

# #QUICK & HEALTHY

## 7-DAY CHALLENGE



DIET vs DISEASE

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# #QUICK&HEALTHY 7-DAY CHALLENGE FOR HYPOTHYROIDISM

Think of this 7-day meal plan as a new tool or piece of fitness equipment.

It's designed to help you explore new (and simple) recipes, develop healthy new habits, and seriously kick-start your health goals.

The recipes are gluten-free and gut-friendly to be suitable for those with hypothyroidism. It's also fantastic for those after a plan to lose weight, lower blood pressure or manage high blood sugar.

## HOW IT WORKS

1. DECIDE ON YOUR FAVOURITE RECIPES FROM THE RECIPE POOL. RECIPES ARE SPLIT INTO BREAKFAST, LUNCH, DINNER AND SNACKS.
2. ADD THE NAMES OF YOUR SELECTED RECIPES INTO THE 7-DAY MEAL PLAN TEMPLATE. THIS IS THE MEAL PLAN YOU WILL FOLLOW FOR THE NEXT WEEK, SO YOU CAN PRINT IT OUT OR SAVE IT TO YOUR PHONE.
3. ADD THE INGREDIENTS FROM YOUR SELECTED RECIPES INTO THE INGREDIENTS SHOPPING LIST, ACCOUNTING FOR HOW MANY TIMES PER WEEK YOU PLAN TO HAVE IT. PRINT THIS OUT OR SAVE IT TO YOUR PHONE FOR SHOPPING.
4. GO SHOPPING FOR THE INGREDIENTS.
5. MAKE TIME TO PREPARE OR COOK APPROPRIATE MEALS BEFORE THE WEEK STARTS. SOME RECIPES ARE SUITABLE FOR BATCH COOKING AND FREEZING. FOR EXAMPLE, IF YOU ARE STARTING THE PLAN ON A MONDAY, I RECOMMEND PREPARING ON SUNDAY EVENING.
6. BON APPETITE. IF YOU HAVE QUESTIONS OR CONCERNS — PARTICULARLY IF YOU HAVE A MEDICAL CONDITION AND UNSURE ABOUT CHANGING YOUR DIET - PLEASE EMAIL ME: [HELLO@DIETVSDISEASE.ORG](mailto:HELLO@DIETVSDISEASE.ORG).

No need to stress if you can't follow these set recipes every single day, or perhaps you eat out occasionally each week or weekend.

That's normal... *That's life.*

The idea is to get familiar with easy new recipes, and to **get comfortable with making time to plan meals ahead**. Planning your weekly meals is the difference between staying consistent and motivated, or grabbing take-away and feeling like you've failed (again).

Know that the hardest part to eating better and getting healthy is taking that first step. By downloading this 7-day challenge, you've already done it!



I'M NOT DIETING  
I'M JUST CHANGING  
**MY LIFESTYLE**

**DIETvsDISEASE**

# 7-DAY MEAL PLAN TEMPLATE

## DAY 1

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

## DAY 2

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

## DAY 3

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

## DAY 4

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

# 7-DAY MEAL PLAN TEMPLATE

## DAY 5

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

## DAY 6

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

## DAY 7

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS (OPTIONAL):**

# COCONUT BREAKFAST QUINOA

*Adapted from Fannetastic Food, Serves 4*

## Ingredients

- 1 cup quinoa
- 1 can (13-15 oz or 400 mL) coconut milk (regular or light)
- 1 cup water
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon pure maple syrup
- Optional toppings: bananas, berries, coconut flakes, sliced nuts, etc



## Method

1. Combine all ingredients (except optional toppings) in a medium pot. Bring the mixture to a boil.
2. Reduce the heat to medium-low and allow the quinoa to simmer for 20-25 minutes, stirring occasionally, until tender and thickened (look for the consistency of oatmeal).
3. Serve immediately or store in the fridge and heat up or serve cold throughout the week!

# SWEET POTATO HASH WITH FETA AND EGG

Adapted from *EA Stewart*, Serves 4

## Ingredients

- 2 medium sweet potatoes (about 4 cups shredded)
- 2 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 4 cups chopped baby spinach
- 1 tablespoon dried Greek seasoning\*
- ¼ teaspoon sea salt, or to taste
- fresh ground black pepper to taste
- 4 eggs
- 4 ounces feta cheese
- Fresh oregano for garnish, optional



## Method

1. Prepare the veggies: Peel the sweet potatoes, then shred them with a food processor, and set aside, then chop the onions by hand or in a food processor, and set aside. Chop the baby spinach, and set aside.
2. Heat the olive oil over medium in a 12-inch cast iron, or other, skillet. Add the shredded sweet potatoes and toss to coat in the oil. Cook the sweet potatoes over medium for about 5 minutes, tossing regularly so they don't burn. Add the chopped onion and cook for an additional 4 minutes, then add the chopped spinach and cook for 1-2 minutes, or until wilted.
3. Stir in the Greek seasoning, sea salt and ground black pepper to taste.
4. Spread the veggie mixture evenly across the pan, and make 4 holes in the veggies. Next, crack one egg in each hole, and cook for ~ 2 minutes, then place a lid over the pan and cook for an additional 3 minutes, or until eggs are cooked to your liking.
5. Remove skillet from heat, and top with crumbled feta cheese and fresh oregano for garnish before dividing in to 4 servings.

\*You can use a combination of dried mint, dried oregano, and garlic salt in place of the Greek seasoning.



# CHOCOLATE PEANUT BUTTER SMOOTHIE

*Adapted from Smart Nutrition,*

*Serves 2*

## Ingredients

- 1 banana (cut into chunks and frozen)
- 3 tbsp cocoa
- 2 tbsp peanut butter
- 1 tbsp honey (optional)
- $\frac{3}{4}$  cup plain greek yogurt
- $\frac{3}{4}$  cup milk



## Method

1. Place all ingredients in blender.
2. Turn on low then slowly up to high speed.
3. Blend until smooth.

# BANANA SPINACH SMOOTHIE

Adapted from *Fannetastic Food*,

Makes 1 serve

## Ingredients

- Half a large or 1 small very ripe banana
- 1 cup milk (or dairy substitute)
- Baby spinach (suggest 2 huge handfuls)



## Method

1. Just toss it all in the blender with a few ice cubes. Voila!

# PUMPKIN SOUP LIKE YOU'VE NEVER TASTED

Adapted from *The Nutrition Guru and the Chef*,  
Serves 3-4

## Ingredients

- 500 grams (1.1 lb) pumpkin
- 2 whole onions (skin on)
- 1 whole knob of garlic (skin on)
- Sprinkle with salt and pepper
- 1.5 L (50 oz) of chicken or vegetable stock



## Method

1. Cut the pumpkin into wedges and chop the skin off
2. Cut into rough pieces. The larger the size, the longer they will take to cook.
3. Bake on a tray lined with non-stick baking paper at 180°C (356 °F) for approximately 30-40 mins, until the pumpkin is nice and soft.
4. Remove from the oven.
5. Get a large saucepan ready on the stove to prepare the soup.
6. Squeeze out the onion from their skins into the saucepan. Do the same with the knob of garlic and discard the skins. Place pumpkin into the saucepan.
7. Add chicken or vegetable stock and bring to boil.
8. Let boil for 5 mins.
9. Remove from the heat and blend with a stick blender until smooth.
10. Serve and enjoy!

# ROASTED SWEET POTATO & QUINOA WITH MANGO BALSAMIC VINAIGRETTE

*Adapted from [Popsugar](#), Serves 1*

## Ingredients

### *For the salad:*

- 1 small sweet potato, unpeeled, diced small
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/4 cup quinoa
- 1/2 cup black beans
- 1/4 red pepper, diced
- 2 cups greens (you choose)
- 1 tablespoon salted sunflower seeds

### *For the dressing:*

- 1/4 cup mango, fresh or frozen
- 1 tablespoon balsamic vinegar
- 1 1/2 tablespoons water



## Method

1. Preheat oven to 400°F (205°C).
2. Place the sweet potatoes in a bowl, add oil, and stir to coat. Sprinkle with a touch of salt and pepper. Spread evenly on a pan, and roast for 20 or so minutes, stirring a couple times, until the potatoes are soft.
3. Place the quinoa and half a cup of water in a covered pot on high. Bring to a boil, reduce to simmer, and cook for 15 to 20 minutes or until the liquid is all soaked up and the quinoa is tender.
4. Puree the mango with the balsamic vinegar and water, and set aside.
5. Allow the roasted potatoes and quinoa to cool to room temperature.
6. Start layering the salad in the jar beginning with the black beans. Add the cooked quinoa, and pour the mango balsamic vinaigrette on top.
7. Top with diced red pepper, greens, roasted sweet potatoes, and sunflower seeds.
8. Screw top on securely, and store in the fridge.
9. When you're ready to eat, give the jar a good shake to mix everything up and enjoy!

# OVERNIGHT CHOCOLATE CHIA SEED PUDDING

*Adapted from The Minimalist Baker, Serves 4*

## Ingredients

- 1 1/2 cups (360 ml) unsweetened almond milk
- 1/3 cup (63 g) chia seeds
- 1/4 cup (24 g) unsweetened cocoa powder
- 2-5 Tbsp (30-75 ml) maple syrup if not blending (can sub 5-9 dates, pitted if blending)
- 1/2 tsp ground cinnamon (optional)
- 1/4 tsp sea salt
- *optional*: 1/2 tsp vanilla extract



## Method

1. Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending (which I preferred!), sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.
2. Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).
3. If blending, add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.
4. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.
5. Serve chilled with desired toppings, such as fruit.

# GREEK YOGHURT TUNA SALAD

*Adapted from The Yooper Girl, Serves 2*

## Ingredients

- 1/4 cup plain greek yogurt
- 1 tbsp mayo (I bet spicy mustard would work too)
- 1 small can of tuna
- 1 small apple, diced
- 2 stalks celery, diced
- 1 tsp chopped onion (I used a spice, otherwise you could use 1/4 of a real onion)
- 1/4 tsp garlic salt
- salt & pepper
- lemon juice



## Method

1. Chop the apple and celery. Add to a bowl
2. Drain tuna and add it to the bowl.
3. Add 1/4 cup of greek yogurt and 1 tbsp of mayo to the bowl.
4. Add spices, salt & pepper, and lemon juice.
5. Mix thoroughly and enjoy!

# HEALTHY CHIPOTLE CHICKEN POTATO SKINS

*Adapted from Half-Baked Harvest, Serves 3 (main) or 6 (as a side)*

## Ingredients

- 3 medium sweet potatoes
- 3/4 lb (about 2 small) boneless skinless chicken breast
- 1/4 cups olive oil
- 2 tablespoon fresh lime juice
- 2 cloves garlic, minced or grated
- 3 whole chipotle pepper, minced
- 1 teaspoon cumin
- 2 teaspoons chili powder
- salt and pepper
- 2 (half a 10 oz bag) cups spinach
- 5 ounces sharp white cheddar cheese, grated
- Greek yogurt, for serving



## Method

1. Preheat your oven to 350°F (175°C). Wash your sweet potatoes and prick all over with a fork. Place in the oven and bake for 50-60 minutes or until fork tender.
2. Place your chicken in a baking dish and rub with a tablespoon of olive oil, salt and pepper. Place in the oven with the potatoes and bake for 25 minutes. Allow to cool and shred the chicken with a fork or your hands. When the sweet potatoes are done cut in half and allow to cool for 5-10 minutes.
3. In a medium size bowl combine the olive oil, lime juice, garlic, chipotle peppers, cumin, chili powder, salt and pepper. Set aside.
4. Heat a small skillet over medium heat and wilt the spinach (this can also be done in the microwave). Toss the spinach and shredded chicken together, set aside and keep warm.
5. Turn the oven up to 400°F (205°C). Scrape the sweet potato out of the peel, leaving a medium size layer of flesh inside with the peel so that it can stand up on its own (I reserved the remaining flesh, for another use) and place in a baking dish. Brush the skins with a little of the chipotle sauce and bake for 5-10 minutes until nice and crisp.
6. While the skins bake mix the spinach, chicken and chipotle sauce together. Remove skins from the oven and stuff with the chicken mixture, top with shredded cheese and bake for 10 minutes or until the cheese has melted and the skins are hot and crisp. Serve with greek yogurt if desired.

# ONE POT CHEESY TACO SKILLET

Adapted from *Sweet C Designs*, Serves 6

## Ingredients

- 1 lb (450 g) lean ground beef
- 1 large yellow onion, diced
- 2 bell peppers, diced
- 1 can diced tomatoes with green chilis
- 3 cups baby spinach
- 1½ cup shredded cheddar cheese



## Method

1. In a large pan, lightly brown ground beef and crumble well.
2. Drain excess fat.
3. Add onions and peppers, and cook until browned.
4. Add canned tomatoes, and any water needed for taco seasoning to evenly coat mixture (up to 1 tbsp- the liquid from the tomatoes will help)
5. Add greens and let fully wilt.
6. Mix well.
7. Cover with shredded cheese and let cheese melt.
8. When cheese is melted, serve over a bed of lettuce, rice, corn taco or corn chips!



# BIBIMBAP NOURISHING BOWL

Adapted from *My Gut Feeling*, Serves 2

## Ingredients

- ½ cup brown or white rice
- 1 cup water
- Pinch of salt
- 1 cup baby spinach, chopped
- 1 medium rainbow carrot, peeled and julienned
- 1 medium courgette (zucchini), julienned
- 3 tbsp olive oil
- ½ block of extra firm tofu
- Pinch of salt
- 2 eggs
- Sesame seeds (optional)



## Method

1. Place the rice in a sauce pan with boiling water and a pinch of salt. Cook on a low heat, until all the water has been absorbed and the rice is cooked.
2. Slice half of the tofu block into another half and wrap with paper towel. Place a plate and a heavy object on top of the tofu and set aside for 15 minutes. This process will help tofu drain faster. After pressing the tofu, cut into medium rectangular strips and coat both sides with salt. In a hot grill pan, grill 5 minutes per side or until crispy and golden brown.
3. For the spinach, carrots and zucchini, simply heat up 2 tbsp of olive oil in a skillet, then sauté the vegetables (separately, one type at a time) with salt until tender. Spinach will take 5-7 minutes, carrots about 5 minutes, and zucchini 2-4 minutes.
4. Fry the eggs with a tbsp of olive oil and add a pinch of salt.
5. Place the rice in two bowls, top with veggies and tofu, and finish with a sunny side up egg.
6. Top with sesame seeds (optional), stir everything up and serve.

# MAPLE GARLIC GLAZED SALMON

*Adapted from Kate Scarlata, Serves 2*

## Ingredients

- 1/2 lb (450 g) salmon filet
- 2 tablespoons pure maple syrup
- 1 tablespoon garlic infused oil
- 1 tablespoon soy sauce
- Salt and pepper, to taste
- Dash of crushed red pepper or sesame seeds



## Method

1. Preheat oven to 400°F (205°C).
2. In small bowl mix maple syrup, soy sauce, garlic infused oil, salt, and pepper
3. Place salmon in small glass baking dish and coat with maple and garlic infused mixture.
4. Marinate in refrigerator for 25-30 minutes.
5. Sprinkle with crushed red pepper flakes or sesame seeds, as desired
6. Bake uncovered in oven for 20 minutes or until flaky and cooked through.

# SWEET POTATO FRITTERS

*Adapted from The MerryMaker Sisters, Serves 4*

## Ingredients

- 3 cups grated sweet potato (about 1 large sweet potato)
- 4 eggs whisked
- 2 tsp. paprika
- salt and pepper
- Butter for the pan



## Method

1. Squeeze out any excess juice from the grated sweet potato and place in to a bowl.
2. Add the eggs, paprika, salt and pepper and mix well.
3. In a fry pan on medium heat melt some butter.
4. Use a 1/4 cup to scoop out fritter batter, carefully form in to a fritter with your hands and place in to the fry pan.
5. Cook for 5 minutes, flip, press down with a spatula, then cook for a further 5 minutes.
6. Continue to do this with all the fritter batter, it will make about 10-12 fritters.

# ADDITIONAL SNACK IDEAS

Fast and nutritious snacks on the go or at work:

- 1 cup of carrot and cucumber sticks + cottage cheese
- 200g (7oz) plain Greek yoghurt + 1 small banana
- 1-2 handfuls of Brazil nuts, roasted cashews or almonds (30-50 grams)



# INGREDIENTS SHOPPING LIST

## Fruit & Vegetables

- Bananas
- Berries (fresh or frozen)
- Mango (fresh or frozen)
- Lemon or lemon/lime juice
- Apples
- Sweet potatoes
- Yellow (brown) onions
- Bags of baby spinach
- Pumpkin
- Garlic
- Celery
- Carrots
- Cucumber
- Courgettes (zucchinis)
- Bell peppers (capsicum)
- Chipotle peppers (or jalapeno)

## Dairy & Milk Alternatives

- Milk (full cream or skim)
- Greek yoghurt
- Feta cheese
- Cheddar cheese
- Cottage cheese
- Unsweetened almond milk

## Meat, Seafood, Eggs, Tofu

- Eggs
- Chicken breast
- Ground (minced) beef
- Salmon fillet
- Extra firm tofu

## Nuts & Seeds

- Bag of Brazil nuts
- Bag of roasted almonds
- Bag of unsalted cashews
- Sunflower seeds (optional)
- Sesame seeds (optional)

## Rice, Pasta & Grains

- Box of quinoa
- Box of chia seeds
- White or brown rice

## Fats and Oils

- Extra virgin olive oil
- Balsamic vinegar
- Butter (optional)

## Tinned/Bottled Foods

- Peanut butter (85%+ peanut is healthier)
- Black beans (or other legumes)
- Can coconut milk (regular or light)
- Bottle soy sauce
- Can of tuna
- Diced tomatoes
- Chicken or vegetable stock
- Maple syrup
- Honey (optional)
- Mayonnaise (optional)

## Condiments & Spices

- Cinnamon
- Vanilla extract
- Cumin
- Cocoa powder
- Greek seasoning (optional)
- Chilli powder (optional)
- Paprika (optional)



**EATING WELL ISN'T ABOUT  
PERFECTION.**

**SOME DAYS YOU'RE GOING TO  
EAT TOO MUCH.**

**SOME DAY'S YOU'RE GOING TO  
EAT TOO LITTLE.**

**AND SOME DAYS, YOU'RE GOING TO HAVE  
A PIECE OF CAKE SIMPLY BECAUSE THE  
OCCASION CALLS FOR IT**

**AND THAT'S OKAY.**

**THERE'S ROOM FOR EVERY  
TYPE OF FOOD IN A**

**BALANCED DIET.**

- Nourish RDs

**DIET vs DISEASE**



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## IF YOU LIKED THIS

FEEL FREE TO SHARE IT WITH YOUR FRIENDS



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### IF YOU GET STUCK OR HAVE QUESTIONS

You can get in touch with me at  
[Hello@DietvsDisease.org](mailto>Hello@DietvsDisease.org).

You can also learn more about me and my  
Dietitian qualifications [here](#).