

## Thyroid Health - Lunch Recipes

Created by Joe Leech | Diet vs Disease





# Chicken, Carrots & Broccolini

4 ingredients · 30 minutes · 1 serving



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
3. Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
4. Remove the chicken and shred into pieces using two forks.
5. Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

## Notes

### No Broccolini

Use regular broccoli or cauliflower instead.

## Ingredients

- 1/2 bunch Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 113 grams Chicken Breast (boneless, skinless)

## Nutrition

Amount per serving

<b>Calories</b>	310	Potassium	1387mg
<b>Fat</b>	12g	Calcium	283mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	13g	Folate	167µg
Fiber	8g	Vitamin B12	0.2µg
Sugar	4g	Magnesium	105mg
<b>Protein</b>	44g	Zinc	2mg
Sodium	223mg	Selenium	35µg

# 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)
- 113 grams 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



# Chicken, Asparagus & Sweet Potato

4 ingredients · 30 minutes · 1 serving



## Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
3. Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
4. While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
5. Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

## Notes

### No Asparagus

Use zucchini, green beans, broccoli or cauliflower instead.

### No Sweet Potato

Use carrots or regular potato instead.

### Vegan

Swap out the chicken for roasted chickpeas or marinated lentils.

### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

**3/4** Sweet Potato (medium, diced)

**1 1/8 tps** Extra Virgin Olive Oil (divided)

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

**142 grams** Chicken Breast (boneless, skinless)

## Nutrition

Amount per serving

<b>Calories</b>	363	Potassium	1085mg
<b>Fat</b>	10g	Calcium	60mg
Saturated	2g	Iron	3mg
<b>Carbs</b>	24g	Folate	63µg
Fiber	5g	Vitamin B12	0.3µg
Sugar	6g	Magnesium	87mg
<b>Protein</b>	47g	Zinc	2mg
Sodium	130mg	Selenium	43µg

# 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)

**113 grams** 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



# Turmeric Chicken, Squash & Asparagus

7 ingredients · 45 minutes · 1 serving



## Directions

1. Preheat oven to 425°F (218°C).
2. Slice the acorn squash in half, and place flesh-side down on a baking sheet. Bake in the oven for 30 minutes.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the ground chicken, breaking it up as it cooks. Once it is cooked through, add the turmeric and half of the sea salt. Turn off the heat, mix well and set aside.
4. Toss the asparagus with olive oil, and season with remaining sea salt.
5. Remove the acorn squash from the oven and push to the side of the baking sheet. Add the asparagus to the sheet, and bake for another 10 to 15 minutes, or until asparagus is tender and squash is cooked through. Remove from the oven.
6. Divide the squash, asparagus and chicken between plates or containers. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to three days.

### No Ground Chicken

Use ground turkey, beef, pork, lamb or bison instead.

### Vegan & Vegetarian

Use roasted chickpeas instead of ground chicken.

## Ingredients

- 1/4 Acorn Squash (large)
- 3/4 tsp Coconut Oil
- 113 grams Extra Lean Ground Chicken
- 1/2 tsp Turmeric
- 1/8 tsp Sea Salt (divided)
- 1 cup Asparagus (woody ends trimmed)
- 3/4 tsp Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	297	Potassium	1268mg
<b>Fat</b>	16g	Calcium	77mg
Saturated	6g	Iron	5mg
<b>Carbs</b>	17g	Folate	90µg
Fiber	5g	Vitamin B12	0.6µg
Sugar	3g	Magnesium	80mg
<b>Protein</b>	24g	Zinc	3mg
Sodium	370mg	Selenium	15µg

# Turmeric Turkey, Zucchini & Sweet Potato

8 ingredients · 35 minutes · 1 serving



## Directions

1. Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato rounds in half of the olive oil. Toss the zucchini sticks in the other half. Spread the sweet potato rounds across the baking sheet and bake for 15 minutes.
3. At the 15 minute mark, remove the sweet potato from the oven, flip, and move to one side of the sheet. Put the zucchini sticks on the other side of the baking sheet and bake for an additional 15 minutes, or until sweet potato is crispy and zucchini is tender.
4. Meanwhile, heat the coconut oil in a skillet over medium heat. Add the ground turkey, breaking it up as it cooks. Once it is cooked through, add the sea salt, turmeric and water and mix well. Turn off the heat.
5. Remove the sweet potato and zucchini from the oven. Season with any spices you'd like to taste. Divide between plates or containers along with the turmeric turkey. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge for 3 to 4 days. Reheat in a skillet or the microwave.

### No Ground Turkey

Use any type of ground meat instead.

### Vegan & Vegetarian

Use lentils instead of ground meat.

### No Zucchini

Use green beans instead.

## Ingredients

1/2 Sweet Potato (medium, sliced into rounds)

3/4 tsp Extra Virgin Olive Oil (divided)

1/2 Zucchini (medium, sliced into sticks)

1/3 tsp Coconut Oil

113 grams Extra Lean Ground Turkey

1/8 tsp Sea Salt

1/2 tsp Turmeric

1 tbsp Water

## Nutrition

Amount per serving

<b>Calories</b>	292	Potassium	747mg
<b>Fat</b>	15g	Calcium	63mg
Saturated	4g	Iron	3mg
<b>Carbs</b>	17g	Folate	39µg
Fiber	3g	Vitamin B12	1.4µg
Sugar	5g	Magnesium	61mg
<b>Protein</b>	24g	Zinc	3mg
Sodium	418mg	Selenium	22µg



# Turkey Cranberry Squash Bowls

8 ingredients · 40 minutes · 1 serving



## Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

## Notes

### Vegan & Vegetarian

Use lentils or chickpeas instead of ground meat.

### No Microgreens

Use any leafy green like baby spinach, kale, or arugula.

### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

- 1/2 Delicata Squash (small)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 113 **grams** Extra Lean Ground Turkey
- 3/4 **tsp** Poultry Seasoning
- 1/4 **tsp** Sea Salt
- 2 **tbsps** Frozen Cranberries (thawed, or use fresh)
- 1 **cup** Microgreens
- 1 1/2 **tsps** Balsamic Vinegar

## Nutrition

Amount per serving

<b>Calories</b>	363	Potassium	1017mg
<b>Fat</b>	17g	Calcium	129mg
Saturated	3g	Iron	4mg
<b>Carbs</b>	32g	Folate	46µg
Fiber	6g	Vitamin B12	1.4µg
Sugar	5g	Magnesium	97mg
<b>Protein</b>	25g	Zinc	3mg
Sodium	677mg	Selenium	23µg



# Ground Beef, Asparagus & Mashed Sweet Potatoes

5 ingredients · 30 minutes · 1 serving



## Directions

1. Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
2. In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
3. Add half the salt to the sweet potatoes and mash until creamy.
4. Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
5. Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

## Notes

### No Sweet Potatoes

Use regular potatoes, eddo, jicama or kohlrabi instead.

### No Avocado Oil

Use coconut oil, olive oil, ghee or butter instead.

### Storage

Refrigerate in an airtight container up to 3 days.

### Serving Size

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

### Vegan & Vegetarian

Omit the ground beef and use cooked lentils instead.

### Extra Creamy Potatoes

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

## Ingredients

- 3/4 Sweet Potato (medium, peeled and chopped)
- 1 cup Asparagus (woody ends trimmed, chopped in half)
- 1/8 tsp Sea Salt (divided)
- 3/4 tsp Avocado Oil
- 113 grams Extra Lean Ground Beef

## Nutrition

Amount per serving

<b>Calories</b>	342	Potassium	964mg
<b>Fat</b>	15g	Calcium	75mg
Saturated	5g	Iron	6mg
<b>Carbs</b>	25g	Folate	87µg
Fiber	6g	Vitamin B12	2.5µg
Sugar	7g	Magnesium	66mg
<b>Protein</b>	27g	Zinc	6mg
Sodium	427mg	Selenium	23µg

# Ground Beef & Zucchini Noodles

4 ingredients · 20 minutes · 1 serving



## Directions

1. In a large pan, heat the oil over medium heat. Cook the beef, breaking it up as it cooks. Once it is cooked through, drain off any excess liquid and season with salt to taste.
2. Divide the ground beef and zucchini noodles onto plates or into containers. Enjoy!

## Notes

### Zucchini Noodles

Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

### Vegetarian/Vegan

Use lentils instead of ground beef.

### Storage

Refrigerate in an airtight container up to 3 days for the ground beef, and up to 4 to 5 days for the zucchini.

### Serving Size

One serving is equal to approximately 1.5 to 2 cups of zucchini noodles and 1/2 cup of ground beef.

## Ingredients

1/3 tsp Avocado Oil

113 grams Extra Lean Ground Beef

1/16 tsp Sea Salt

3/4 Zucchini (medium, spiralized into noodles)

## Nutrition

Amount per serving

<b>Calories</b>	240	Potassium	748mg
<b>Fat</b>	14g	Calcium	37mg
Saturated	5g	Iron	3mg
<b>Carbs</b>	5g	Folate	42µg
Fiber	2g	Vitamin B12	2.5µg
Sugar	4g	Magnesium	49mg
<b>Protein</b>	24g	Zinc	6mg
Sodium	234mg	Selenium	19µg



# 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

- 113 grams** 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

# Tuna Nori Wraps

5 ingredients · 15 minutes · 1 serving



## Directions

1. Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
2. Roll or wrap the tuna-stuffed nori and enjoy immediately.

## Notes

### Serving Size

Each serving size will yield approximately 3 small rolls.

### Storage

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

## Ingredients

1/2 can Tuna (drained and flaked)

1/2 Carrot (smaller, julienned)

1/4 Cucumber (julienned)

1/4 Avocado (peeled and sliced)

3 Nori Sheets (snack size)

## Nutrition

Amount per serving

<b>Calories</b>	190	Potassium	599mg
<b>Fat</b>	8g	Calcium	72mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	13g	Folate	56µg
Fiber	8g	Vitamin B12	2.1µg
Sugar	3g	Magnesium	47mg
<b>Protein</b>	21g	Zinc	1mg
Sodium	239mg	Selenium	59µg



# Sardine & Avocado Salad

8 ingredients · 20 minutes · 1 serving



## Directions

1. Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
2. Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

## Notes

### No Sardines

Use tuna instead.

## Ingredients

- 50 grams** Sardines (packed in oil, drained)
- 1/4** Lemon (juiced and divided)
- 1 1/2 tsps** Parsley (finely chopped)
- 2 cups** Baby Spinach (packed)
- 2 tbsps** Radishes (thinly sliced)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/2** Avocado (sliced)
- 1/16 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	345	Potassium	1076mg
<b>Fat</b>	28g	Calcium	270mg
Saturated	4g	Iron	4mg
<b>Carbs</b>	12g	Folate	211µg
Fiber	8g	Vitamin B12	4.5µg
Sugar	2g	Magnesium	100mg
<b>Protein</b>	16g	Zinc	2mg
Sodium	363mg	Selenium	27µg

# Shrimp, Mango & Avocado Salad

6 ingredients · 15 minutes · 1 serving



## Directions

1. In a large bowl, combine all ingredients and toss gently to mix. Divide between bowls and enjoy!

## Notes

### Leftovers

If you're planning on keeping this for a few days, leave out the avocado to prevent browning. You can add it in before serving. The salad without avocado will last 2-3 days in the fridge.

## Ingredients

- 1/3 Cucumber (diced)
- 1/3 Mango (cubed)
- 1/3 Avocado (cubed)
- 113 grams Shrimp (cooked, tails removed)
- 1/3 Lime (juiced)
- 1/16 tsp Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	306	Potassium	971mg
<b>Fat</b>	11g	Calcium	118mg
Saturated	2g	Iron	1mg
<b>Carbs</b>	28g	Folate	111µg
Fiber	7g	Vitamin B12	0µg
Sugar	18g	Magnesium	89mg
<b>Protein</b>	30g	Zinc	3mg
Sodium	232mg	Selenium	1µg



# One Pan Lemon Shrimp & Asparagus

5 ingredients · 30 minutes · 1 serving



## Directions

1. Preheat oven to 400°F (204°C).
2. Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
3. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

## Notes

### More Carbs

Serve with pasta, rice, or quinoa.

### Leftovers

Keeps well in the fridge for 2-3 days.

## Ingredients

- 1 1/2 cups Asparagus (woody ends trimmed)
- 170 grams Shrimp (uncooked, shells on)
- 1 tbsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (or more, to taste)
- 1/2 Lemon (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	334	Potassium	872mg
<b>Fat</b>	14g	Calcium	169mg
Saturated	2g	Iron	5µg
<b>Carbs</b>	10g	Folate	110µg
Fiber	4g	Vitamin B12	0µg
Sugar	4g	Magnesium	96mg
<b>Protein</b>	45g	Zinc	4mg
Sodium	341mg	Selenium	5µg