



## Thyroid Health - Breakfast Recipes

Created by Joe Leech | Diet vs Disease



# Carrot Cake Chia Pudding

9 ingredients • 3 hours • 1 serving



## Directions

1. 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

<b>Calories</b>	413	Potassium	553mg
<b>Fat</b>	31g	Calcium	751mg
Saturated	4g	Iron	5mg
<b>Carbs</b>	30g	Folate	20µg
Fiber	16g	Vitamin B12	0µg
Sugar	2g	Magnesium	185mg
<b>Protein</b>	12g	Zinc	1mg
Sodium	184mg	Selenium	1µg



# Slow Cooker Cinnamon Applesauce

4 ingredients · 4 hours · 1 serving



## Directions

1. 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

<b>Calories</b>	143	Potassium	296mg
<b>Fat</b>	0g	Calcium	20mg
Saturated	0g	Iron	0mg
<b>Carbs</b>	38g	Folate	8µg
Fiber	9g	Vitamin B12	0µg
Sugar	28g	Magnesium	14mg
<b>Protein</b>	1g	Zinc	0mg
Sodium	4mg	Selenium	0µg

# Sweet Potato Toast with Avocado & Sauerkraut

4 ingredients · 15 minutes · 1 serving



## Directions

1. 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.
2. 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

<b>Calories</b>	278	Potassium	966mg
<b>Fat</b>	15g	Calcium	58mg
Saturated	2g	Iron	2mg
<b>Carbs</b>	36g	Folate	101µg
Fiber	11g	Vitamin B12	0µg
Sugar	7g	Magnesium	64mg
<b>Protein</b>	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

<b>Calories</b>	273	Potassium	406mg
<b>Fat</b>	19g	Calcium	50mg
Saturated	16g	Iron	1mg
<b>Carbs</b>	23g	Folate	20µg
Fiber	7g	Vitamin B12	0µg
Sugar	6g	Magnesium	31mg
<b>Protein</b>	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

<b>Calories</b>	440	Potassium	936mg
<b>Fat</b>	20g	Calcium	117mg
Saturated	6g	Iron	6mg
<b>Carbs</b>	52g	Folate	36µg
Fiber	2g	Vitamin B12	1.8µg
Sugar	26g	Magnesium	64mg
<b>Protein</b>	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  
**1** Egg  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	366	Potassium	971mg
<b>Fat</b>	20g	Calcium	106mg
Saturated	7g	Iron	4mg
<b>Carbs</b>	10g	Folate	69µg
Fiber	3g	Vitamin B12	2.3µg
Sugar	7g	Magnesium	74mg
<b>Protein</b>	37g	Zinc	5mg
Sodium	802mg	Selenium	45µg

# Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 1 serving



## Directions

1. 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.
2. 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

<b>Calories</b>	503	Potassium	1341mg
<b>Fat</b>	36g	Calcium	66mg
Saturated	6g	Iron	2mg
<b>Carbs</b>	18g	Folate	170µg
Fiber	14g	Vitamin B12	6.3µg
Sugar	2g	Magnesium	85mg
<b>Protein</b>	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

<b>Calories</b>	102	Potassium	96mg
<b>Fat</b>	4g	Calcium	344mg
Saturated	3g	Iron	0mg
<b>Carbs</b>	17g	Folate	9µg
Fiber	1g	Vitamin B12	2.3µg
Sugar	15g	Magnesium	6mg
<b>Protein</b>	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

<b>Calories</b>	249	Potassium	843mg
<b>Fat</b>	5g	Calcium	268mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	31g	Folate	110µg
Fiber	8g	Vitamin B12	0.6µg
Sugar	14g	Magnesium	145mg
<b>Protein</b>	23g	Zinc	2mg
Sodium	75mg	Selenium	8µg

# Post Workout Green Smoothie

5 ingredients · 5 minutes · 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

<b>Calories</b>	183	Potassium	682mg
<b>Fat</b>	8g	Calcium	120mg
Saturated	1g	Iron	1mg
<b>Carbs</b>	20g	Folate	115µg
Fiber	6g	Vitamin B12	0.3µg
Sugar	8g	Magnesium	83mg
<b>Protein</b>	12g	Zinc	1mg
Sodium	52mg	Selenium	4µg