

Thyroid Health - Breakfast Recipes

Created by Joe Leech | Diet vs Disease



Carrot Cake Chia Pudding

9 ingredients · 3 hours · 1 serving



Directions

- In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger
 and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then
 stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or
 overnight.
- 2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Ingredients

1/2 Carrot (medium, grated)

1/4 tsp Cinnamon

1/16 tsp Ground Cloves

1/8 tsp Ground Ginger

1/2 tsp Stevia Powder (to taste)

1 cup Unsweetened Almond Milk

1/4 cup Chia Seeds

2 tbsps Walnuts (chopped)

1 tbsp Unsweetened Coconut Flakes

| Nutrition | | Amount per serving | |
|-----------|-------|--------------------|-------|
| Calories | 413 | Potassium | 553mg |
| Fat | 31g | Calcium | 751mg |
| Saturated | 4g | Iron | 5mg |
| Carbs | 30g | Folate | 20μg |
| Fiber | 16g | Vitamin B12 | 0µg |
| Sugar | 2g | Magnesium | 185mg |
| Protein | 12g | Zinc | 1mg |
| Sodium | 184mg | Selenium | 1µg |



Slow Cooker Cinnamon Applesauce

4 ingredients · 4 hours · 1 serving



Directions

- Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 2. Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 3. Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Ingredients

1 1/2 Apple (large, cored and diced)

1/2 serving Cinnamon Stick

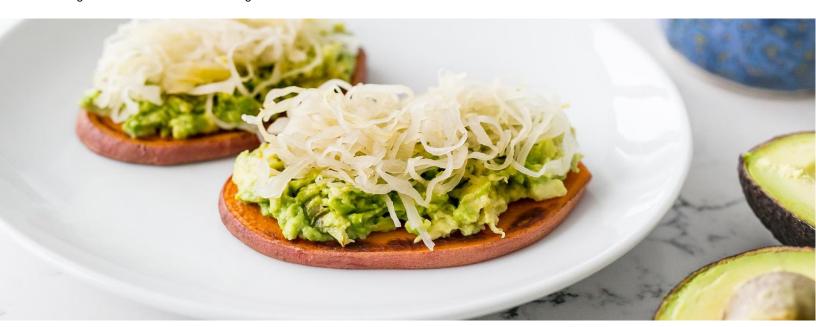
1/16 Lemon (juiced)

2 tbsps Water

| Nutrition | | Amount per serving | |
|-----------|-----|--------------------|-------|
| Calories | 143 | Potassium | 296mg |
| Fat | 0g | Calcium | 20mg |
| Saturated | 0g | Iron | 0mg |
| Carbs | 38g | Folate | 8μς |
| Fiber | 9g | Vitamin B12 | 0μg |
| Sugar | 28g | Magnesium | 14mg |
| Protein | 1g | Zinc | 0mg |
| Sodium | 4mg | Selenium | 0μο |

Sweet Potato Toast with Avocado & Sauerkraut

4 ingredients · 15 minutes · 1 serving



Directions

- Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

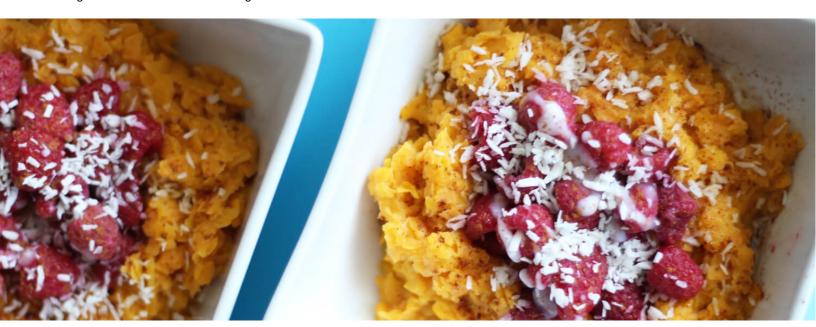
Ingredients

- **1** Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1/2 Avocado (peeled and mashed)
- 2 2/3 tbsps Sauerkraut
- 1/8 tsp Sea Salt

| Nutrition | | Amount per serving | |
|-----------|-------|--------------------|-------|
| Calories | 278 | Potassium | 966mg |
| Fat | 15g | Calcium | 58mg |
| Saturated | 2g | Iron | 2mg |
| Carbs | 36g | Folate | 101µg |
| Fiber | 11g | Vitamin B12 | 0μg |
| Sugar | 7g | Magnesium | 64mg |
| Protein | 4g | Zinc | 1mg |
| Sodium | 531mg | Selenium | 1µg |

Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 1 serving



Directions

- 1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water
- 3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- **4.** Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Ingredients

1/2 Sweet Potato

1/4 cup Organic Coconut Milk (canned)

1/4 cup Water

1/2 cup Raspberries

1 1/2 tsps Coconut Oil

1/4 tsp Cinnamon

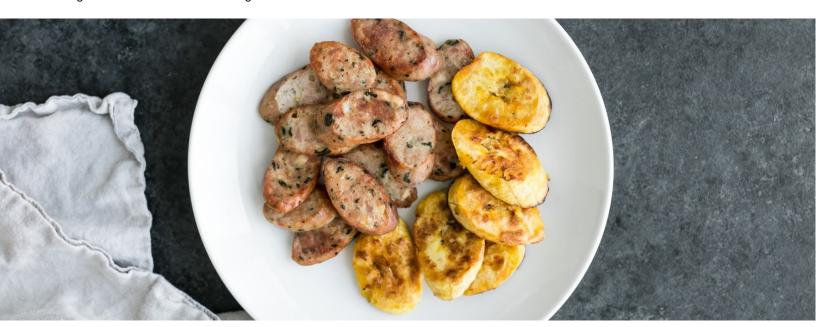
1 1/2 tsps Unsweetened Coconut Flakes

| Nutrition | | Amount per serving | |
|-----------|------|--------------------|-------|
| Calories | 273 | Potassium | 406mg |
| Fat | 19g | Calcium | 50mg |
| Saturated | 16g | Iron | 1mg |
| Carbs | 23g | Folate | 20μg |
| Fiber | 7g | Vitamin B12 | 0μg |
| Sugar | 6g | Magnesium | 31mg |
| Protein | 3g | Zinc | 0mg |
| Sodium | 54mg | Selenium | 1μg |



Sausage & Plantain

3 ingredients · 20 minutes · 1 serving



Directions

- 1. Heat the avocado oil in a large skillet over medium-high heat. Add the plantain and sausage, cooking for about 8 to 10 minutes or until golden brown and cooked through.
- 2. Divide onto plates and enjoy!

Ingredients

3/4 tsp Avocado Oil

1/2 Plantain (large, peeled, sliced)

113 grams Organic Chicken Sausage (sliced)

| Nutrition | | Amount per serving | |
|-----------|--------|--------------------|-------|
| Calories | 440 | Potassium | 936mg |
| Fat | 20g | Calcium | 117mg |
| Saturated | 6g | Iron | 6mg |
| Carbs | 52g | Folate | 36µg |
| Fiber | 2g | Vitamin B12 | 1.8µg |
| Sugar | 26g | Magnesium | 64mg |
| Protein | 17g | Zinc | 3mg |
| Sodium | 1178mg | Selenium | 25µg |



Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 1 serving



Directions

- 1. Add the coconut oil to a large skillet and place over medium heat.
- 2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 5 minutes).
- 3. Add the salsa to the skillet and stir well to mix.
- **4.** Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Ingredients

1/2 tsp Coconut Oil

151 grams Extra Lean Ground Turkey

2/3 Zucchini (large, finely diced)

1/3 cup Organic Salsa

I Egg

Sea Salt & Black Pepper (to taste)

| Nutrition | | Amount per serving | |
|-----------|-------|--------------------|-------|
| Calories | 366 | Potassium | 971mg |
| Fat | 20g | Calcium | 106mg |
| Saturated | 7g | Iron | 4mg |
| Carbs | 10g | Folate | 69µg |
| Fiber | 3g | Vitamin B12 | 2.3μg |
| Sugar | 7g | Magnesium | 74mg |
| Protein | 37g | Zinc | 5mg |
| Sodium | 802mg | Selenium | 45µg |

Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 1 serving



Directions

- Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado
 to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a
 small bowl.
- Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3. Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Ingredients

1 Avocado

113 grams Canned Wild Salmon

1/4 Lemon (juiced)

| Nutrition | | Amount per serving | |
|-----------|-------|--------------------|--------|
| Calories | 503 | Potassium | 1341mg |
| Fat | 36g | Calcium | 66mg |
| Saturated | 6g | Iron | 2mg |
| Carbs | 18g | Folate | 170µg |
| Fiber | 14g | Vitamin B12 | 6.3µg |
| Sugar | 2g | Magnesium | 85mg |
| Protein | 34g | Zinc | 2mg |
| Sodium | 451mg | Selenium | 40µg |



Pink Drink with Coconut Milk

5 ingredients · 10 minutes · 1 serving



Directions

1. In a glass or jar, stir together the steeped green tea, honey, sliced strawberries, and coconut milk. Mix well. Add ice cubes and enjoy!

Ingredients

1/3 cup Green Tea (acai flavoured, steeped, cooled and bag removed)

1 1/2 tsps Raw Honey

1/4 cup Strawberries (sliced)

3/4 cup Plain Coconut Milk (from the carton, not the can)

4 Ice Cubes

| Nutrition | | Amount per serving | |
|-----------|------|--------------------|-------|
| Calories | 102 | Potassium | 96mg |
| Fat | 4g | Calcium | 344mg |
| Saturated | 3g | Iron | 0mg |
| Carbs | 17g | Folate | 9µg |
| Fiber | 1g | Vitamin B12 | 2.3µg |
| Sugar | 15g | Magnesium | 6mg |
| Protein | 0g | Zinc | 0mg |
| Sodium | 28mg | Selenium | 0μg |



Kiwi Green Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Ingredients

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

| Nutrition | | Amount per serving | |
|-----------|------|--------------------|-------|
| Calories | 249 | Potassium | 843mg |
| Fat | 5g | Calcium | 268mg |
| Saturated | 0g | Iron | 3mg |
| Carbs | 31g | Folate | 110µg |
| Fiber | 8g | Vitamin B12 | 0.6µg |
| Sugar | 14g | Magnesium | 145mg |
| Protein | 23g | Zinc | 2mg |
| Sodium | 75mg | Selenium | 8µд |



Post Workout Green Smoothie

5 ingredients \cdot 5 minutes \cdot 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Ingredients

2 tbsps Protein Powder (vanilla)

1 cup Water (cold)

1/4 Avocado

1/2 Banana (frozen)

1 cup Baby Spinach

| Nutrition | | Amount per serving | |
|-----------|------|--------------------|-------|
| Calories | 183 | Potassium | 682mg |
| Fat | 8g | Calcium | 120mg |
| Saturated | 1g | Iron | 1mg |
| Carbs | 20g | Folate | 115µg |
| Fiber | 6g | Vitamin B12 | 0.3μg |
| Sugar | 8g | Magnesium | 83mg |
| Protein | 12g | Zinc | 1mg |
| Sodium | 52mg | Selenium | 4µg |