive oil
- 1/4 cup coconut aminos
- 1 clove garlic, minced
- 1 tablespoon grated ginger
- Sea salt/Pink Himalayan to taste
- Black pepper to taste if tolerated
- 4 cups arugula lettuce
- 1 large cucumber, diced
- 1/4 cup chopped carrot
- 1/2 very ripe avocado, mashed
- 4 tablespoons lime juice
- 2 tablespoons chopped basil
- 2 teaspoons honey
- 1 clove garlic, peeled

Directions:

Place steaks in a large re-sealable bag. In a medium bowl, whisk together the next 6 ingredients (olive oil through salt and pepper). Pour marinade over steaks and seal bag. Refrigerate for at least 2 hours.

Heat grill to medium heat. Place steaks on the grill and cook for 5 minutes on each side, until steak reaches desired level of doneness. Allow steaks to cool, then slice.

In a medium bowl, toss the steak with the lettuce, cucumber and carrot.

In a blender, blend the remaining ingredients with salt and pepper until smooth.

Pour dressing over salad, toss and serve.



7

WEEK 2, DAY 7 SNACK: Shrimp Sliders with Tangy Carrot Salad

Serves 4

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

1 large cucumber, sliced

2 cups cooked and peeled shrimp

1/2 teaspoon onion powder

Sea salt/Pink Himalayan to taste

Black pepper to taste if tolerated

2 medium carrots, shredded

3 tablespoons lime juice

1 teaspoon honey

Directions:

On a large serving platter, arrange cucumber in a single layer.

In a food processor, pulse the shrimp, onion and salt and pepper, until shrimp is finely diced.

In a medium bowl, toss the remaining ingredients with sea salt and freshly ground black pepper to taste.

On the cucumber slices, spoon the shrimp mixture and top with the carrot salad and serve.



SHOPPING LIST

MEAT

- Bacon (16 slices, additive-free)
- Bacon (2 pounds, additive-free)
- Beef (1 pound, ground)
- Beef steaks (8, medium)
- Bison (2 pounds, ground)
- Chicken breast (11 cups, cubed)
- Chicken breast (1 1/2 cups, shredded)
- Chicken breast (4 (6-ounce))
- Chicken thighs (1 pound)
- Crab meat (2 (6 ounce) cans)
- Ham (2 cups, chopped, additive-free)
- Pork sausage links (8, medium, additive-free)
- Prosciutto (1/2 pound, thinly sliced)
- Sausage (1 pound, ground)
- Shrimp (2 cups)
- Shrimp (2 pounds)
- Trout (4, medium, filets)

PRODUCE

- Apples (6, large)
- Apples (2/3 cup, chopped in rings)
- Arugula lettuce (8 cups)
- Arugula lettuce (6 ounces)
- Asparagus (1 large bunch)
- Avocados (2, small)
- Avocados (9 1/2, large)
- Bananas (2, medium)
- Berries (1/2 cup, mixed, fresh)
- Bib lettuce (1 small head)
- Blueberries (1 1/2 cups)
- Broccoli slaw (1/2 cup)
- Brussels sprouts (1/2 pound)
- Carrots (2, medium)
- Carrots (1 large)
- Carrots (1/4 cup, chopped)
- Carrots (2 1/3 cups, shredded)
- Cabbage (8 cups, shredded)
- Cabbage (2 cups, chopped)
- Cauliflower (1 large head)
- Cauliflower (1 cup, florets)
- Celery (1 medium stalk)
- Celery (2 large stalks)
- Collard greens (4 large)
- Cucumber (1, medium)
- Cucumber (2, large)
- Garlic (10 cloves)
- Garlic (1 teaspoon, minced)
- Grapefruit (1, large, pink)
- Kale (6 cups, chopped)
- Kiwi (1, large)
- Leek (1, medium)
- Lemon juice (2 teaspoons)
- Lemon juice (10 tablespoons)
- Lemon juice (1/4 cup)
- Lemon zest (4 1/2 teaspoons)
- Lemon zest (from 1 large lemon)
- Lime juice (7 tablespoons)
- Lime juice (2 tablespoons)
- Mushrooms (4 small)
- Mushrooms (1 cup, sliced)
- Mushrooms (2 cups, sliced, wild)
- Onion (1 small)
- Onion (3/4 medium)
- Onion (1 1/2 large)
- Onion (1/3 cup, chopped)
- Red onion (3 tablespoons, chopped)
- Red onion (2 tablespoons, minced)
- Parsnip (3 cups, shredded)
- Raspberries (1/2 cup)
- Salad greens (6 cups, mixed)
- Scallions (1/4 cup, chopped)
- Shallot (1 tablespoon, chopped)
- Shallot (2, small)
- Shallot (1, large)
- Spinach (4 cups, baby)
- Summer squash (1 cup, chopped)
- Sweet potatoes (10, large)
- Sweet potatoes (2 cups, diced)
- Zucchini (1 cup, chopped)



SHOPPING LIST (continued)

CANNED GOODS (OR HOMEMADE)

- Beef broth (1/4 cup)
- Bone broth (5 cups)
- Coconut milk (3 tablespoons)
- Coconut milk (3 cups)
- Coconut milk (1/2 cup, canned)
- Coconut milk (2 (14-ounce) cans)
- Olives (1/4 cup, sliced)

DRY GOODS

- Coconut flakes (2 tablespoons)
- Coconut flakes (3 3/4 cups)
- Figs (8 dried)
- Raisins (2/3 cup)

BAKING

- Coconut flour (1 cup)

CONDIMENTS

- Apple cider vinegar (4 tablespoons)
- Apple cider vinegar (2 1/4 cups)
- Balsamic vinegar (1 tablespoon)
- Coconut aminos (6 tablespoons)
- Coconut aminos (1 cup)
- Coconut butter (2 tablespoons)
- Coconut oil (15 tablespoons)
- Honey (9 teaspoons)
- Honey (6 tablespoons)
- Olive oil (4 teaspoons)
- Olive oil (7 tablespoons)
- Olive oil (1/2 cup)
- Orange juice (3/4 cup)
- Pomegranate juice (3 tablespoons)

SPICES/HERBS

- Basil (2 tablespoons, fresh, chopped)
- Black pepper (to taste, if tolerated)
- Chives (2 1/2 tablespoons, fresh, chopped)
- Dill (2 tablespoons, fresh, chopped)
- Dill (1 tablespoon, fresh, minced)
- Cilantro (3/4 cup, fresh, chopped)
- Cinnamon (1 1/2 teaspoons)
- Garlic powder (1 teaspoon)
- Ginger (2 teaspoons, ground)
- Ginger (2 tablespoons, grated)
- Mace (1/2 teaspoon, ground)
- Onion powder (1/2 teaspoon)
- Parsley (2 tablespoons, fresh, chopped)
- Rosemary (2 teaspoons, fresh, chopped)
- Sea salt/pink Himalayan to taste
- Thyme (2 teaspoons, fresh, minced)
- Thyme (1 tablespoon, fresh, chopped)
- Thyme (1 teaspoon, dried)



Dear Reader,

I hope that you have found this guide helpful.

I'm passionate about teaching patients and clinicians how to overcome and reverse Hashimoto's! I've dedicated the last 6+ years to research on the subject. The more I learn, the more I share.

You can sign up to get the Depletions and Digestion chapter of my book, a free thyroid diet guide and recipes at www.thyroidpharmacist.com/gift

If you found this short guide helpful, you may also be interested in my Hashimoto's book *Hashimoto's Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause*, my *New York Times* bestselling patient guide on how to overcome Hashimoto's. My most recent book is *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back*.

Wishing you all the best on your journey!



Warmly,

Izabella Wentz, PharmD

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www.rootcauserecipes.com

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