

## Thyroid Health - Dinner Recipes

Created by Joe Leech | Diet vs Disease



# Rosemary Lemon Chicken Skillet

8 ingredients · 50 minutes · 1 serving



## Directions

1. Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
2. Preheat oven to 425°F (218°C).
3. Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
4. Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
5. Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

## Notes

### Vegetarian

Use cauliflower steaks instead of chicken.

## Ingredients

- 4 ozs Chicken Breast (sliced in half)
- 1 1/2 tsps Rosemary (chopped)
- 1/2 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 3/4 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1/2 Sweet Potato (cubed)
- 1 cup Baby Spinach

## Nutrition

Amount per serving

Calories	333	Potassium	868mg
Fat	14g	Calcium	63mg
Saturated	3g	Iron	2mg
Carbs	17g	Folate	71µg
Fiber	3g	Vitamin B12	0.2µg
Sugar	3g	Magnesium	82mg
Protein	37g	Zinc	1mg
Sodium	709mg	Selenium	33µg



# Zucchini Alfredo with Turmeric Chicken

9 ingredients · 20 minutes · 1 serving



## Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

## Notes

### More Carbs

Use brown rice pasta instead of zucchini noodles.

### Vegan or Vegetarian

Use chickpeas or white beans instead of chicken.

## Ingredients

- 1 Zucchini
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 4 **ozs** Chicken Breast (sliced)
- 1/2 **tsp** Turmeric
- 1/2 **tsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (peeled and pit removed)
- 1/2 **cup** Organic Coconut Milk (canned, full-fat)
- 1/4 Lemon (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	644	Potassium	1667mg
<b>Fat</b>	47g	Calcium	56mg
Saturated	23g	Iron	3mg
<b>Carbs</b>	20g	Folate	132µg
Fiber	9g	Vitamin B12	0.2µg
Sugar	7g	Magnesium	106mg
<b>Protein</b>	41g	Zinc	2mg
Sodium	112mg	Selenium	33µg

# Chicken, Kale & Cauliflower Bowls

7 ingredients · 45 minutes · 1 serving



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
3. Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
4. While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
5. Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

## Notes

### Leftovers

Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

### More Carbs

Serve with roasted sweet potato.

### No Avocado Oil

Use coconut oil instead.

## Ingredients

**1/4 head** Cauliflower (chopped into florets)

**1 tbsp** Avocado Oil (divided)

**4 ozs** Chicken Breast (skinless, boneless)

**1/16 tsp** Sea Salt

**2 cups** Kale Leaves (thinly sliced)

**1/4** Lemon (juiced)

**1/2** Avocado (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	565	Potassium	1382mg
<b>Fat</b>	33g	Calcium	210mg
Saturated	5g	Iron	5mg
<b>Carbs</b>	29g	Folate	168µg
Fiber	14g	Vitamin B12	0.2µg
Sugar	4g	Magnesium	90mg
<b>Protein</b>	43g	Zinc	2mg
Sodium	367mg	Selenium	33µg



# Green Chicken Sliders

7 ingredients · 30 minutes · 1 serving



## Directions

1. Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
2. Preheat grill to medium heat.
3. Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
4. Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

## Notes

### Serving Size

One serving is equal to two sliders.

### More Carbs

Serve on a bun or on top of rice.

### Topping Ideas

Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

### Leftovers

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

## Ingredients

- 4 ozs Extra Lean Ground Chicken
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 1/2 cup Kale Leaves (very finely chopped)
- 1/2 cup Broccoli (very finely chopped)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 head Boston Lettuce

## Nutrition

Amount per serving

<b>Calories</b>	226	Potassium	744mg
<b>Fat</b>	13g	Calcium	73mg
Saturated	3g	Iron	2mg
<b>Carbs</b>	6g	Folate	31µg
Fiber	2g	Vitamin B12	0.6µg
Sugar	1g	Magnesium	34mg
<b>Protein</b>	22g	Zinc	2mg
Sodium	553mg	Selenium	13µg

# Roasted Chicken with Zucchini & Olives

6 ingredients · 1 hour 20 minutes · 1 serving



## Directions

1. Preheat oven to 375F<sup>°</sup> (191°C).
2. Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
3. Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
4. Remove from oven and let stand 15 minutes before serving. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge for 2 to 3 days.

### More Carbs

Serve with rice, quinoa, or roasted potatoes.

### Vegetarian/Vegan

Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

## Ingredients

**3 1/2 ozs** Chicken Leg, Boneless with Skin

**1/16 tsp** Sea Salt

**2/3** Zucchini (medium, sliced)

**1/3 cup** Green Olives (sliced)

**1/3** Lemon (juiced)

**1 tbsp** Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	413	Potassium	566mg
<b>Fat</b>	35g	Calcium	68mg
Saturated	7g	Iron	4mg
<b>Carbs</b>	8g	Folate	39µg
Fiber	2g	Vitamin B12	0.6µg
Sugar	4g	Magnesium	43mg
<b>Protein</b>	18g	Zinc	2mg
Sodium	622mg	Selenium	19µg



# Chicken, Asparagus & Mashed Cauliflower

5 ingredients · 20 minutes · 1 serving



## Directions

1. Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
2. While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
3. Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

## Notes

### Storage

Keeps well in the fridge for 3 to 4 days.

### More Carbs

Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.

## Ingredients

**3/4 cup** Asparagus (ends trimmed)

**2 1/4 tsps** Extra Virgin Olive Oil (divided)

**1/16 tsp** Sea Salt

**1/4 head** Cauliflower (chopped into florets)

**4 ozs** Whole Rotisserie Chicken (cooked, meat only, bones removed)

## Nutrition

Amount per serving

<b>Calories</b>	374	Potassium	643mg
<b>Fat</b>	25g	Calcium	110mg
Saturated	6g	Iron	4mg
<b>Carbs</b>	11g	Folate	136µg
Fiber	5g	Vitamin B12	0µg
Sugar	5g	Magnesium	36mg
<b>Protein</b>	29g	Zinc	1mg
Sodium	841mg	Selenium	3µg

# Sweet Potato Nachos

8 ingredients · 45 minutes · 1 serving



## Directions

1. Preheat oven to 375°F (191°C) and line 2 to 3 baking sheets with parchment paper.
2. Season your chicken breast with sea salt and black pepper to taste.
3. Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
4. In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
5. Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
6. While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
7. Assemble a layer of baked sweet potato chips and top with shredded chicken and guac. Enjoy!

## Notes

### Chip Lover

Make brown rice tortilla chips instead of sweet potato chips.

### Vegetarian or Vegan

Use 1 can of black beans instead of chicken and skip step 2.

### Likes it Spicy

Use extra cayenne pepper.

## Ingredients

- 1 Sweet Potato
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **ozs** Chicken Breast
- 1 Avocado (peeled and mashed)
- 1/4 Mango (peeled and diced)
- 2 **tbsps** Red Onion (finely diced)
- 1 Lime (juiced)
- 1/8 **tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	649	Potassium	1856mg
<b>Fat</b>	38g	Calcium	86mg
Saturated	6g	Iron	2mg
<b>Carbs</b>	61g	Folate	221µg
Fiber	19g	Vitamin B12	0.1µg
Sugar	20g	Magnesium	124mg
<b>Protein</b>	24g	Zinc	2mg
Sodium	413mg	Selenium	18µg



# Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 1 serving



## Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days.

### No Sausage

Use ground meat instead.

### Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

## Ingredients

- 2 1/2 ozs Organic Chicken Sausage
- 1/4 Yellow Onion (small, diced)
- 1/4 Garlic (clove, minced)
- 1 cup Broccoli (chopped into small florets)
- 1 cup Purple Cabbage (finely sliced)
- 1/2 tsp Italian Seasoning

## Nutrition

Amount per serving

<b>Calories</b>	224	Potassium	681mg
<b>Fat</b>	11g	Calcium	165mg
Saturated	4g	Iron	5mg
<b>Carbs</b>	21g	Folate	77µg
Fiber	5g	Vitamin B12	1.1µg
Sugar	9g	Magnesium	43mg
<b>Protein</b>	14g	Zinc	2mg
Sodium	788mg	Selenium	17µg

# Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 1 serving



## Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## Notes

### Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

### No Swiss Chard

Use kale or spinach instead.

## Ingredients

**2 1/2 ozs** Organic Chicken Sausage

**3/4 tsp** Coconut Oil

**1/4** Yellow Onion (diced)

**1/2** Apple (peeled, cored and diced)

**1/2** Garlic (cloves, minced)

**1 cup** Swiss Chard (washed, stems removed and chopped)

**1/2 cup** Sauerkraut (liquid drained off)

## Nutrition

Amount per serving

<b>Calories</b>	264	Potassium	534mg
<b>Fat</b>	14g	Calcium	128mg
Saturated	6g	Iron	5mg
<b>Carbs</b>	26g	Folate	29µg
Fiber	6g	Vitamin B12	1.1µg
Sugar	15g	Magnesium	53mg
<b>Protein</b>	12g	Zinc	2mg
Sodium	1282mg	Selenium	15µg



# Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 1 serving



## Directions

1. Preheat oven to 350°F (177°C).
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

## Notes

### Vegan and Vegetarian

Use cooked lentils instead of ground meat.

## Ingredients

- 1/4 head Cauliflower (chopped into florets)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1/4 Yellow Onion (diced)
- 1/2 Garlic (cloves, minced)
- 4 ozs Extra Lean Ground Turkey
- 3/4 cup Mushrooms (sliced)
- 1/2 Carrot (diced)
- 1/2 stalk Celery (diced)
- 3/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	307	Potassium	1004mg
<b>Fat</b>	17g	Calcium	88mg
Saturated	4g	Iron	3mg
<b>Carbs</b>	16g	Folate	114µg
Fiber	5g	Vitamin B12	1.4µg
Sugar	8g	Magnesium	56mg
<b>Protein</b>	26g	Zinc	4mg
Sodium	311mg	Selenium	28µg

# Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 1 serving



## Directions

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

## Notes

### Serve it With

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

### Leftovers

Keeps well in the fridge up to 3 days. Freeze for longer.

## Ingredients

- 4 ozs Extra Lean Ground Turkey
- 2 tbsps Parsley (chopped and divided)
- 1/4 tsp Onion Powder
- 1/8 tsp Sea Salt
- 3/4 cup Mushrooms (sliced)
- 1/4 White Onion (chopped)
- 2 tbsps Organic Coconut Milk (canned)
- 2 1/4 tsps Coconut Aminos (or tamari)

## Nutrition

Amount per serving

<b>Calories</b>	261	Potassium	542mg
<b>Fat</b>	15g	Calcium	45mg
Saturated	7g	Iron	2mg
<b>Carbs</b>	8g	Folate	34µg
Fiber	1g	Vitamin B12	1.4µg
Sugar	5g	Magnesium	36mg
<b>Protein</b>	24g	Zinc	3mg
Sodium	740mg	Selenium	27µg



# Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 1 serving



## Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

## Notes

### Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

### More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

### More Carbs

Serve with rice, quinoa or mini potatoes.

## Ingredients

- 4 ozs Pork Tenderloin
- 1/2 Apple (sliced and divided)
- 3/4 Carrot (medium, sliced into rounds)
- 1/4 Yellow Onion (diced)
- 2 1/4 tsps Raw Honey
- 3/4 tsp Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	246	Potassium	603mg
<b>Fat</b>	3g	Calcium	55mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	34g	Folate	12µg
Fiber	5g	Vitamin B12	0.5µg
Sugar	26g	Magnesium	36mg
<b>Protein</b>	23g	Zinc	2mg
Sodium	81mg	Selenium	32µg

# Creamy Spaghetti Squash Casserole

7 ingredients · 1 hour · 1 serving



## Directions

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for about 30 to 35 minutes, or until cooked through.
2. While the squash is cooking, cook the sausages over medium heat on a pan. Break them up with the back of a wooden spoon until crumbled and cooked through (about 6 to 8 minutes). Remove from heat and set aside.
3. Using the same pan, add the garlic and saute for one minute, then add the arrowroot flour. Lower the heat to medium-low and add the coconut milk. Whisk until the arrowroot powder is dissolved and mixed in. Let it simmer until it thickens.
4. Remove the squash from the oven and use a fork to scrape out the “noodles” and add them to a casserole dish. Top with the sausage, broccoli and sauce and season with sea salt and pepper. Bake for 15 to 20 minutes, or until the broccoli is cooked through.
5. Remove the casserole from the oven, and divide onto plates. Enjoy!

## Notes

### No Arrowroot Powder

Use cornstarch, tapioca powder or brown rice flour instead.

### Leftovers

Store in an airtight container in the fridge up to three days. Reheat in the oven for 10 to 15 minutes at 350.

### Likes it Spicy

Serve with red pepper flakes or hot sauce.

## Ingredients

- 1/4 Spaghetti Squash (medium)
- 3 ozs Pork Sausage (casings removed)
- 1/2 Garlic (cloves, minced)
- 3/4 tsp Arrowroot Powder
- 1/2 cup Organic Coconut Milk (from the can)
- 1 cup Broccoli (chopped into florets)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	532	Potassium	972mg
<b>Fat</b>	43g	Calcium	95mg
Saturated	24g	Iron	3mg
<b>Carbs</b>	24g	Folate	77µg
Fiber	4g	Vitamin B12	0.5µg
Sugar	3g	Magnesium	65mg
<b>Protein</b>	15g	Zinc	2mg
Sodium	833mg	Selenium	3µg



# Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 1 serving



## Directions

1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

## Notes

### Vegan & Vegetarians

Use vegetable broth and chickpeas instead of beef.

### Leftovers

Refrigerate in an airtight container up to 3 days.

## Ingredients

**4 ozs** Stewing Beef (chunks)

**1 1/2 cups** Butternut Squash (peeled and cubed)

**1 cup** Beef Broth

**1/16 tsp** Sea Salt (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	328	Potassium	1141mg
<b>Fat</b>	8g	Calcium	126mg
Saturated	3g	Iron	5mg
<b>Carbs</b>	25g	Folate	70µg
Fiber	4g	Vitamin B12	3.2µg
Sugar	5g	Magnesium	99mg
<b>Protein</b>	41g	Zinc	10mg
Sodium	723mg	Selenium	41µg

# Beef, Sweet Potato & Rapini Skillet

7 ingredients · 25 minutes · 1 serving



## Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

## Notes

### Vegan and Vegetarian

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

### No Rapini

Use kale or broccoli instead.

## Ingredients

- 4 ozs Extra Lean Ground Beef
- 1/4 Yellow Onion (sliced)
- 3/4 tsp Ginger (peeled and grated)
- 1/2 Garlic (cloves, minced)
- 1/2 Sweet Potato (medium sized, grated)
- 1/4 bunch Rapini (chopped)
- 1/8 tsp Sea Salt (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	297	Potassium	970mg
<b>Fat</b>	12g	Calcium	175mg
Saturated	5g	Iron	5mg
<b>Carbs</b>	20g	Folate	91µg
Fiber	6g	Vitamin B12	2.5µg
Sugar	6g	Magnesium	69mg
<b>Protein</b>	28g	Zinc	6mg
Sodium	469mg	Selenium	21µg



# Rosemary Lamb Chops with Sweet Potato Mash

7 ingredients · 35 minutes · 1 serving



## Directions

1. Generously season both sides of each lamb chop with sea salt. Let sit for 15 to 20 minutes to tenderize.
2. Bring a large pot of water to a boil.
3. After the chops have sat for 15 to 20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
4. Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
5. Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
6. Place spinach in the grill pan over medium heat and saute 1 to 2 minutes until wilted. Season with salt and pepper to taste.
7. Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

## Notes

### Leftovers

Store in an airtight container up to 3 days.

## Ingredients

**4 ozs** Lamb Shoulder Chop  
**1/2 tsp** Sea Salt (coarse)  
**1/2 tsp** Dried Rosemary  
**1/2** Sweet Potato (medium, peeled and chopped)  
**1 1/2 tsps** Extra Virgin Olive Oil  
**1 1/2 cups** Baby Spinach  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	418	Potassium	716mg
<b>Fat</b>	24g	Calcium	117mg
Saturated	7g	Iron	4mg
<b>Carbs</b>	15g	Folate	96µg
Fiber	3g	Vitamin B12	2.7µg
Sugar	3g	Magnesium	79mg
<b>Protein</b>	38g	Zinc	7mg
Sodium	1319mg	Selenium	14µg

# Salmon with Coconut Kale

4 ingredients · 20 minutes · 1 serving



## Directions

1. Preheat oven to 320°F (160°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
3. Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
4. Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

## Notes

### No Coconut Oil

Use butter, ghee or avocado oil instead.

### No Kale

Use collard greens, cabbage, broccolini or bok choy instead.

### More Carbs

Serve it with quinoa, brown rice, or potatoes.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

**4 ozs** Salmon Fillet

**1 1/2 tbsps** Coconut Oil (divided)

**1/4 tsp** Sea Salt

**4 cups** Kale Leaves (roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	483	Potassium	555mg
<b>Fat</b>	27g	Calcium	333mg
Saturated	18g	Iron	7mg
<b>Carbs</b>	24g	Folate	28µg
Fiber	8g	Vitamin B12	3.6µg
Sugar	0g	Magnesium	33mg
<b>Protein</b>	30g	Zinc	1mg
Sodium	859mg	Selenium	41µg



# Salmon Chowder

9 ingredients · 40 minutes · 1 serving



## Directions

1. In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
2. Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
3. Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
4. Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
5. To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

## Notes

### Vegan & Vegetarians

Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.

### Leftovers

Store covered in the fridge up to three days, or freeze it.

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/4 **bulb** Fennel (sliced)
- 1/2 **cup** Celery Root (peeled and cubed)
- 1/2 **cup** Rutabaga (peeled and cubed)
- 1/2 **cup** Organic Chicken Broth
- 3 **ozs** Salmon Fillet
- 1/4 **cup** Organic Coconut Milk
- 1/16 **tsp** Sea Salt (or more to taste)
- 1 **tbsp** Parsley (chopped, optional garnish)

## Nutrition

Amount per serving

<b>Calories</b>	374	Potassium	1240mg
<b>Fat</b>	23g	Calcium	115mg
Saturated	16g	Iron	3mg
<b>Carbs</b>	20g	Folate	63µg
Fiber	5g	Vitamin B12	2.7µg
Sugar	8g	Magnesium	67mg
<b>Protein</b>	21g	Zinc	1mg
Sodium	781mg	Selenium	33µg

# Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 1 serving



## Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## Notes

### Leftovers

Store covered in the fridge up to 2 days.

### Speed it Up

Cook the quinoa ahead of time.

### Vegan

Use tofu steaks instead of salmon fillets.

## Ingredients

**5 ozs** Salmon Fillet

Sea Salt & Black Pepper (to taste)

**2 cups** Broccoli (sliced into small florets)

**1 1/2 tsps** Extra Virgin Olive Oil

**1/4 cup** Quinoa (uncooked)

**1/3 cup** Water

**1/8** Lemon (sliced into wedges)

## Nutrition

Amount per serving

<b>Calories</b>	482	Potassium	1515mg
<b>Fat</b>	19g	Calcium	132mg
Saturated	3g	Iron	4mg
<b>Carbs</b>	40g	Folate	229µg
Fiber	8g	Vitamin B12	4.5µg
Sugar	3g	Magnesium	166mg
<b>Protein</b>	39g	Zinc	3mg
Sodium	126mg	Selenium	60µg



# Slow Cooker Cod & Sea Veggie Soup

9 ingredients · 6 hours · 1 serving



## Directions

1. Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
2. Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
3. Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
4. Divide between bowls and enjoy!

## Notes

### Leftovers

Store in an airtight container up to 3 days or freeze.

## Ingredients

- 2 1/4 **tsps** Coconut Oil
- 1/4 Yellow Onion (medium, diced)
- 1 **cup** Mushrooms (sliced)
- 3/4 Garlic (cloves, minced)
- 1 1/2 **tsps** Ginger (peeled and grated)
- 1/3 **oz** Dulse (torn apart into small pieces)
- 1/2 Sweet Potato (medium, diced)
- 1 Cod Fillet (about 3.5 oz. each, cubed)
- 2 **cups** Organic Vegetable Broth (or bone broth)

## Nutrition

Amount per serving

<b>Calories</b>	416	Potassium	2283mg
<b>Fat</b>	12g	Calcium	106mg
Saturated	9g	Iron	5mg
<b>Carbs</b>	28g	Folate	35µg
Fiber	5g	Vitamin B12	2.1µg
Sugar	9g	Magnesium	102mg
<b>Protein</b>	48g	Zinc	2mg
Sodium	1649mg	Selenium	84µg

# 15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 1 serving



## Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

## Notes

### More Carbs

Serve with brown rice or quinoa.

### Leftovers

Store in an airtight container in the fridge up to 2 days.

## Ingredients

- 1 tbsp** Coconut Oil (divided)
- 8 ozs** Shrimp (raw, peeled and deveined)
- 1 1/2** Garlic (cloves, minced)
- 1/2** Lemon (juiced)
- 1/4 tsp** Red Pepper Flakes
- 4 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Sesame Seeds

## Nutrition

Amount per serving

<b>Calories</b>	499	Potassium	1285mg
<b>Fat</b>	19g	Calcium	401mg
Saturated	12g	Iron	4mg
<b>Carbs</b>	27g	Folate	167µg
Fiber	10g	Vitamin B12	0µg
Sugar	12g	Magnesium	168mg
<b>Protein</b>	61g	Zinc	5mg
Sodium	318mg	Selenium	5µg



# Pineapple Coconut Shrimp

9 ingredients · 25 minutes · 1 serving



## Directions

1. In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
2. Preheat grill to medium heat.
3. Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
4. Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

## Notes

### No Pineapple

Use sliced lemon instead.

### Likes it Spicy

Add cayenne pepper to the shrimp spice.

## Ingredients

- 3/4** Garlic (cloves, minced)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 1/2 tsps** Red Wine Vinegar
- 1 1/2 tsps** Parsley (chopped)
- 1/8 tsp** Sea Salt
- 8 ozs** Shrimp (raw, peeled and de-veined)
- 1 cup** Pineapple (diced into chunks)
- 1 1/2 tsps** Unsweetened Coconut Flakes
- 3** Barbecue Skewers

## Nutrition

Amount per serving

<b>Calories</b>	388	Potassium	790mg
<b>Fat</b>	9g	Calcium	187mg
Saturated	3g	Iron	2mg
<b>Carbs</b>	24g	Folate	33µg
Fiber	3g	Vitamin B12	0µg
Sugar	16g	Magnesium	111mg
<b>Protein</b>	56g	Zinc	4mg
Sodium	552mg	Selenium	1µg

# Roasted Butternut Squash Soup with Kale Chips

9 ingredients • 1 hour 30 minutes • 1 serving



## Directions

1. Preheat oven to 420°F (216°C). Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
2. Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
4. Add in the vegetable broth, cooked squash and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Preheat your oven to 350°F (177°C) again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.
6. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
7. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

## Notes

### More Protein

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

### Storage

Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.

## Ingredients

- 1 cup Butternut Squash
- 1/4 tsp Cinnamon (plus extra for garnish)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1/2 Apple (peeled, cored and sliced)
- 1/4 Sweet Onion (diced)
- 3/4 tsp Ginger (grated)
- 1 cup Organic Vegetable Broth
- 1/2 tsp Sea Salt (divided)
- 1 cup Kale Leaves (cut into large pieces)

## Nutrition

Amount per serving

<b>Calories</b>	246	Potassium	740mg
<b>Fat</b>	7g	Calcium	183mg
Saturated	1g	Iron	3mg
<b>Carbs</b>	44g	Folate	60µg
Fiber	8g	Vitamin B12	0µg
Sugar	18g	Magnesium	63mg
<b>Protein</b>	5g	Zinc	0mg
Sodium	1903mg	Selenium	1µg



# Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 1 serving



## Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## Notes

### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### Anti-Inflammatory

Add turmeric powder.

### Make it a Meal

Stir in lentils, chickpeas or chicken.

### Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

## Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 1/2 **stalks** Green Onion (chopped)
- 1 1/4 **Carrot** (medium size, chopped)
- 1/4 **head** Cauliflower (chopped into florets)
- 1 1/2 **cups** Water
- 1/2 **tsp** Dried Thyme
- 1/8 **tsp** Sea Salt
- 2 **tbps** Parsley

## Nutrition

Amount per serving

<b>Calories</b>	137	Potassium	757mg
<b>Fat</b>	8g	Calcium	122mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	16g	Folate	118µg
Fiber	6g	Vitamin B12	0µg
Sugar	7g	Magnesium	46mg
<b>Protein</b>	4g	Zinc	1mg
Sodium	407mg	Selenium	1µg