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THYROID-HAPPY DIET

ANTI-INFLAMMATORY INSPIRED EASY MEAL PLAN WITH SHOPPING LIST & RECIPE IDEAS TO MAKE YOUR THYROID HAPPY.

by Elena Genik, PharmD, NBC-HWC



www.thyroidloveclub.com

www.soulscript.co

The fine print

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Hi, *and welcome!*



I'm Elena Genik, PharmD, NBC-HWC, a functional medicine pharmacist with over 15 years in pharmacy, a board-certified health and wellness coach, and the founder of Thyroid Love Club.

I've also lived through Graves', Thyroid Eye Disease, and PCOS myself, and I'm now in remission from Graves' and TED. So this isn't theory for me. It's how I actually eat, every single week.

Whether you have Graves', Hashimoto's, Thyroid Eye Disease, or you're still figuring out what's going on, food is one of the first things you can change today, without waiting for an appointment.

This guide gives you a simple, anti-inflammatory place to start: what to buy, what to make, what to know about your medications, and what to do if food alone isn't enough.

You don't have to do this perfectly. You just have to start. And I'm right here with you, cheering you on.

We got this!

xo, Elena

My Story: From Surviving to Thriving

The quick version

- I was diagnosed with Graves' disease in December 2022, and Thyroid Eye Disease a few months later.
- Functional medicine testing uncovered what was really going on in my gut: **H. pylori, Blastocystis hominis, candida, overgrowths of Enterococcus, Pseudomonas, and Streptococcus, dysbiosis, and leaky gut.**
- I addressed them with a targeted gut protocol alongside my conventional care, and achieved **remission from both Graves' and TED**.
- Now I help women find their root causes so they can do the same.

After my diagnosis, I was started on methimazole 5 mg once daily, and I felt relief within a week. I felt great for 4 to 5 months, aside from some heat sensitivity and fatigue with activity. Then in April 2023, my eyes started watering nonstop and later began bulging, the left more than the right, and I was diagnosed with *Thyroid Eye Disease* (also called Graves' ophthalmopathy). After 6 months of treatment, I felt like the methimazole had pushed me into a hypothyroid state, but my doctors dismissed me because my free T3 and free T4 were in the "normal range," even though they were on the low end.

It felt like once my labs were in the range *they* deemed acceptable, they stopped caring about how I truly felt. Nobody was asking *why* my immune system was so dysregulated in the first place. That's when I decided to become **my own health advocate**.

So I went looking for answers. I ran comprehensive functional medicine testing, including a functional stool test, and it changed everything. It found H. pylori, Blastocystis hominis, candida, overgrowths of Enterococcus, Pseudomonas, and Streptococcus, plus dysbiosis and leaky gut. None of it had ever been checked. I worked through a targeted gut-healing protocol alongside my conventional care, and supported my body with nutrition, the right supplements, stress care, and mindfulness. My antibodies came down, my eyes started returning to normal, and I took my last dose of methimazole on January 1, 2024. Today I'm in remission from both Graves' and TED.

That's why I do what I do. Holistic, to me, means a whole-body, root-cause approach, not "take this herb and wish on a shooting star." It means finding the combination of therapies that works for YOU, whether conventional, functional, herbal, or all of the above. I want to support you, the WHOLE you, in the ways I wish I had been supported, so you can be **truly seen, heard, and understood**, find what's driving your symptoms, and get your sparkle back.

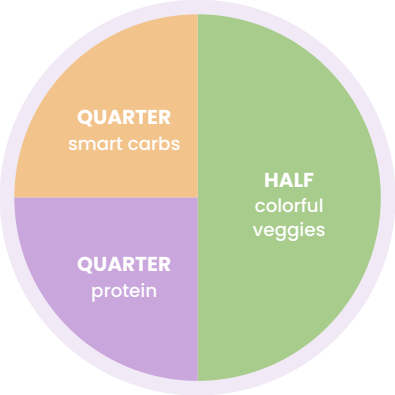
It is an honor to share this journey with you, and I thank you from the bottom of my heart for your trust.

My experience isn't a guarantee, and everybody's root causes are different, but it shows what's possible when you stop guessing and start testing.

The Thyroid-Happy Diet

The Thyroid-Happy Diet is a **gluten-free, dairy-free, whole-foods** way of eating designed to calm inflammation and support your gut. It's the foundation I recommend for most people with Graves', Hashimoto's, or TED, and it's how I eat every week.

Research suggests a strong connection between gut health and autoimmunity, and celiac disease and gluten sensitivity are more common in people with autoimmune thyroid disease. Removing common triggers like gluten and dairy, and adding foods that nourish your gut, may help reduce inflammation, ease symptoms, and support overall wellness.



The Thyroid-Happy Plate

Build most meals like this: **half** colorful vegetables, **a quarter** quality protein, **a quarter** smart carbs like sweet potato, quinoa, or fruit, plus a thumb of healthy fat.

Protein goal: aim for **at least half your body weight (in pounds) in grams of protein** every day. If you weigh 140 lb, that's at least 70 g. Spread it across your meals, starting with breakfast, to keep blood sugar and energy steady. (If you have kidney disease, ask your provider what's right for you.)

Fill your plate with

- **Quality protein:** pasture-raised chicken, grass-fed meat, wild-caught fish
- **Colorful vegetables:** leafy greens, cooked cruciferous veggies, carrots, squash, sweet potato
- **Low-sugar fruit:** berries, apples, pears, kiwi
- **Healthy fats:** avocado, olive oil, coconut, fatty fish
- **Fermented foods:** sauerkraut, pickles, coconut yogurt, kombucha
- **Bone broth** for gut-loving minerals and amino acids

Leave out or limit

- **Gluten:** wheat, barley, rye
- **Dairy:** milk, cheese, yogurt, butter
- **Ultra-processed foods** with additives, artificial colors, and flavors
- **Refined sugar** and sweetened drinks
- **Alcohol**
- **Extra iodine** like kelp, seaweed snacks, and iodine supplements, especially with Graves' (see Pharmacist Notes)

Tip: Choose organic when it's available and fits your budget. Start where you are. Swapping one meal a day is still progress.

Going Deeper: The Autoimmune Protocol (AIP)

If you've followed the Thyroid-Happy foundation consistently for about 3 months and still have symptoms, the Autoimmune Protocol (AIP) is a stricter, **short-term** elimination diet that can help you find your personal food triggers. It's an extension of the paleo diet that removes additional foods that commonly drive inflammation in some people.

What AIP removes during elimination

- **Gluten and all grains**, including rice, oats, quinoa, and corn
- **Dairy**
- **Legumes**: beans, chickpeas, lentils, peanuts, and soy
- **Nightshades**: tomatoes, white potatoes, eggplant, peppers, and spices like paprika and chili (sweet potatoes are fine)
- **Nuts and seeds**, including seed-based spices like cumin and mustard
- **Eggs**
- **Coffee, alcohol, refined sugar**, and processed foods with additives

What AIP focuses on

- **Quality protein:** grass-fed meat, wild-caught fish, and organ meats
- **Healthy fats:** avocado, coconut oil, olive oil, fatty fish
- **Vegetables:** leafy greens, cruciferous veggies, carrots, squash, sweet potato
- **Low-sugar fruits:** berries, apples, pears, kiwi
- **Fermented foods:** sauerkraut, coconut yogurt, kombucha
- **Bone broth**

Look for the AIP tag on the shopping list and the AIP swaps in the meal plan.

How long, and what comes next

Most people stay in the elimination phase for **30 to 90 days**, until symptoms clearly improve. AIP isn't meant to be forever. Staying very restricted for long periods can lead to nutrient gaps and stress around food.

Reintroduction: Bring back one food at a time in a small amount, then wait several days (usually 3 to 7) and watch for symptoms like bloating, joint pain, skin changes, fatigue, or brain fog. Keep the foods you tolerate. The goal is the most varied diet your body feels good on.

Work with a practitioner if

you're pregnant or breastfeeding, underweight, have a history of disordered eating, have other health conditions, or have known nutrient deficiencies. A functional health practitioner or registered dietitian can help make sure your nutritional needs are still being met.

Pharmacist Notes

Food and medications interact more than most people are told. Here's what I want every thyroid patient to know.

If you take thyroid medication

Levothyroxine and other T4/T3 medications: take with water on an empty stomach, 30 to 60 minutes before food or coffee (or at bedtime, at least 3 hours after your last meal). Keep calcium, iron, magnesium, antacids, fiber supplements, and soy at least 4 hours apart. Consistency matters more than perfection.

Methimazole or PTU: can be taken with or without food. Just be consistent with timing.

Biotin and your labs

Biotin, common in hair, skin, and nail supplements, can make thyroid labs look falsely high or low and even mimic Graves' on paper. Pause it for at least 2 to 3 days before a blood draw (longer for high doses), and check with your provider.

Iodine

Graves': skip kelp, seaweed snacks, iodine drops, and high-iodine supplements unless your provider says otherwise, and follow a low-iodine diet if you're preparing for radioactive iodine (RAI). **Hashimoto's:** too much iodine can also aggravate the thyroid, so avoid megadosing. Himalayan and sea salts contain very little iodine. If you're pregnant or breastfeeding, ask your provider about your iodine needs.

Selenium

Selenium supports thyroid health and has been studied in Hashimoto's and mild TED, but the safe range is narrow. Brazil nuts vary a lot in selenium, so 1 to 2 a day is plenty. Don't stack them with a selenium supplement unless your provider recommends it.

Cruciferous veggies

Broccoli, kale, and friends are safe in normal food amounts, especially cooked. You don't need to fear them. Just skip megadoses like several raw kale smoothies every day.

Bones and calcium

Hyperthyroidism can affect bone density. Going dairy-free? Get calcium from leafy greens, sardines with bones, and fortified plant milks, and ask your provider to check vitamin D.

Caffeine

With a racing heart, tremors, or anxiety, go easy on coffee, energy drinks, and even kombucha and matcha, which contain caffeine.

What If You Changed Your Diet... And Nothing Changed?

If you've been cleaning up your diet for 3 to 6 months, even up to 12 months, and you're still not feeling better, please know this: **it does not mean you're failing, and it does not mean your body is broken.**

Food matters, but diet is only one piece of the thyroid healing puzzle. **In my experience, for most women, changing what they eat helps a little but isn't enough on its own**, because deeper root causes are still keeping the body stuck in stress, inflammation, and imbalance.

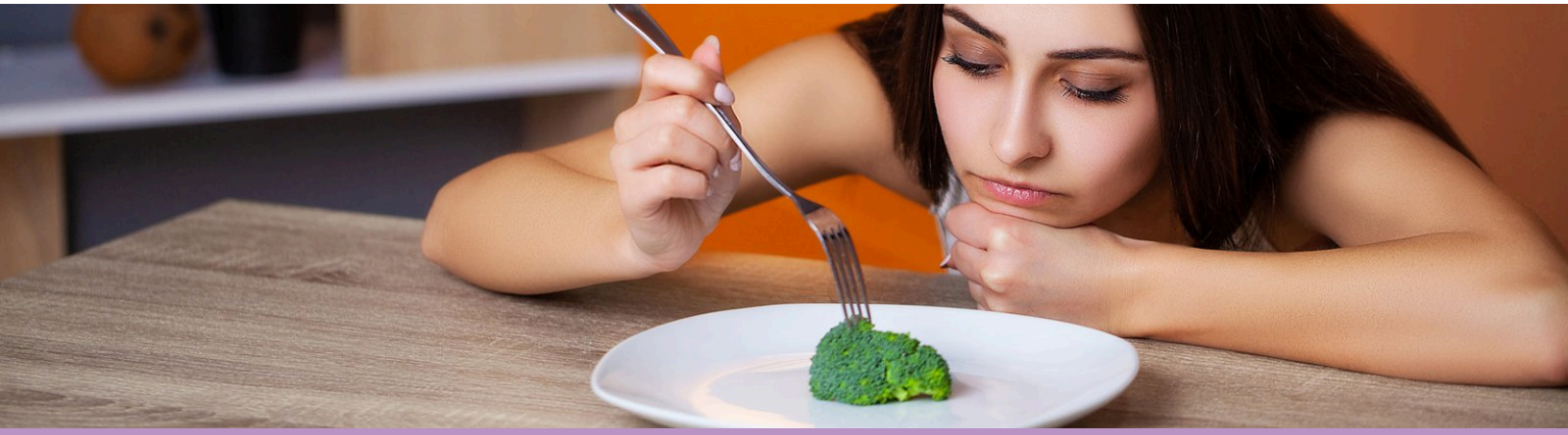
Why diet alone may not be enough

Even the "perfect" diet may not help much if you still have:

- **Nutrient deficiencies** like low iron/ferritin, vitamin D, B12, magnesium, zinc, or selenium
- **Blood sugar issues** like insulin resistance or blood sugar swings
- **Gut dysfunction** like poor digestion, low stomach acid, constipation, diarrhea, bloating, or poor absorption
- **Infections** like H. pylori, parasites, yeast overgrowth, or bacterial imbalances
- **Chronic stress** driving cortisol dysfunction and inflammation
- **Poor sleep** that keeps your body in survival mode
- **Underlying autoimmune triggers** like infections, mold, toxins, viruses, or ongoing immune stress
- **Thyroid medication issues** including the wrong dose, poor absorption, or poor conversion of T4 to T3
- **Hormone imbalances** that overlap with thyroid symptoms and make healing feel slower

This is your sign to look deeper at your gut

If diet changes aren't working, it usually means something in your gut is still driving your immune system. A comprehensive stool test (functional medicine testing) looks at your gut health and microbiome to uncover hidden infections, overgrowths, and leaky gut, so you can stop guessing and build a targeted plan for *your* root causes. **This is exactly what worked for me.** My stool test uncovered H. pylori, Blastocystis hominis, candida, bacterial overgrowths, and leaky gut, and addressing them is how I got into remission from TED.



If This Is You, Here's What to Do Next

If you've truly been consistent and still aren't seeing improvement, it may be time to stop guessing and start looking deeper.

1. Make sure you're not under-eating

A lot of women unintentionally cut too much food when they "eat healthy." Not eating enough protein, carbs, minerals, or overall calories can stress the body and make thyroid symptoms worse. This is especially true with active Graves', when your metabolism is running fast and your body needs more fuel, not less.

2. Look deeper at your gut with comprehensive stool testing

Diet supports healing, but it can't fix what it can't see. If symptoms are lingering, this is the step most people skip and the one that matters most. A comprehensive functional stool test looks at your gut health and microbiome to uncover hidden infections, dysbiosis, overgrowths, poor digestion, gluten sensitivity, leaky gut, and more, even if you don't have obvious gut symptoms. Then you can create a targeted plan instead of guessing. Tests I love to run with my clients include the Gut Zoomer, GI Advanced, and GI-MAP.

This is what changed everything for me. Finding and addressing what was going on in my gut is how I got into remission from TED.

3. Check the right labs

A basic TSH alone usually doesn't tell the full story. You may need a more complete look at thyroid function, including free T4, free T3, reverse T3, and thyroid antibodies, plus nutrients, blood sugar, inflammation, and iron status.

4. Zoom out and look at your whole body

Your thyroid doesn't work in isolation. Your gut, stress response, nervous system, blood sugar, hormones, sleep, and immune system all affect how you feel.

The truth most people aren't told

You can eat gluten-free, dairy-free, and sugar-free and still feel awful if the real root cause hasn't been identified. That doesn't mean the diet was pointless. It means your body needs a closer look, starting with your gut, and a plan built around your root causes. If your diet changes helped a little, that's still progress. And if you're doing "all the right things" and still not getting answers, you are not crazy, lazy, or doing it wrong. You may simply need to go deeper. Healing isn't just about removing foods. It's about understanding what your body has been trying to tell you all along.

How to Order Your Own Labs

People reach out to me literally every day because their doctor won't order the labs they need or investigate their root causes. Here are three ways to get them, from fully guided to do-it-yourself.

Option 1: Get guided testing with my team

Through the **Functional Medicine Thyroid Care Program**, we can order standard bloodwork through Labcorp, which may be covered in full or in part by insurance depending on medical necessity, plus specialized functional medicine labs like comprehensive stool testing. We help you choose the right markers for your symptoms, stage of healing, and goals, then walk through your results with you, so you're not guessing or over-ordering. The goal is strategic testing, not more testing. **We accept FSA and HSA cards.**
Learn about the program: thyroidloveclub.com/program
Not sure which labs you need? Apply to work with me at apply.thyroidloveclub.com or email hello@thyroidloveclub.com to request labs.

Option 2: Order standard labs yourself (in-person draw)

In most states, you can order thyroid and foundational labs through Ulta Lab Tests using our partner link:
Order labs here: ultalabtests.com/partners/pharmtotable

You pay out of pocket and visit a local draw center, with results in your online portal within a few days. You can order thyroid panels, antibodies, micronutrients, metabolic markers, and more, without a physician placing the order. Helpful if your provider declined testing, you want to track trends between appointments, or you're between providers.

Option 3: Order an at-home thyroid test kit

If you'd rather not visit a lab, you can order a thyroid panel through Raena using our partner link:
Order at-home thyroid labs: raena.com/thyroidloveclub

You collect your sample at home and mail it in. Ideal if you have limited time, experience lab anxiety, prefer privacy, or are far from a draw center. With options 2 and 3, remember that interpretation matters just as much as testing. If you want help reading your results, that's what option 1 is for.

> **Before any thyroid blood draw:** pause biotin for at least 2 to 3 days, and try to test at a similar time of day each time so your results are easier to compare. If you take levothyroxine, ask your provider whether to take your dose before or after the draw.

Shopping List

Thyroid-Happy Diet

Everything you need for the 7-day meal plan. Foods tagged AIP also fit the Autoimmune Protocol. Choose organic when available.

Proteins

- [ ] Chicken breast or thighs AIP
- [ ] Ground turkey AIP
- [ ] Wild-caught salmon, cod, or sardines AIP
- [ ] Shrimp AIP
- [ ] Smoked salmon or smoked turkey (no additives) AIP
- [ ] Collagen powder AIP
- [ ] Dairy-free protein powder
- [ ] Organic tofu or tempeh (optional)
- [ ] Pasture-raised eggs (if tolerated)

Vegetables

- [ ] Spinach, kale, or mixed greens AIP
- [ ] Broccoli and broccoli sprouts AIP
- [ ] Arugula, cabbage, radish AIP
- [ ] Cucumber, celery, zucchini AIP
- [ ] Carrots AIP
- [ ] Sweet potatoes AIP
- [ ] Cauliflower rice AIP
- [ ] Onion and garlic AIP
- [ ] Bell peppers and tomatoes (if tolerated)

Fruits

- [ ] Berries, fresh or frozen AIP
- [ ] Lemons and limes AIP
- [ ] Apples or pears AIP
- [ ] Kiwi and bananas AIP
- [ ] Avocados AIP

Grains and Legumes

- [ ] Quinoa or brown rice
- [ ] Gluten-free oats
- [ ] Gluten-free bread, crackers, granola
- [ ] Gluten-free or cassava tortillas
- [ ] Lentils or chickpeas

Nuts and Seeds

- [ ] Brazil nuts (1 to 2 a day)
- [ ] Almonds, walnuts, or cashews
- [ ] Chia and ground flaxseed
- [ ] Sunflower seed or almond butter

Healthy Fats

- [ ] Extra virgin olive oil AIP
- [ ] Coconut oil or avocado oil AIP
- [ ] MCT oil

Herbs and Spices

- [ ] Turmeric, ginger, cinnamon AIP
- [ ] Cilantro, parsley, basil, dill, rosemary AIP
- [ ] Mustard

Pantry and Fridge

- [ ] Unsweetened coconut milk AIP
- [ ] Unsweetened coconut yogurt or kefir
- [ ] Bone broth AIP
- [ ] Apple cider and balsamic vinegar AIP
- [ ] Coconut aminos AIP
- [ ] Shredded coconut AIP
- [ ] Sauerkraut, pickles, kombucha AIP
- [ ] Black olives AIP
- [ ] Himalayan pink salt AIP
- [ ] Other: _____

What's Actually in My Cart

Thyroid-Happy Diet

People always ask what I really buy, so here it is. This is my personal weekly list, not a rulebook.

Proteins

- Chicken breast or thighs
- Wild-caught salmon, cod, or grouper
- Smoked turkey
- Dairy-free protein powder (I like Earth Chimp and Orgain)

Vegetables

- Baby spinach or mixed greens
- Broccoli sprouts
- Broccoli, arugula, radish
- Cucumber, carrots, zucchini
- Sweet potato
- Onion and garlic

Fruits

- Blueberries, strawberries, raspberries
- Lemon and lime
- Apples or pears
- Kiwi

Grains

- Quinoa
- Gluten-free oats and granola
- Gluten-free bread

Nuts and Seeds

- Brazil nuts (my selenium source!)
- Cashews and walnuts
- Chia and flax seeds
- Sunflower seed butter, sometimes almond butter

Healthy Fats

- Avocado
- Extra virgin olive oil
- MCT oil

Herbs and Spices

- Turmeric, ginger, garlic
- Cilantro, basil, dill
- Mustard

Everything Else

- Black olives
- Unsweetened coconut yogurt and coconut milk
- Apple cider vinegar
- Bone broth
- Sauerkraut, pickles, kombucha
- Himalayan pink salt

I choose organic whenever it's available.

7-Day Meal Plan

Thyroid-Happy Diet

Every breakfast includes protein to keep blood sugar steady. Each day has an AIP swap if you're in an elimination phase.

Day 1

Breakfast: Quinoa porridge with berries, coconut milk, and a scoop of protein powder or collagen

Lunch: Grilled chicken salad with mixed greens, cucumber, avocado, and lemon-turmeric dressing

Dinner: Baked salmon with steamed broccoli and quinoa

AIP swap: Breakfast hash of sweet potato, ground turkey, and spinach. Serve dinner over mashed sweet potato.

Day 2

Breakfast: Gut-Healing Smoothie (page 16)

Lunch: Chicken and veggie soup with bone broth, carrots, celery, zucchini, and broccoli

Dinner: Chicken or tofu stir-fry with mixed vegetables over brown rice or quinoa

AIP swap: Smoothie with coconut milk, collagen, berries, and coconut flakes. Chicken stir-fry with coconut aminos over cauliflower rice.

Day 3

Breakfast: Gluten-free oatmeal cooked with a scoop of vanilla protein powder, topped with sliced apple, walnuts, and cinnamon

Lunch: Quinoa salad with shredded chicken or chickpeas, cucumber, avocado, and lemon vinaigrette (bell peppers if tolerated)

Dinner: Baked chicken with roasted zucchini and sweet potato

AIP swap: Leftover chicken with sautéed apples and cinnamon for breakfast. Lunch salad over greens instead of quinoa.

Day 4

Breakfast: Unsweetened coconut yogurt with protein powder stirred in, berries, and ground flaxseed

Lunch: Zucchini boats stuffed with ground turkey, quinoa, garlic, and herbs (tomatoes if tolerated)

Dinner: Cod tacos in gluten-free tortillas with cabbage slaw and avocado

AIP swap: Coconut yogurt with collagen and berries. Skip the quinoa in the zucchini boats. Tacos in lettuce wraps or cassava tortillas.

7-Day Meal Plan

Thyroid-Happy Diet

Day 5

Breakfast: Chia pudding made with coconut milk and protein powder, topped with berries and almonds

Lunch: Chicken and vegetable stir-fry with ginger and garlic over brown rice

Dinner: Veggie curry with coconut milk and chickpeas or chicken, over brown rice or quinoa

AIP swap: Sweet potato and turkey hash for breakfast. Curry with chicken, turmeric, ginger, and garlic (no chili or cumin) over cauliflower rice.

Day 6

Breakfast: Smoothie bowl with protein powder, mixed berries, shredded coconut, and gluten-free granola

Lunch: Spinach salad with grilled chicken, strawberries, almonds, and balsamic vinaigrette

Dinner: My Go-To Crock Pot (page 15) over quinoa

AIP swap: Smoothie bowl with collagen, topped with coconut instead of granola. Skip the almonds. Crock pot over mashed sweet potato.

Day 7

Breakfast: Avocado toast on gluten-free bread with smoked salmon (or eggs, if tolerated) and a sprinkle of Himalayan salt

Lunch: Lentil and vegetable soup with gluten-free crackers

Dinner: Grilled shrimp skewers with mixed vegetables and brown rice

AIP swap: Smoked salmon on cucumber rounds with avocado. Chicken and veggie soup instead of lentil. Shrimp over cauliflower rice.

Tips to make this easy

- **Batch-cook once or twice a week.** Make a big pot of quinoa, roast a sheet pan of veggies, and start the crock pot early in the week for easy leftovers.
- **Mix and match.** Repeat your favorite days. The plan is a template, not a test.
- **Hit your protein goal:** at least half your body weight (in pounds) in grams each day, about 20 to 30 g or more per meal.
- **Eat within about an hour of waking** (after your thyroid medication window, if you take levothyroxine).
- **Hydrate and add minerals.** Water with a squeeze of lemon and a pinch of salt is an easy start.
- **Listen to your body.** If a food doesn't feel good, note it and swap it.

My Go-To Anti-Inflammatory Crock Pot

Thyroid-Happy Diet

Ingredients (all organic!)

- 1 to 2 tablespoons crushed ginger
- 10 to 20 garlic cloves
- 1 to 2 packages chicken thighs or breasts
- 1 to 2 large red or purple sweet potatoes
- Half an onion, chopped
- Half to 1 full bag baby carrots
- Half to 1 full bag broccoli
- Half to 1 full bag green beans
- 1 container bone broth
- Fresh cilantro sprigs
- A few cups cooked quinoa, for serving

Directions

1. Place the chicken at the bottom of the crock pot. Season with sea salt, pepper, and whatever herbs you like.
2. Coat with crushed ginger, fresh garlic cloves, and chopped onion. I like to let this marinate the chicken, so I do this step before adding the colorful veggies.
3. Add the veggies in any order. I cut up the sweet potatoes and green beans, then add everything else whole. Pour in the bone broth.
4. Cook on low for 4 to 5 hours, stirring occasionally, until the chicken is cooked through.
5. Serve over quinoa, top with fresh cilantro or herbs, and enjoy!

I make this every week, no lie. I like to make it early in the week so I have lots of leftovers, and it tastes even better in the days that follow as everything soaks up the veggie goodness. I start it around noon or 1 pm so it's ready for a nice early dinner. Sometimes I add a turmeric dressing or fresh rosemary for extra flavor. Let me know what you think!

Make it AIP: skip the black pepper and serve over mashed sweet potato or cauliflower rice instead of quinoa.



Gut-Healing Smoothie

Thyroid-Happy Diet

Ingredients (all organic!)

1 to 2 cups water or plant-based milk (I love coconut)	**healthy fats, nutrients**
1 cup plant-based kefir or coconut water	**probiotic, hydration**
1 scoop L-glutamine powder (I use GlutaShield or GI Revive)	**gut lining support**
1 scoop immunoglobulin or colostrum powder (I use MegaIgG2000 or MegaMucosa)*	**gut lining support**
1 to 2 scoops vanilla or chocolate dairy-free protein powder (I use Orgain)	**protein needs**
1 scoop collagen powder (optional)	**hair, skin, nails, joints**
2 tablespoons ground flaxseed	**omega-3, fiber**
1 to 2 tablespoons nut or seed butter (I use sunflower seed)	**healthy fats, minerals**
1 to 2 cups frozen mixed berries	**phytonutrients**
1 to 2 Brazil nuts (optional)**	**selenium**
1 to 2 teaspoons chia seeds	**omega-3, fiber**
1 to 2 teaspoons coconut flakes	**fiber, flavor**
Make it a detox: 1 teaspoon spirulina, chlorella, or activated charcoal***	**heavy metal detox**

Directions

1. Pour the milk and kefir in first.
2. Add the powders and mix with a spoon.
3. Add the nut or seed butter.
4. Add the frozen berries and Brazil nuts, if using.
5. Blend in a blender or bullet.
6. Top with chia seeds and coconut flakes. Enjoy!

*MegaIgG2000 is a dairy-free, serum-derived immunoglobulin. Traditional colostrum comes from milk, so skip it if you react to dairy.

**Brazil nuts vary a lot in selenium. Don't combine with a selenium supplement unless your provider recommends it.

***Activated charcoal also binds medications and nutrients, so take it at least 2 hours apart from thyroid meds and supplements. Spirulina and chlorella may contain iodine, so with Graves' or TED, check with your provider first.

I make this every morning, and it's the highlight of my day. I try to have it within an hour of waking, because breaking my fast with protein tells my body and adrenals that I'm safe and helps everything run more smoothly, with fewer energy dips. The protein and healthy fats are really important for keeping blood sugar balanced. **If you take levothyroxine,** have your smoothie at least 30 to 60 minutes after your dose, since fiber, flax, and chia can affect absorption.

I prepare it mindfully, then clean my tools right away so I don't have to think about it later. I sip slowly, chew the seeds and coconut flakes, and use this time to think about what I'm grateful for. Rinse and repeat!

FIND YOUR PEOPLE

Join the Thyroid Love Club

free monthly support group

Living with Graves', Hashimoto's, or TED can feel isolating, especially when the people around you don't get it. Every month, we come together to share what's working, ask questions, learn from each other, and remember that we're not alone.

No pressure, no cost, just real support from people who understand, led by a pharmacist who's living it too.

SAVE YOUR SEAT

Follow along for daily tips: **@thyroidloveclub** on Instagram and TikTok



NEED MORE INSIGHT AND SUPPORT?

The Thyroid Clarity Kit

The strong, vibrant woman you remember being? She's still in there. She's just buried under the racing heart, the 3 am wake-ups, the exhaustion, the hair in the drain, and the eyes you don't recognize. And under every appointment that ended with "your labs look fine" and no real answers.

Your body is capable of so much more than you've been told. When you uncover what's driving your immune system, you can start getting back to her.

The Thyroid Clarity Kit finally makes Graves' and TED make sense. In **The Graves' + TED Functional Master Guide**, you'll learn the root causes that can keep your immune system dysregulated, the functional medicine tests that uncover them, how every treatment option works, and the nutrition, gut, supplement, and lifestyle strategies to support your body and your eyes.

Also inside: The Gut Love Guide, From Ferritin to Feral (my low iron guide), The Complete Thyroid Lab Interpretation Guide + Tracker, Top Supplements for Graves' + TED, The Hair Love Handbook, and 3 bonus guides.

Everything I wish I'd had, in one place, so you can stop guessing and start feeling like yourself again.

INSTANT DOWNLOAD



NEED PERSONALIZED RECOMMENDATIONS AND SUPPORT?

The Functional Medicine Thyroid Care Program

Your labs look "fine," but you know your body. The exhaustion coffee can't touch, the brain fog, the anxiety humming under everything, the hair in the drain, the weight that won't budge. You're not imagining it. You're just missing the right team.

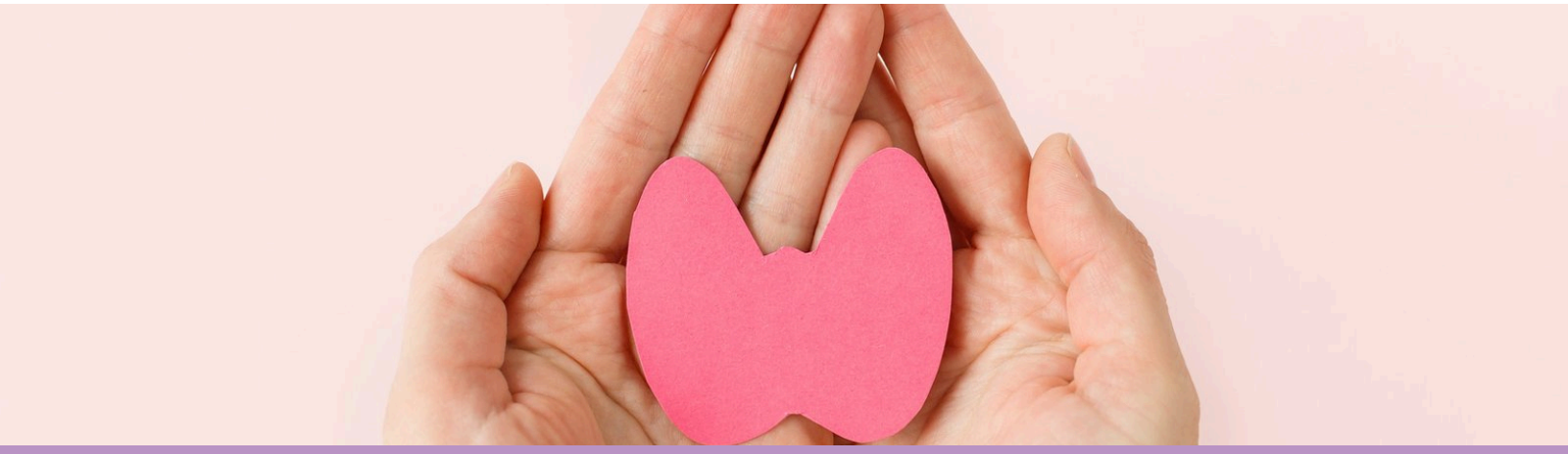
If you're tired of hearing "everything looks normal" when you feel anything but, the Functional Medicine Thyroid Care Program is your next step. This exclusive, state-specific program brings together a functional medicine pharmacist, a thyroid health coach (hi, it's me!) who has personally navigated Graves' and Thyroid Eye Disease, and an optional integrative physician to create a truly collaborative care plan designed around you. Together, we look at your labs through the lens of optimal ranges, uncover what's really keeping you stuck, from hidden gut imbalances and nutrient deficiencies to chronic stress and inflammation, and build a personalized protocol to guide you toward remission.

Most people never get access to this level of personalized, root-cause care. If you're ready to stop guessing and start healing with a team that actually listens, this is your moment. That woman isn't gone, and you are more capable of healing than anyone has told you.

Spots are limited and state-specific. You've waited long enough to feel like you again.

JOIN YOUR CARE TEAM

We accept FSA and HSA cards.



Thyroid Love Club

Questions?

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SUPPLEMENT STORE

MONTHLY SUPPORT GROUP

WORK WITH ME



For educational purposes only. This guide is not intended to diagnose or treat medical conditions. Always consult your healthcare provider before making changes to your medications, supplements, or treatment plan. Affiliate links may be included at no cost to you.