LIVING AND THRIVING

with a slow thyroid

by Roberta Escobar

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I know why you're here.

Your body hurts all the time. You are alway tired no matter how much you sleep. You are always forgetful and even lose the words in the middle of a sentence. If you are a woman then you have irregular periods, possible miscarriages or infertility and PCOS. If you are a male then you having experienced more than the usual bout of problems conceiving and being physically intimate.

You're overweight no matter what you do.
And you keep gaining even though you are actually trying.

I know you are trying and I know you are tired of going in circles and often give up.

Know how I know?

I am you.

I am a person living with thyroid disease and I have come to offer you the wisdom I have gleaned over the past 5 years since having a golf ball sized tumor and my left thyroid lobe removed.

I am here to help you not only live but THRIVE with a thyroid disease. This e-book will change your life for the better!

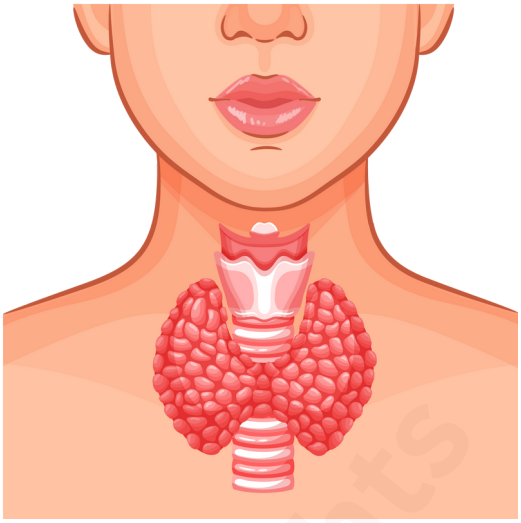
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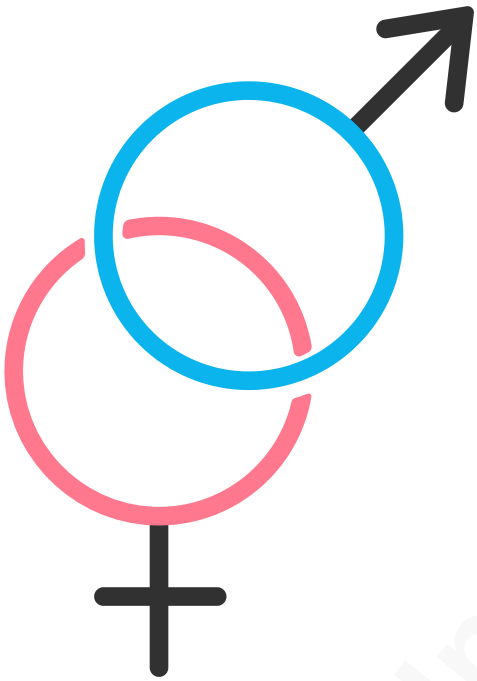
HOW DOES THE THYROID EVEN WORK?

Everything you need to know

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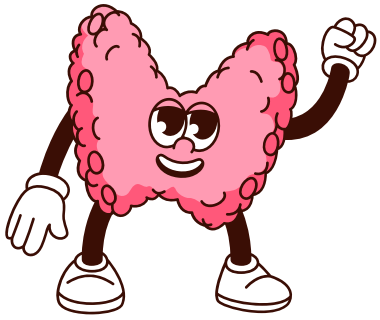
The thyroid is a gland located in the neck that produces hormones that regulate metabolism. These hormones affect many bodily functions, including heart rate, body temperature, and energy levels. The thyroid gland also helps to maintain healthy bones and muscles, as well as the growth and development of children.





The thyroid gland also plays a crucial role in sexual reproduction because it produces hormones that regulate the body's metabolism. These hormones help to control the menstrual cycle in women and regulate testosterone levels in men. Without proper thyroid function, there can be disruptions in ovulation, menstrual cycles, and sperm production, which can lead to infertility. Additionally, thyroid hormones help to maintain a healthy libido and sexual function. Thus, having a healthy thyroid is essential for overall reproductive health in both men and women.

If your thyroid is sluggish, it means that it is not producing enough thyroid hormones. This is a condition called **hypothyroidism**, which can cause a range of symptoms such as fatigue, weight gain, cold intolerance, constipation, and dry skin. It can also lead to more serious health problems if left untreated, such as high cholesterol, heart disease, and depression. Treatment for hypothyroidism typically involves taking a daily dose of synthetic thyroid hormone medication to replace the hormones that your thyroid is not producing enough of, BUT that is not the catch all solution. If you truly want to improve your thyroid function you are going to need to incorporate the **Powerhouse Nutrients** and the PowerUp Moves we list in this book.



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WHAT ARE THE POWERHOUSE NUTRIENTS?

The little things that make your thyroid function

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There are certain nutrients that your body requires for a thyroid to function at optimal rates. Generally a person with hypothyroidism lacks a great deal of these nutrients or via meds/chronic illnesses their body is depleted.

Just taking a synthetic hormone will NOT fix your sluggish thyroid.

You need to feed it.

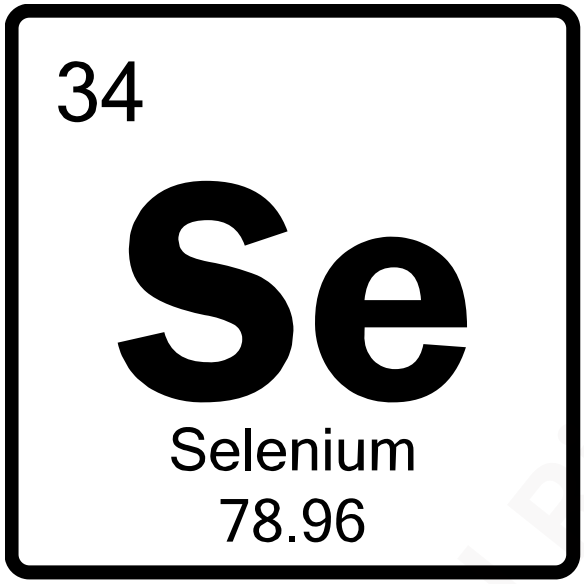
The next section will educate you on the things you need to feed your thyroid everyday in order to make it work like it should!

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POWER HOUSE MINERALS FOR THE THYROID



SELENIUM

Selenium is a mineral that is essential for maintaining good health. It helps to boost your immune system, protect against certain types of cancer, and regulate thyroid function and metabolism.

Fortunately, selenium can be found in a wide variety of foods, making it easy to get enough of this important nutrient.

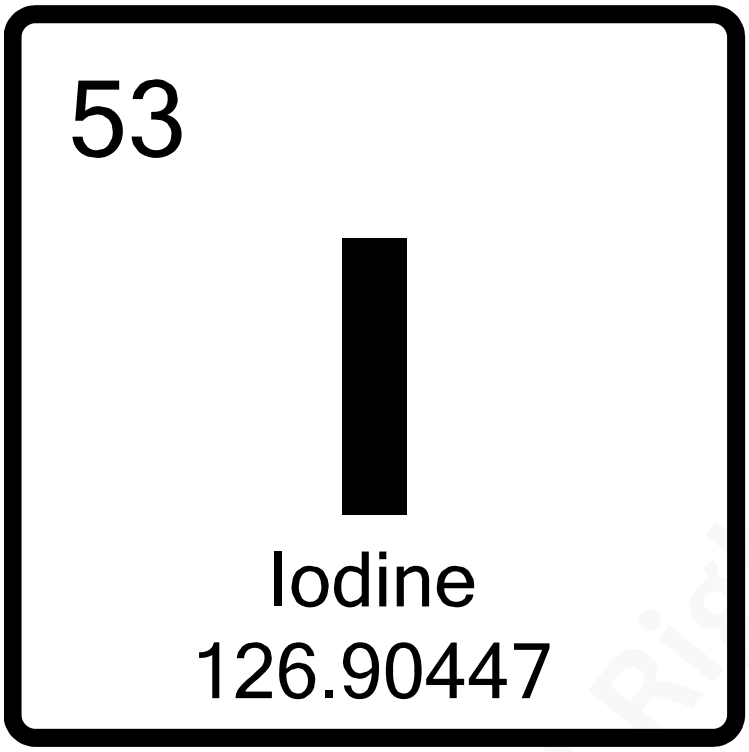
Here are some foods that are high in selenium:

1. Brazil nuts: These nuts are one of the best sources of selenium. Just one nut can provide more than the recommended daily intake of selenium.
2. Fish: Tuna, halibut, and sardines are all good sources of selenium.
3. Meat: Beef, chicken, and turkey are all rich in selenium.
4. Eggs: The yolk of an egg is a good source of selenium.
5. Whole grains: Brown rice, oats, and wheat are all good sources of selenium.
6. Dairy: Milk and yogurt contain small amounts of selenium.
7. Seeds: Sunflower seeds and sesame seeds are good sources of selenium.
8. Mushrooms: Mushrooms are a good source of selenium, especially if they are grown in selenium-rich soil.

It is important to note that the amount of selenium in these foods can vary depending on the soil in which they were grown or the feed given to animals. It is recommended to consume these foods in moderation and to consult with a healthcare professional to determine your specific dietary needs.

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IODINE

Iodine is an essential mineral that is required for the proper functioning of the thyroid gland. The thyroid gland produces hormones that regulate metabolism in the body. Iodine deficiency can lead to thyroid problems, such as goiter or hypothyroidism. Here are some foods that are good sources of iodine:

1. Seafood: Seafood is the richest source of iodine. Fish such as cod, tuna, haddock, and shrimp are excellent sources of iodine.
2. Seaweed: Seaweed is a type of sea vegetable that is rich in iodine. It is commonly used in Asian cuisine and can be found in various forms such as kelp, wakame, and nori.
3. Dairy: Dairy products such as milk, yogurt, and cheese are good sources of iodine. However, the iodine content of dairy products can vary depending on the iodine content of the cow's feed.
4. Eggs: Eggs are a good source of iodine. One large egg contains about 16% of the daily recommended intake of iodine.

5. Iodized salt: Iodized salt is table salt that has been fortified with iodine. It is a common source of iodine in many countries.
6. Bread: Some types of bread, especially those made with iodized salt, can be a good source of iodine.
7. Fruits and vegetables: Although fruits and vegetables are not particularly rich in iodine, they can contribute to iodine intake. Some examples include strawberries, potatoes, and prunes.

It's important to note that the amount of iodine in foods can vary depending on the soil where the food was grown or the feed given to animals. If you're concerned about your iodine intake, talk to your doctor or a registered dietitian.

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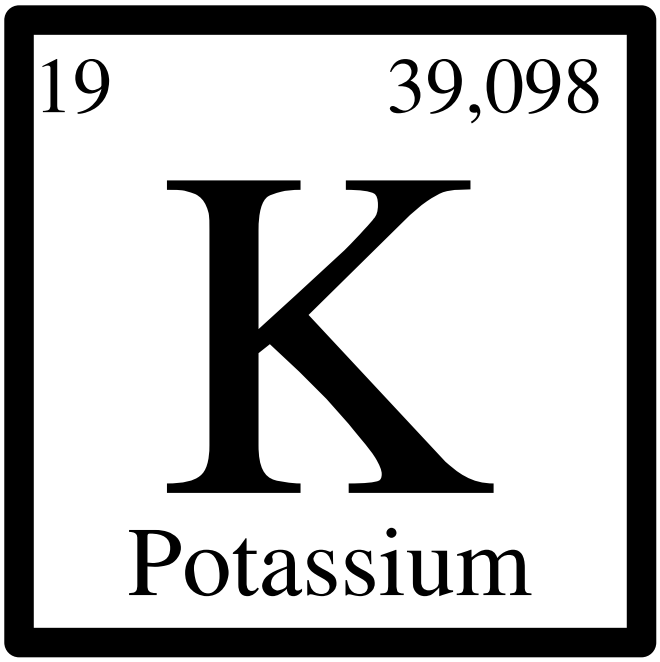
If your thyroid is struggling, its can be hypothesized that your magnesium intake is also su ering.

Magnesium is an essential mineral that plays a vital role in the proper functioning of our body. It is responsible for over 300 biochemical reactions, including muscle and nerve function, blood pressure regulation, and immune system support. Magnesium is also a crucial component in the production of energy, protein synthesis, and bone development. Studies have shown that magnesium can help improve insulin sensitivity, reduce inflammation, and lower the risk of chronic diseases such as type 2 diabetes, heart disease, and osteoporosis. Furthermore, magnesium has been known to help reduce stress and anxiety, improve sleep quality, and alleviate migraines. It is important to ensure that you are getting enough magnesium in your diet, as deficiency can lead to muscle cramps, fatigue, and even more severe health issues. Foods rich in magnesium include leafy green vegetables, nuts, seeds, whole grains, and legumes.

Sure, here are some examples of foods that are high in magnesium:

1. Spinach: This leafy green vegetable is an excellent source of magnesium, providing about 157 milligrams in a cooked one-cup serving.
2. Almonds: These nuts are a great source of magnesium, with about 80 milligrams in a one-ounce serving.
3. Avocado: This fruit is not only rich in healthy fats, but it also provides a good source of magnesium, with about 58 milligrams in a medium-sized avocado.
4. Black beans: These legumes are a good source of both protein and magnesium, with about 120 milligrams in a half-cup serving.
5. Dark chocolate: This delicious treat provides a good source of magnesium, with about 64 milligrams in a one-ounce serving.
6. Whole grains: Whole wheat, brown rice, and quinoa are all good sources of magnesium, with about 24-60 milligrams per serving depending on the type of grain.
7. Pumpkin seeds: These seeds are rich in many nutrients, including magnesium, with about 150 milligrams in a one-ounce serving.

Remember, it's important to eat a balanced diet that includes a variety of nutrient-rich foods to ensure you're getting all the magnesium and other essential nutrients your body needs.



Potassium is an essential mineral that plays a crucial role in maintaining various bodily functions. It helps regulate fluid balance, muscle contractions, nerve function, and blood pressure. Potassium also plays a vital role in heart health, as it helps maintain a regular heartbeat and can reduce the risk of stroke. Adequate potassium intake can also help prevent kidney stones and support bone health. However, many people do not consume enough potassium in their diets, which can lead to health problems such as high blood pressure and an increased risk of heart disease. Therefore, it is important to ensure that your diet includes sufficient amounts of potassium-rich foods, such as bananas, sweet potatoes, spinach, and avocados.

Here's a list of high potassium foods:

- Bananas (no more than 2 a day)
- Avocados (no more than 2 a day)
- Sweet potatoes
- Spinach
- Tomatoes
- Mushrooms
- Salmon
- Yogurt
- White beans
- Lentils

These are just a few examples of foods that are high in potassium. It's important to note that potassium is an essential mineral that plays a critical role in the functioning of the body. It helps regulate fluid balance, nerve and muscle function, and blood pressure. So incorporating potassium-rich foods into your diet can be beneficial for your overall health. Potassium is required mineral for your body to process thyroid minerals. While its very hard to overdose on potassium via foods (your stomach stops you) please speak to your doctor before taking any potassium supplement as too much potassium is as lethal as not enough.

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Protein is extremely important to your thyroid mainly due to the blood sugar imbalance that is created when your thyroid does not work right. Maintaining your recommended protein in take each day is so important to keep blood sugar in balance and avoid muscle loss. ALWAYS put protein in your stomach first, before carbs, to help your body maintain its blood sugar levels.
Your thyroid is the hormone headquarters...including the hormones that tell your pancreas when to pump out insulin. Help it out and keep your protein in check

If you want to lose weight, aim for a daily protein intake between 1.6 and 2.2 grams of protein per kilogram of body weight (. 73 and 1 grams per pound). Athletes and heavy exercisers should consume 2.2-3.4 grams of protein per kilogram (1-1.5 grams per pound) if aiming for weight loss.

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Protein is extremely important to your thyroid mainly due to the blood sugar imbalance that is created when your thyroid does not work right. Maintaining your recommended protein in take each day is so important to keep blood sugar in balance and avoid muscle loss. ALWAYS put protein in your stomach first, before carbs, to help your body maintain its blood sugar levels. Your thyroid is the hormone headquarters...including the hormones that tell your pancreas when to pump out insulin. Help it out and keep your protein in check!

Here's a list of some lean protein foods that you might find helpful:

1. Skinless chicken breast
2. Turkey breast
3. Fish (such as salmon, tuna, and tilapia)
4. Lean beef (such as sirloin, tenderloin, and flank steak)
5. Eggs
6. Greek yogurt
7. Cottage cheese
8. Tofu
9. Lentils
10. Beans (such as black beans, kidney beans, and chickpeas)

These foods are not only a great source of protein, but they are also low in fat and calories, which makes them an ideal choice for anyone looking to maintain a healthy diet. Incorporating some of these foods into your meals can help you feel fuller for longer, and may even help you lose weight if you are trying to shed some pounds

I also like to use protein shakes to help my thyroid get some added powerhouse minerals as well as start my day o with a hefty jolt of protein JUST IN CASE I screw up and don't get the rest of my protein in. We're all human, right? So we're gonna screw up our diet from day to day. That is why I personally choose to drink protein shakes during the day. If you choose to do so as well just read your labels and choose the ones you think are the best fit for you.

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YOU NEED 24-26 GRAMS of Fiber a day!

Real talk here. Fiber may something you associate with your gut, but its actually a valuable component to thyroid health.

Gut health refers to the balance and optimal functioning of the digestive system. It is vital for overall health and well-being. The gut is home to trillions of microorganisms that play a crucial role in digestion, immunity, and mental health. An imbalance in these microorganisms can lead to digestive issues, such as bloating, constipation, and diarrhea, as well as other health problems, including allergies, **autoimmune disorders**, and mental health issues. Maintaining gut health involves consuming a balanced diet rich in fiber and fermented foods, staying hydrated, and managing stress levels. Regular exercise and getting enough sleep can also contribute to a healthy gut. Taking care of gut health can improve overall health and quality of life.

Do you know what the majority of thyroid disorders actually stem from? Autoimmune diseases. Keep that gut health in check and watch your thyroid find a happy balance in your body as your body STOPS attacking it.

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Here's a list of high fiber foods:

1. Whole grains - oats, quinoa, brown rice, barley, and whole wheat bread.
2. Fruits - apples, bananas, oranges, berries, pears, and avocado.
3. Vegetables - broccoli, carrots, sweet potatoes, spinach, Brussels sprouts, and artichokes.
4. Legumes - lentils, chickpeas, black beans, kidney beans, and peas.
5. Nuts and seeds - almonds, chia seeds, flaxseeds, pumpkin seeds, and peanuts.
6. Dried fruits - raisins, prunes, figs, and apricots.

Remember, a high-fiber diet can also help maintain a healthy digestive system, lower cholesterol levels, and reduce the risk of heart disease, diabetes, and certain cancers. It is recommended to consume at least 25-30 grams of fiber per day for adults.

Here's a list of some popular fermented foods that contain beneficial probiotics that also aid in optimizing your gut health. These also contain very good doses of potassium so be sensible about your portions on them. Too much is not the answer!:

1. Yogurt: One of the most well-known fermented foods, yogurt is made by fermenting milk with bacteria such as Lactobacillus bulgaricus and Streptococcus thermophilus. Look for brands that specifically mention containing live and active cultures.
2. Kefir: Similar to yogurt, kefir is a fermented milk drink made with kefir grains, which are a combination of bacteria and yeast. It has a slightly tangy taste and can be enjoyed on its own or used as a base for smoothies.
3. Sauerkraut: Made by fermenting shredded cabbage with salt and lactic acid bacteria, sauerkraut is a popular condiment in many cultures. It can be eaten alone or used as a topping for sandwiches and salads.
4. Kimchi: A staple in Korean cuisine, kimchi is a spicy and sour fermented vegetable dish that is typically made with cabbage, radishes, and other vegetables. It's a great source of probiotics and adds a flavorful kick to any meal.
5. Miso: A traditional Japanese seasoning made from fermented soybeans, miso is often used in soups, marinades, and dressings. It's also rich in nutrients such as protein, fiber, and vitamins.
6. Tempeh: A protein-rich meat alternative made from fermented soybeans, tempeh has a nutty flavor and firm texture. It can be used in stir-fries, sandwiches, and salads.
7. Kombucha: A fizzy and slightly sweet fermented tea beverage, kombucha is made by fermenting tea with a symbiotic culture of bacteria and yeast. It's a refreshing and healthy alternative to soda.

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POWERHOUSE DIET

To help you lose weight and gain a stronger body

So now you know the nutrients that you need, but how do you lose weight, protect your heart, build your metabolism and build a stronger body with going broke in the process??



Now that we know the powerhouse nutrients to help our thyroid, how do we make a diet plan that is functional in the real world? Because to be honest, the majority of us do not have the extra funds to shop exclusively at health food stores. We need REAL recipes that we can find at Krogers, Aldis, Walmart, Sav-a-Lot and other grocery stores.

But that's why you came here, right? You are looking for recipes that are actually tasty, do not take weird or expensive ingredients and WILL help you lose weight at the same time!

Wait no longer! Below we have all the recipes for you to get started this week on taking back your thyroid health!

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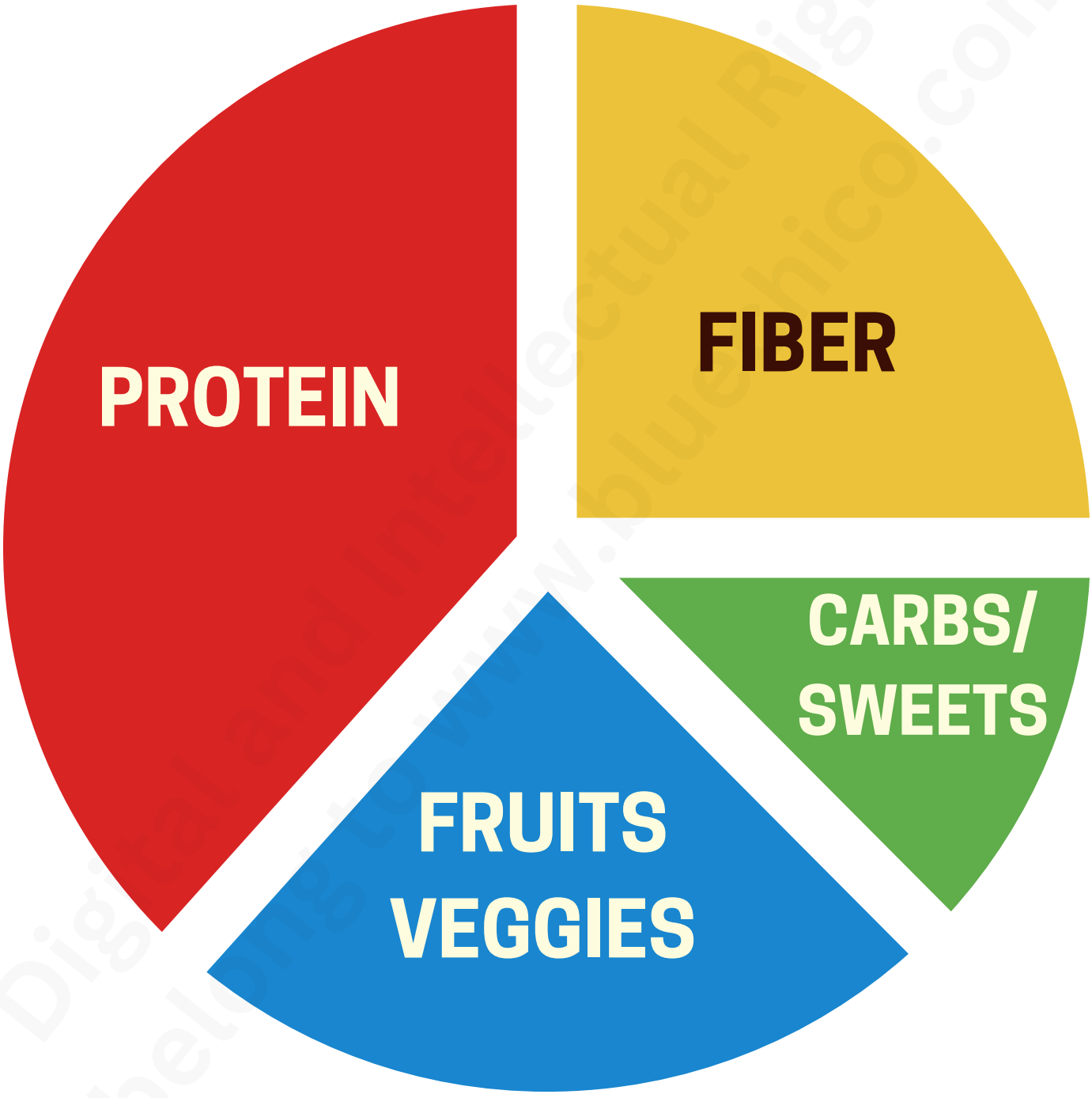


While we know that a calorie deficit is needed to lose weight, we as thyroid disease sufferers, also know that our metabolism makes its difficult to lose weight even with a calorie deficit. We can remedy this by supplying our thyroid with the Powerhouse nutrients and helping it speed up our metabolism closer to normal again.

Don't think of this as a quick fix, because what you are living with is NOT temporary, its a lifetime job. Instead, treat these recipe ideas as a lifestyle adjustment. Tweak them as needed and build upon them to start feeding your thryoid and shedding those pounds!

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As you use these recipes , tweak them for your own tastes and incorporate the PowerHouse nutrients, keep in mind that as a Thyroid Disease Sufferer, your daily food intake should have ratios similar to the chart below



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RECIPES

to feed your thyroid

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Easy Spinach Salad



Ingredients:

3 cups fresh spinach leaves, washed and dried
1 ripe avocado, diced
1 can black beans, rinsed and drained
1/2 cup walnuts, chopped

2 tablespoons olive oil
1 tablespoon lemon juice
Salt and pepper to taste

Instructions:

1. In a large bowl, combine the spinach, avocado, black beans, and walnuts.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Pour the dressing over the salad and toss until well coated.
4. Serve chilled and enjoy!

This salad is a great source of healthy fats, fiber, protein and your three main powerhouse minerals. It can be served as a main dish or as a side to complement your favorite meal. Feel free to customize the recipe by adding other vegetables or toppings of your choice, such as cherry tomatoes, red onion, or crumbled feta cheese. Its also super tasty when rolled in low carb, high fiber tortilla.

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SEAWEED RICE BOWL

Here is a delicious recipe that combines the flavors of seaweed, tuna, brown rice, and avocados. This dish is perfect for anyone looking for a healthy and satisfying meal.

Ingredients:
1 cup brown rice
2 cups water
1 tablespoon rice vinegar
1 teaspoon sugar
1/2 teaspoon salt
1 package of seaweed sheets
1 can of tuna, drained
1 avocado, sliced

Instructions:
1. Rinse the brown rice in a fine mesh strainer and add it to a pot with 2 cups of water. Bring to a boil, then reduce the heat to low and cover. Cook for 45 minutes, or until the rice is tender and the water has been absorbed.

2. In a small bowl, mix together the rice vinegar, sugar, and salt. Once the rice is cooked, stir in the vinegar mixture and let the rice cool to room temperature.

3. Cut the seaweed sheets into small pieces and mix them in with the rice. Add the drained tuna and stir until everything is well combined.

4. Divide the rice mixture into bowls and top with sliced avocado. Serve and enjoy!

This dish is not only delicious, but it's also packed with nutrients. The seaweed is rich in vitamins and minerals, while the tuna provides a great source of protein to aid your thyroid. The brown rice and avocado are also great sources of fiber and healthy fats. Enjoy!

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TEMPEH SALAD

Here's a delicious and healthy recipe that incorporates all the powerhouse foods:

Tomato, Spinach and Avocado Salad with Tempeh, Walnuts and Queso Fresco

Ingredients:



2 cups spinach leaves
1 cup cherry tomatoes, halved
1 ripe avocado, diced
1/2 cup black olives, sliced
1/2 cup crumbled queso fresco
1/2 cup walnuts, roughly chopped
8 oz tempeh, sliced into thin strips
2 tbsp olive oil
Salt and pepper, to taste

Directions:

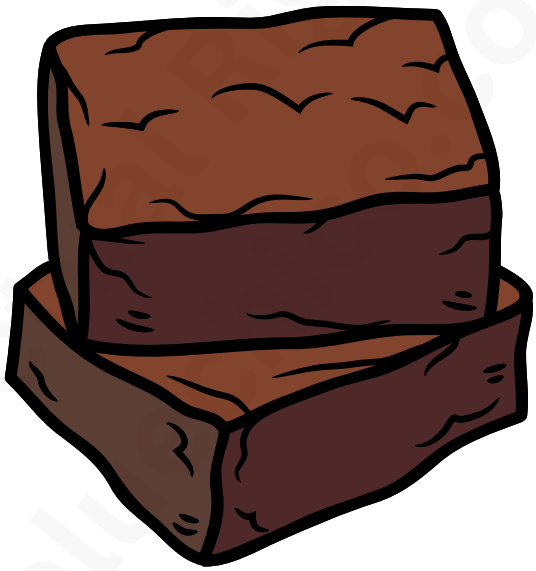
1. Heat a skillet over medium-high heat. Add 1 tablespoon of olive oil and tempeh strips. Sauté for 5-7 minutes, or until golden brown. Set aside.
2. In a large mixing bowl, combine spinach leaves, cherry tomatoes, avocado, black olives, and queso fresco. Toss gently to mix.
3. In a small mixing bowl, whisk together 1 tablespoon of olive oil, salt and pepper. Drizzle the dressing over the salad and toss gently.
4. Add the sautéed tempeh strips to the salad. Sprinkle the walnuts on top and serve immediately.

This salad is a great way to incorporate a variety of nutrient-dense ingredients into your thyroid weight loss diet. The combination of fresh vegetables, creamy avocado, and savory tempeh is sure to delight your taste buds. Enjoy!

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CHICKPEA BROWNIES

How about making some delicious chickpea brownies using the ingredients provided? Here's how you can make them:



Ingredients:

1 can of chickpeas, drained and rinsed
1/2 cup of brown sugar
1/2 cup of oatmeal
1/2 cup of chopped dates
1/2 cup of whole wheat flour
1/4 cup of water
1/4 cup of vegetable oil
1 tsp of vanilla extract
1/2 tsp of baking powder
1/4 tsp of salt

Instructions:

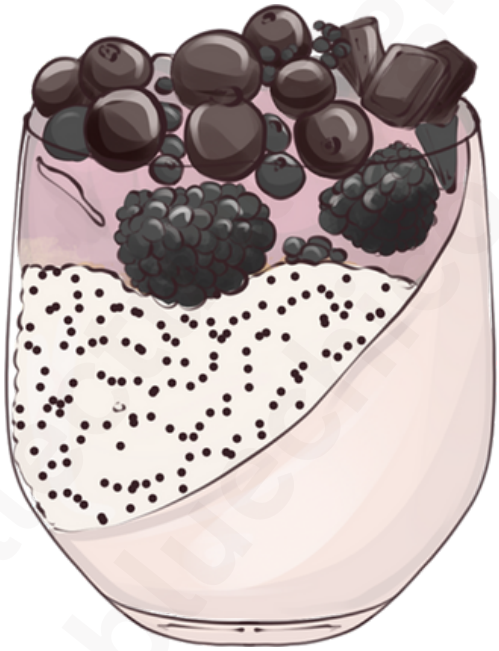
1. Preheat your oven to 350°F and grease a 9x9 inch baking pan.
2. In a food processor, blend the chickpeas, brown sugar, oatmeal, dates, water, vegetable oil, and vanilla extract until smooth.
3. In a separate bowl, mix together the whole wheat flour, baking powder, and salt.
4. Add the chickpea mixture to the flour mixture and stir until well combined.
5. Pour the batter into the prepared baking pan and smooth out evenly.
6. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the brownies to cool in the pan for 10 minutes before slicing and serving.

These chickpea brownies are a healthier alternative to traditional brownies, and are packed with protein and fiber. The chickpeas add a subtle nutty flavor to the brownies, while the dates and brown sugar provide just the right amount of sweetness. Give them a try and impress your friends and family with this unique dessert!

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BASIC PROTEIN PUDDING

Here's a recipe for a delicious and healthy dessert using Greek yogurt, walnuts, chia seeds, and dark chocolate:



Ingredients:

1 cup plain Greek yogurt
1/4 cup chopped walnuts
2 tbsp chia seeds
1/4 cup dark chocolate chips
Honey to taste

Instructions:

1. In a mixing bowl, combine the Greek yogurt, chopped walnuts, and chia seeds. Mix well until all the ingredients are evenly distributed.
2. Spoon the mixture into small dessert bowls or glasses, dividing it evenly.
3. Sprinkle the dark chocolate chips on top of each serving.
4. Chill in the refrigerator for at least 30 minutes before serving.
5. Drizzle honey over the top to your own sweetness level.

This dessert is not only tasty, but also packed with protein, fiber, and healthy fats. It's a perfect treat for those who want to satisfy their sweet tooth without indulging in too much sugar. This dessert will both fuel you thyroid as well as aid in maintaining good gut health. Razzle dazzle with up with your choice of fresh fruit or berries on top. Enjoy!

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POWERHOUSE PEPPERONI PIZZA



Start by making the dough. In a large bowl, mix together 2 cups of flour, 1 tablespoon of Active Yeast, 3 tablespoons of sugar, and 1 teaspoon of salt. Add in 3 tablespoons of melted coconut oil and 1 cup of warm water. Mix until a dough forms, then knead for 5-10 minutes until smooth. Let the dough rise for 60 minutes covered in a warm place.

Preheat your oven to 425°F. Roll out the dough onto a floured surface and place it onto a greased pizza pan. Spread spaghetti sauce (we recommend using the version covered in this E-Book for the best thyroid boost!) over the dough, leaving a little bit of space around the edges. Sprinkle on Italian seasoning and top with shredded mozzarella cheese. Add turkey pepperoni slices on top to taste, covered again with a layer of mozzarella cheese.

Bake the pizza covered in foil for 12-15 minutes or until the crust is baked through the center then bake uncovered until the cheese is melted. Slice and serve hot. Enjoy your delicious homemade Powerhouse Pepperoni pizza!

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DARK CHOCOLATE RASPBERRY CHIA PUDDING

If you're looking for a delicious and healthy dessert that satisfies your sweet tooth, look no further than a high-fiber treat that includes dark chocolate! Here's a recipe for a tasty and nutritious dessert that will leave you feeling satisfied and guilt-free:



Ingredients:

1/4 cup chia seeds
1 cup unsweetened almond milk
1/4 cup fresh raspberries
1 tablespoon honey or pure maple syrup
1/4 teaspoon vanilla extract
1/4 cup dark chocolate chips
Instructions:

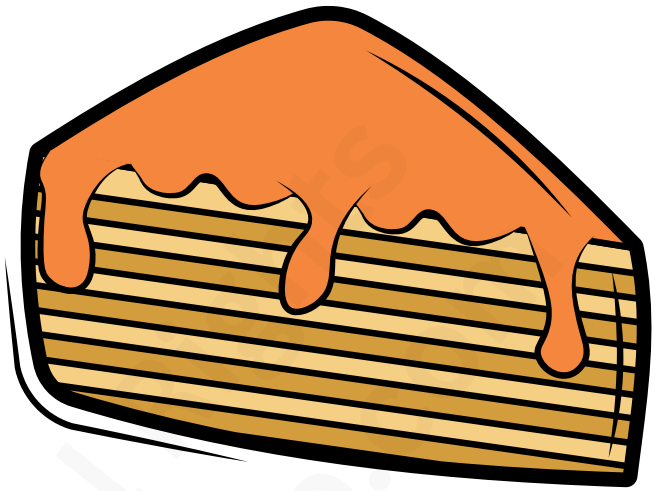
1. In a bowl, whisk together the chia seeds, almond milk, honey/maple syrup, and vanilla extract until well combined.
2. Add the raspberries and stir gently.
3. Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
4. Once the pudding has set, melt the dark chocolate chips in a double boiler or in the microwave.
5. Drizzle the melted chocolate over the chia seed pudding and serve chilled.

This recipe is high in fiber thanks to the chia seeds and raspberries, and the dark chocolate adds a rich and decadent flavor. Your powerhouse minerals are nicely padded into the ingredients, giving your thyroid the support it needs. Plus, it's a great way to satisfy your sweet tooth without overindulging in unhealthy treats. Enjoy!

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SUPERFOOD CAKE

Here is a recipe for a delicious and healthy dessert using dates, dark chocolate, black beans, honey, and whole wheat flour:



Ingredients:

1 cup cooked UNSALTED black beans, drained and rinsed
2 whole eggs
1 teaspoon baking powder
1 cup pitted dates, chopped
1/2 cup honey
1/2 cup whole wheat flour
1 cup dark chocolate chips

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a food processor, blend the black beans and eggs until smooth. Add the chopped dates and honey, and blend until well combined.
3. In a separate bowl, mix together the whole wheat flour, baking powder and dark chocolate chips.
4. Add the black bean mixture to the flour mixture, and stir until well combined.
5. Grease a baking dish with cooking spray, and pour the batter into the dish.
6. Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean.
7. Let cool for 10 minutes before slicing and serving.

This dessert is a great alternative to traditional baked goods that are often high in sugar and unhealthy fats. The black beans add protein and fiber, while the dates and honey provide natural sweetness. This dessert assists your thyroid by supplying the powerhouse minerals plus fiber.
And of course, the dark chocolate adds a rich and decadent flavor that is sure to satisfy your
sweet tooth!

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EGGSCELLENT FRIED TATERS

Here's a recipe for a delicious breakfast dish using eggs, avocados, and potatoes:

Ingredients:

2 large potatoes, peeled and diced
2 ripe avocados, peeled and diced
4 eggs
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
Chopped fresh cilantro, for garnish (optional)
Instructions:

1. Heat the olive oil in a large skillet over medium-high heat. Add the diced potatoes and season with salt, black pepper, and garlic powder. Cook for 10-12 minutes, stirring occasionally, until the potatoes are golden brown and crispy on the outside and tender on the inside.
2. Add the diced avocado to the skillet with the potatoes and stir gently to combine.
3. Crack the eggs into the skillet, spacing them evenly around the pan. Cover the skillet with a lid and cook for 5-7 minutes, or until the egg whites are set but the yolks are still runny.
4. Remove the skillet from the heat and garnish with chopped cilantro, if desired.

Serve immediately and enjoy your delicious and nutritious breakfast/lunch or dinner. This simple dish gives a tremendous selenium and potassium boost to your thyroid. It is excellent rolled up in a low carb high fiber tortilla.

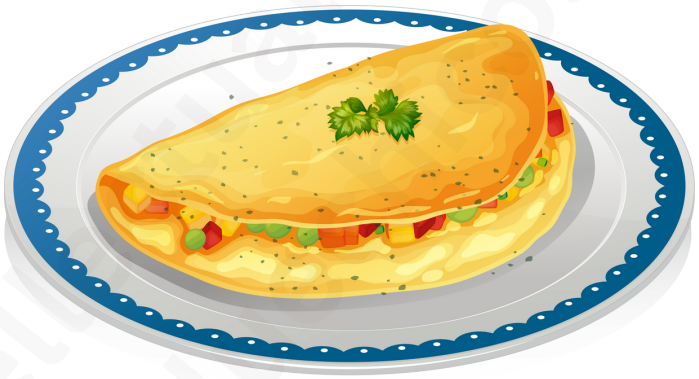


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POWERHOUSE OMELET

Looking for a delicious and nutritious breakfast that is easy and quick to prepare? Try this recipe for a spinach, almond, and date omelet with queso fresco. It's a perfect combination of sweet and savory flavors, and it's packed with protein and healthy fats to keep you full and satisfied until your next meal.

Ingredients:



3 large eggs
1 cup fresh spinach, chopped
1/4 cup almonds, chopped
3 dates, pitted and chopped
1/4 cup queso fresco, crumbled
Salt and pepper to taste
1 tbsp olive oil

Instructions:

1. In a small bowl, whisk together the eggs, salt, and pepper until well combined.
2. Heat the olive oil in a non-stick skillet over medium-high heat. Add the spinach and cook for 1-2 minutes until wilted.
3. Add the chopped almonds and dates to the skillet and cook for another 1-2 minutes until the almonds are lightly toasted and the dates are softened.
4. Pour the egg mixture into the skillet and let it cook for 1-2 minutes until the bottom is set.
5. Sprinkle the crumbled queso fresco on top of the omelet and use a spatula to fold it in half.
6. Let the omelet cook for another 1-2 minutes until the cheese is melted and the eggs are fully cooked.
7. Serve hot and enjoy!

This recipe serves one, but you can easily double or triple the ingredients to make more servings. It's a great way to start your day o right with a healthy and delicious breakfast that will keep you energized and satisfied. There is a tremendous amount of powerhouse minerals in this dish. Have this breakfast, instead of the Americanized donuts and co ee, and watch you energy levels soar as your thyroid gets the food it needs to jumpstart your metabolism.

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HEMP SMOOTHIE



Looking for a tasty and healthy smoothie recipe? Look no further than this delicious blend of Greek yogurt, hemp seeds, honey, strawberries, and blueberries!

To start, gather your ingredients. You will need 1 cup of Greek yogurt, 2 tablespoons of hemp seeds, 2 tablespoons of honey, 1 cup of strawberries (fresh or frozen), and 1 cup of blueberries (fresh or frozen) and milk of your choice to the consistency you like.

Next, combine all of the ingredients in a blender and blend until smooth. If you find the consistency to be too thick, feel free to add a splash of milk or water to thin it out.

This smoothie is not only delicious, but it's also packed with protein, fiber, and antioxidants. It's the perfect breakfast or afternoon snack to keep you feeling full and energized throughout the day.

GREENS POWER SMOOTHIE

Here's a recipe for a healthy and delicious smoothie to heal your thyroid using spinach, frozen avocado, frozen blueberries, frozen cherries, almond milk and honey:

Ingredients:



1 cup packed baby spinach
1/2 cup frozen avocado cubes
1/2 cup frozen blueberries
1/2 cup frozen cherries
1 cup unsweetened almond milk
1 tbsp honey
1 cup ice cubes

Instructions:

1. Add all the ingredients into a blender.
2. Blend on high speed until the mixture is smooth and creamy.
3. If the smoothie is too thick, add more almond milk until you reach your desired consistency.
4. Pour the smoothie into a glass and enjoy!

This smoothie is a great way to sneak in some leafy greens into your diet. Spinach is packed with essential vitamins and minerals, and the combination of frozen avocado and almond milk provides healthy fats that are good for your heart. The frozen blueberries and cherries add a burst of sweetness, while the honey provides a touch of natural sweetness. This smoothie is perfect for a quick and easy breakfast or a post-workout snack.

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EASY PEASY VEGGIE BURGERS



Veggie burgers are a fantastic way to enjoy a tasty and healthy meal. Here, we present a recipe for a delicious black bean and corn veggie burger that is easy to prepare and packed with flavor.

To start, gather the following ingredients:

1 can of black beans, drained and rinsed
1 cup of corn kernels
1 tsp of celery seed
2 egg whites
1/2 tsp of salt
1/2 cup of shredded carrots

Begin by preheating your oven to 375°F. Next, place the black beans and corn in a large mixing bowl and mash them together with a potato masher or fork until they are well combined. Add the celery seed, egg whites, salt and shredded carrots to the bowl and stir well.

Divide the mixture into four equal portions and shape each portion into a patty. Place the patties on a baking sheet lined with parchment paper and bake in the preheated oven for 25-30 minutes, or until the patties are golden brown and crispy on the outside.

Serve your delicious black bean and corn veggie burgers on a bun with your favorite toppings, such as lettuce, tomato, avocado, and cheese. Enjoy!

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HIGH FIBER MEATLOAF

Here's a tasty recipe for a healthy meatloaf that incorporates some unique and nutritious ingredients:



Ingredients:

1 lb ground beef
1/4 cup chia seeds
2 cups cauliflower, grated
1 cup diced tomatoes
1/2 cup salsa
1 tsp salt
1 tsp black pepper
1 tsp garlic powder
1 tsp onion powder

Instructions:

1. Preheat your oven to 375°F.
2. In a large mixing bowl, combine the ground beef, chia seeds, grated cauliflower, diced tomatoes, salsa, salt, black pepper, garlic powder, and onion powder. Mix everything together well.
3. Grease a loaf pan with cooking spray or oil. Transfer the meatloaf mixture to the pan and press it down evenly.
4. Bake the meatloaf in the oven for 45-50 minutes, or until it is cooked through and the internal temperature reaches 160°F.
5. Remove the meatloaf from the oven and let it cool for a few minutes before slicing and serving.

This meatloaf is packed with protein, fiber, and other important nutrients. The chia seeds add a healthy dose of omega-3 fatty acids, while the cauliflower adds extra vegetables and helps keep the meatloaf moist. The salsa and diced tomatoes give it a nice flavor kick, and the seasoning blend ties everything together. Give it a try and enjoy a delicious and nutritious meal!

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PROTEIN SPAGHETTI SAUCE



Looking for a delicious and simple spaghetti sauce recipe? Look no further than this recipe that combines tomatoes, celery seed, Italian seasoning, hempseed, sugar, salt, and garlic for a rich and flavorful sauce that will have your taste buds singing and your thyroid happy.

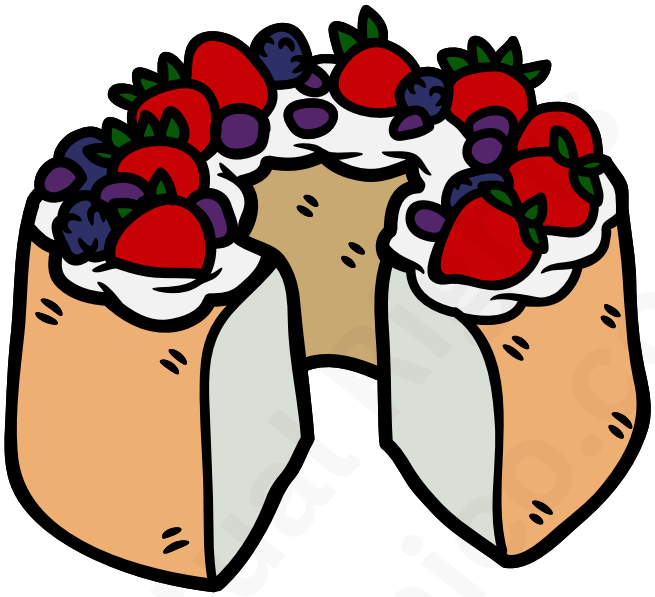
To start, heat a large pot over medium heat and add a few tablespoons of olive oil. Once the oil is hot, add 4-5 cloves of minced garlic and cook until fragrant, stirring frequently. Next, add a 28-ounce can of crushed tomatoes and stir to combine.

Add 2 teaspoons of Italian seasoning, 1 teaspoon of celery seed, 1 tablespoon of hempseed, 1 tablespoon of sugar, and 1 teaspoon of salt. Stir to combine and let the sauce simmer for 30-40 minutes, stirring occasionally.

Once the sauce has thickened and the flavors have melded together, taste and adjust seasoning as needed. Serve over your favorite pasta and enjoy!

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HIGH PROTEIN STRAWBERRY SPONGE CAKE



Ingredients:

6 egg whites
1 cup granulated sugar
1/4 cup ground flaxseed
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup mashed strawberries
1/4 cup sliced strawberries

Instructions:

1. Preheat the oven to 350°F (175°C). Grease a 9-inch cake pan and line the bottom with parchment paper.
2. In a large mixing bowl, beat the egg whites until sti peaks form. Gradually add the sugar, beating well after each addition.
3. In a separate bowl, combine the flour, flaxseed, baking powder, and salt. Gently fold this mixture into the egg white mixture.
4. Fold in the mashed strawberries until just combined.
5. Pour the batter into the prepared pan and smooth the top with a spatula.
6. Arrange the sliced strawberries on top of the batter.
7. Bake for 25-30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
8. Allow the cake to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
9. Serve the cake topped with additional fresh strawberries, if desired.

This sponge cake recipe is a delicious and healthy dessert option that incorporates the goodness of flaxseed and fresh strawberries to supply your thyroid with all the powerhouse nutrients. It's light, airy, and perfect for any occasion. Enjoy!

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POWERHOUSE PIE

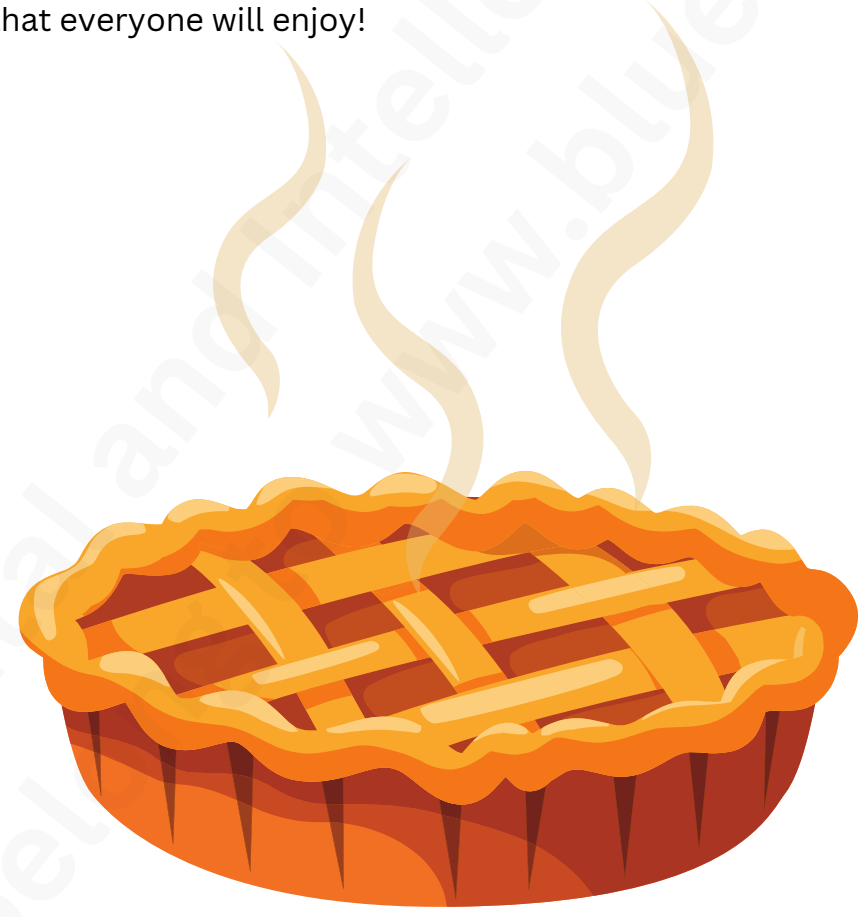
Looking for a tasty and healthy dessert? Look no further than this delicious chia seed pie recipe! This recipe is easy to follow and uses all-natural ingredients, including chia seeds, blackberries, honey, cherries, and blueberries to support thyroid health.

To start, preheat your oven to 350°F. In a mixing bowl, combine 1 cup of chia seeds, 1/4 cup of honey, and 1/4 cup of water. Mix thoroughly until the chia seeds are evenly coated with honey and water.

Next, add 1 cup of pitted cherries, 1 cup of fresh blackberries, and 1 cup of fresh blueberries to the mixture. Gently mix everything together until the fruit is evenly dispersed throughout the chia seed mixture.

Take a 9-inch pie dish and grease it with cooking spray. Pour the chia seed mixture into the pie dish, spreading it out evenly. Bake the pie for 25-30 minutes, or until the chia seeds have formed a firm crust.

Once the pie is finished baking, remove it from the oven and let it cool for 10-15 minutes. Serve warm or chilled, garnished with additional fresh berries if desired. This pie is a healthy and delicious treat that everyone will enjoy!



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PROTEIN PACKED PEANUT BUTTER DARK CHOCOLATE FRO YO

Here's a delicious recipe for homemade peanut butter and dark chocolate frozen yogurt:



Ingredients:

2 cups plain Greek yogurt
1/2 cup creamy peanut butter
1/3 cup powdered peanut butter
1/2 cup dark chocolate chips, melted
4 egg whites
1/2 cup sugar

1. In a large mixing bowl, whisk together the Greek yogurt, creamy peanut butter, and powdered peanut butter until smooth.
2. In a separate bowl, whisk together the egg whites and sugar until light and flu y.
3. Add the egg mixture to the yogurt mixture and whisk until fully combined.
4. Stir in the melted dark chocolate chips and mix well.
5. Pour the mixture into an ice cream maker and churn according to manufacturer's instructions.
6. Once churned, transfer the frozen yogurt to a freezer-safe container and freeze for at least 2 hours.
7. When ready to serve, let the frozen yogurt sit at room temperature for 5-10 minutes to soften before scooping and enjoying.

This creamy and chocolaty frozen yogurt is perfect for peanut butter and chocolate lovers, and the Greek yogurt adds a tangy twist to the classic flavor combination. Enjoy!

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VEGGIE POWER SOUP

Here's a simple and delicious soup recipe that nourishes your thyroid and makes use of celery, carrots, white beans, cucumbers, potatoes, onions, seasonings, and vegetable broth:



Ingredients:

1 cup of chopped celery
1 cup of chopped carrots
1 can of white beans, drained and rinsed
1 cup of chopped cucumbers
2 cups of chopped potatoes
1 cup of chopped onions
4 cups of vegetable broth
1 teaspoon of dried thyme
1/2 teaspoon of salt
1/4 teaspoon of black pepper

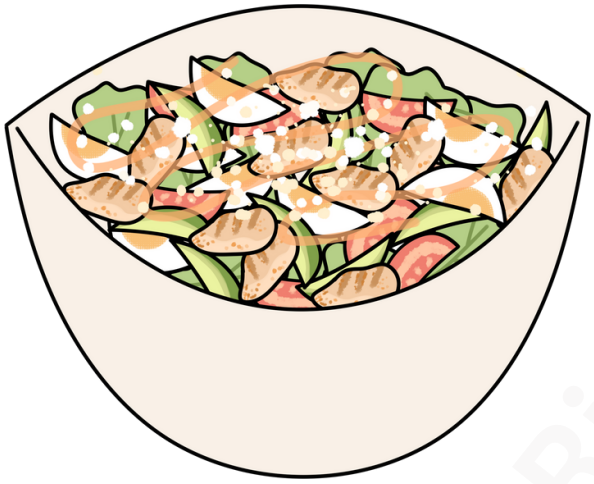
Instructions:

1. Heat a large pot over medium heat. Add the chopped celery, carrots, and onions to the pot and sauté for 5 minutes, until the vegetables are slightly softened.
2. Add the chopped potatoes, white beans, chopped cucumbers, vegetable broth, dried thyme, salt, and black pepper to the pot. Bring the soup to a boil, then reduce the heat and let it simmer for 20-25 minutes, until the potatoes are cooked through.
3. Use an immersion blender or a regular blender to puree the soup to your desired consistency. If using a regular blender, be sure to blend in batches and let the soup cool slightly before blending.
4. Taste and adjust the seasoning as needed. Serve hot and enjoy!

This soup is a great way to use up leftover vegetables and beans, and it's packed with flavor and nutrition. You can also customize the seasonings and vegetables to your liking - feel free to add in other herbs or spices, or swap out the vegetables for whatever you have on hand. Enjoy!

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JUMBLED CHICKEN SALAD



Chicken Salad Recipe with Walnuts, Celery, Flax Seed, and Relish

2 cups cooked chicken breast, shredded
1/2 cup walnuts, chopped
1/2 cup celery, chopped
2 tablespoons flax seed
1/4 cup relish
1/2 cup mayo
1/4 teaspoon salt

Instructions:

1. In a large mixing bowl, combine the shredded chicken, chopped walnuts, and chopped celery.
2. Add the flax seed and relish to the bowl and mix everything together well.
3. In a separate small mixing bowl, combine the mayo and salt and mix well.
4. Pour the mayo mixture over the chicken mixture and stir until everything is well coated.
5. Serve the chicken salad on a bed of greens, in a sandwich, or with crackers.

This protein packed chicken salad recipe is a great way to use up leftover chicken and is perfect for a healthy and filling lunch. The walnuts add a nice crunch and nutty flavor, while the celery provides a refreshing crunch. The flax seed adds some extra nutrition for your thyroid, and the relish gives the salad a tangy kick. The mayo and salt mixture provides the perfect creamy coating to bring everything together. Enjoy!

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SAVORY SALMON



Salmon with Garlic, Herbs, and Hemp Seeds Recipe:

Ingredients:

4 salmon fillets
4 cloves garlic, minced
2 tbsp fresh herbs (dill, parsley, or thyme), chopped
2 tbsp hemp seeds
Salt and pepper, to taste
2 tbsp olive oil
Instructions:

1. Preheat oven to 400°F (204°C).
2. In a small bowl, mix together garlic, herbs, and hemp seeds.
3. Season salmon fillets with salt and pepper, then place them on a baking sheet lined with parchment paper.
4. Spread the herb mixture on top of each salmon fillet.
5. Drizzle olive oil over each fillet.
6. Bake in the preheated oven for 12-15 minutes, or until salmon is cooked through and flakes easily with a fork.
7. Serve hot and enjoy!

This recipe is a delicious and healthy way to enjoy salmon. Garlic, herbs, and hemp seeds add a flavorful and nutritious twist to the dish. It is easy to make, and perfect for a quick and healthy dinner.

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CREAMY CHICKEN BAKE



Here's a recipe for a delicious and nutritious chicken dish that will leave both your taste buds satisfied and your thyroid fueled. This recipe is easy to make and can serve up to 4 people.

Ingredients:

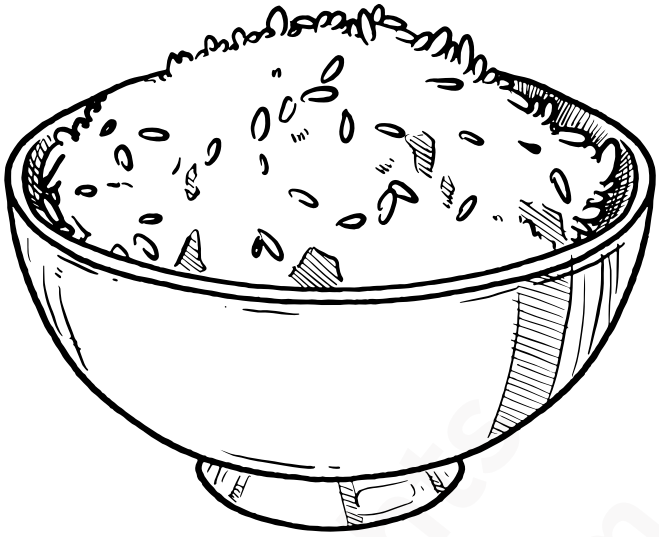
4 chicken legs
1 large onion, sliced
1/2 cup of mayonnaise
2 tbsp of mustard
1/4 cup of chopped cilantro
1/4 cup of slivered almonds
2 tbsp of flax seeds

Instructions:

1. Preheat your oven to 375°F (190°C) and line a baking dish with parchment paper.
2. In a mixing bowl, combine the mayonnaise, mustard, and cilantro. Mix well until the ingredients are fully combined.
3. Place the chicken legs in the baking dish and spread the mayo mixture over the chicken. Make sure to coat the chicken evenly.
4. Scatter the sliced onions over the chicken, then sprinkle the slivered almonds and flax seeds on top.
5. Bake the chicken for 45-50 minutes, or until the chicken is cooked through and the skin is golden brown and crispy.
6. Once the chicken is cooked, remove it from the oven and let it cool for a few minutes before serving. Enjoy your delicious and healthy chicken dish!

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PROTEIN RICE BOWL



Here's a recipe for a delicious and healthy chicken and sausage rice bowl:

Ingredients:

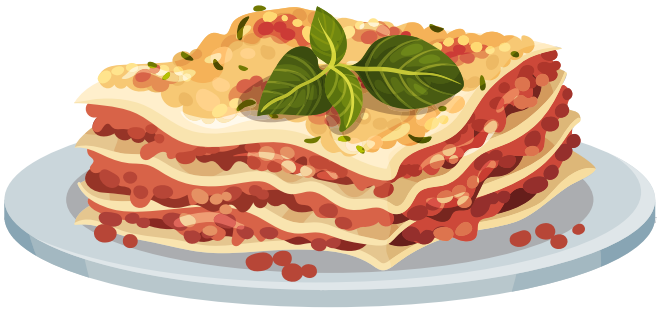
1 lb. boneless, skinless chicken breasts, chopped into small pieces
4 turkey sausage links, sliced
2 cups cooked yellow rice
1 tsp. paprika
1 tsp. garlic powder
1 tsp. onion powder
Salt and pepper
1 green bell pepper, diced
2 cups broccoli florets
1 tbsp. chia seeds

Instructions:

1. Heat a large skillet over medium heat. Add the chopped chicken and sliced turkey sausage. Cook until browned and cooked through, about 8-10 minutes.
2. Add the cooked yellow rice to the skillet with the chicken and sausage. Sprinkle the paprika, garlic powder, onion powder, and a pinch of salt and pepper over the top. Stir to combine and cook for an additional 5-7 minutes, until everything is heated through.
3. In a separate skillet, heat a bit of oil over medium-high heat. Add the diced green pepper and broccoli florets. Cook until the vegetables are tender-crisp, about 5-7 minutes.
4. Divide the chicken and sausage rice mixture into four bowls. Top each bowl with the cooked green pepper and broccoli. Sprinkle chia seeds over the top of each bowl.
5. Enjoy your delicious and nutritious chicken and sausage rice bowl!

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LOW CARB VEGGIE LASAGNA



Low Carb Tortilla Lasagna Recipe with Cottage Cheese and Broccoli

Ingredients:

8 low carb tortillas
1 cup cottage cheese
1/2 cup chopped fresh cilantro
1 tablespoon Italian seasoning
2 cups spaghetti sauce (I recommend using our Protein Spaghetti Sauce recipe!)
2 cups chopped broccoli
1/2 teaspoon salt

Instructions:

1. Preheat the oven to 375°F.
2. Cook the chopped broccoli in boiling water for 2-3 minutes or until tender. Drain and set aside.
3. In a bowl, mix the cottage cheese, cilantro, Italian seasoning, and salt.
4. Spread a thin layer of spaghetti sauce on the bottom of a 9x13 inch baking dish.
5. Place 2 tortillas on top of the sauce, slightly overlapping them.
6. Spread half of the cottage cheese mixture on top of the tortillas.
7. Add half of the chopped broccoli on top of the cottage cheese mixture.
8. Pour a cup of spaghetti sauce over the broccoli.
9. Repeat the layers: tortillas, cottage cheese mixture, broccoli, and spaghetti sauce.
10. Top with the remaining 2 tortillas.
11. Spread the remaining spaghetti sauce over the tortillas.
12. Cover the dish with foil and bake for 25-30 minutes or until heated through.
13. Remove the foil and bake for an additional 5-10 minutes or until the cheese is melted and bubbly.
14. Let the lasagna cool for a few minutes before serving.

Enjoy your delicious and healthy low carb tortilla lasagna with cottage cheese and broccoli!

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POWERHOUSE GRILLED CHEESE



To make a delicious grilled cheese sandwich that fuels your thyroid start by melting some butter in a pan over medium heat. While the butter is melting, slice some sharp cheddar and mozzarella cheese, as well as a tomato and avocado. Next, sprinkle some flax seeds on two slices of high fiber bread.

Place a slice of cheddar on each of the bread slices, followed by a slice of mozzarella. Add the sliced tomato and avocado on top of one of the slices of bread. Then, place the other slice of bread on top of the filling. Place the sandwich in the pan with the melted butter and cook for 2-3 minutes on each side or until the cheese is melted and the bread is golden brown. Slice in half and enjoy!

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Easy Powerhouse Burritos



To make low-fat thyroid stimulating burritos, start by heating up a can of fat-free refried beans on the stove. In a separate pan, sauté diced onions until they are tender. Add diced tomatoes to the onions and cook until the tomatoes are soft. Warm up some low-carb tortillas in the microwave or on the stove.

Once everything is heated up, spread the refried beans on the tortillas, add the tomato and onion mixture, and sprinkle some Mexican-style cheese on top. Finally, slice up some avocado and add it to the burritos. Roll up the tortillas and enjoy your delicious and healthy low-fat burritos!

Lentil Beef Soup

Here's a great recipe for lentil and beef soup:



Ingredients:

- 1 cup lentils
- 1 pound ground beef
- 1 onion, diced
- 3 potatoes, peeled and diced
- Salt, pepper, and other seasonings of your choice
- 6 cups water or broth

Instructions:

1. Rinse the lentils and set aside.
2. Brown the ground beef in a large pot over medium heat.
3. Add the diced onion to the pot and sauté until translucent.
4. Add the diced potatoes, lentils, and seasonings to the pot and stir to combine.
5. Pour in enough water or broth to cover the ingredients by about an inch.
6. Bring the soup to a boil, then reduce the heat to low and simmer for 30-40 minutes, or until the lentils and potatoes are tender.
7. Taste and adjust the seasoning as desired.
8. Serve hot and enjoy!

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POWERHOUSE NACHOS



Here's a recipe for nachos using tortilla chips, avocados, tomatoes, black beans, kidney beans, ground turkey, black olives, hemp seeds, and grated sharp cheddar:

1. Preheat your oven to 375°F.
2. Spread a layer of tortilla chips on a baking sheet.
3. Rinse and drain 1/2 cup each of black and kidney beans, then spread them over the chips.
4. Brown 1/2 lb of ground turkey in a skillet, then sprinkle it over the beans.
5. Slice 1 avocado and 1 tomato, then arrange them over the turkey.
6. Top with 1/4 cup of black olives and 1/4 cup of hemp seeds.
7. Sprinkle 1 cup of grated sharp cheddar over the entire dish.
8. Bake in the oven for 10-15 minutes until the cheese is melted and bubbly.
9. Remove from the oven and allow to cool for a few minutes before serving. Enjoy your delicious nachos!

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POWERHOUSE CHICKEN WRAPS

Here's a recipe for chicken wraps using mayo, smashed avocado, salt, mustard, tomatoes, pecans, spinach leaves, and low carb tortillas:



Ingredients:

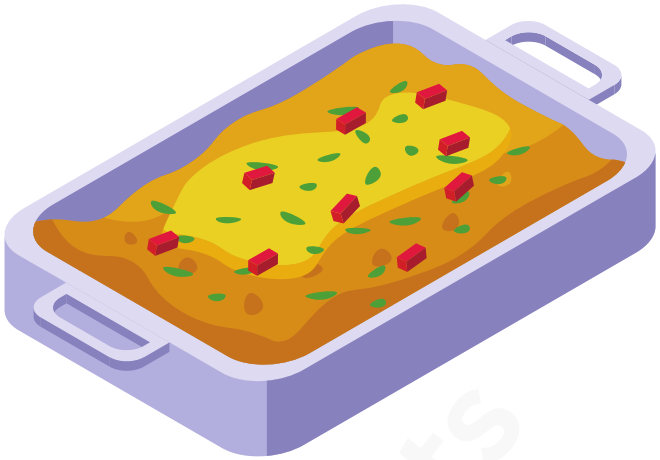
- 1 lb cooked chicken breast, sliced into thin strips
- 1/4 cup mayonnaise
- 1 ripe avocado, smashed
- Salt, to taste
- 1 tablespoon mustard
- 2 tomatoes, diced
- 1/4 cup chopped pecans
- Spinach leaves
- Low carb tortillas

Instructions:

1. In a small bowl, mix together the mayonnaise, smashed avocado, salt, and mustard.
2. Lay out the low carb tortillas and spread a generous amount of the mayo-avocado mixture on each one.
3. Add a few spinach leaves on top of the mayo-avocado mixture on each tortilla.
4. Place a few strips of chicken on top of the spinach leaves on each tortilla.
5. Add some diced tomatoes and chopped pecans on top of the chicken on each tortilla.
6. Roll up each tortilla tightly, cut in half if desired, and serve immediately. Enjoy!

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TACO BAKE



Ingredients:

- 8 oz. of pasta
- 1 lb. of ground beef
- 1 jar of spaghetti sauce
- 1 can of black olives, sliced
- 1 cup of sharp cheddar cheese, shredded
- 1/2 cup of Greek yogurt
- 1 tablespoon of chia seeds
- 2 jalapenos, sliced
- 1 packet of taco seasoning
- 1/2 onion, diced
- 1 tomato, diced

Instructions:

1. Preheat your oven to 375°F.
2. Cook the pasta according to the package instructions and set aside.
3. Brown the ground beef in a large skillet over medium heat, then drain the excess fat.
4. Add the spaghetti sauce, black olives, and taco seasoning to the skillet and mix well.
5. In a separate bowl, mix together the Greek yogurt and chia seeds.
6. Layer the cooked pasta in the bottom of a 9x13 inch baking dish.
7. Pour the beef mixture over the pasta and spread evenly.
8. Top with the sliced jalapenos, diced onion, and diced tomato.
9. Spread the Greek yogurt mixture over the top of the vegetables and beef.
10. Sprinkle the shredded cheddar cheese over the top.
11. Bake in the preheated oven for 20-25 minutes, or until the cheese is melted and bubbly.
12. Let cool for a few minutes before serving. Enjoy!

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High Fiber Chocolate Chip Cookies



Ingredients:

- 2 cups whole wheat flour
- 1 cup sugar
- 1 cup butter, softened
- 1 tsp salt
- 2 eggs
- 1 cup chopped dates
- 1/4 cup chia seeds
- 1 cup chocolate chips

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a mixing bowl, cream together the butter and sugar until light and fluffy.
3. Beat in the eggs.
4. In a separate bowl, combine the whole wheat flour and salt.
5. Gradually add the flour mixture to the butter mixture and mix until well combined.
6. Stir in the chopped dates, chia seeds, and chocolate chips.
7. Drop rounded spoonfuls of dough onto a baking sheet, spacing them about 2 inches apart.
8. Bake for 10-12 minutes or until the edges are lightly browned.
9. Remove from oven and allow to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely. Enjoy!

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POWERHOUSE CHICKEN ENCHILADAS

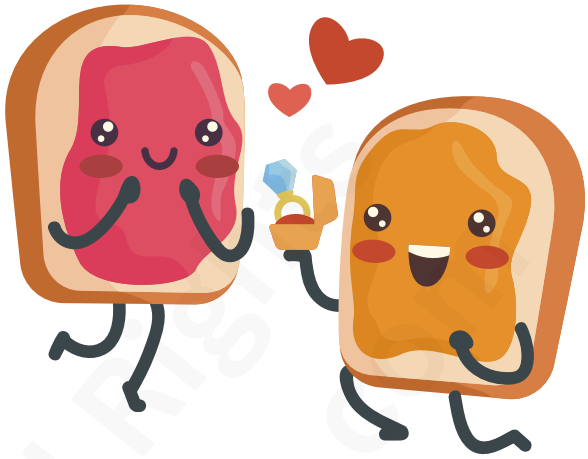


Here's a recipe for chicken enchiladas using low carb tortillas:

1. Preheat oven to 375°F.
2. In a bowl, mix shredded chicken, fat-free refried beans, taco seasoning, and 4 tbsp of flax seeds.
3. Spoon the mixture onto a low carb tortilla and roll up tightly. Place in a baking dish.
4. Pour chile verde sauce over the enchiladas and top with sliced black olives, sharp cheddar, and mozzarella cheese.
5. Bake for 20-25 minutes until the cheese is melted and bubbly.
6. Serve with additional chile verde sauce and sour cream if desired. Enjoy!

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POWERHOUSE PB & J



To make a high protein peanut butter jelly sandwich using no sugar peanut butter and low carb bread, start by spreading a generous amount of peanut butter onto one slice of bread. Sprinkle some chia seeds on top for added texture and nutrition. Then, spread a layer of your favorite fruit jam on the other slice of bread.

If you want even more protein, mix in some PB powder with the no sugar peanut butter before spreading it onto the bread. Finally, put the two slices of bread together to form the sandwich and enjoy! This is a PB and J that will supercharge your thyroid for sure!

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POWERHOUSE POTATO SALAD



To make a delicious potato salad packed with powerhouse nutrients, start by boiling potatoes until they are cooked through but still firm. Allow them to cool before peeling and chopping them into bite-sized pieces. Boil some eggs until they're hard-boiled, then remove the shells and chop them up. Next, mash some baked radishes and chop up cilantro. Mix these ingredients with the chopped potatoes and eggs. In a separate bowl, mix together mayo, mustard, relish, salt, and dill. Pour the dressing over the potato salad and mix well. Chill the salad for at least an hour before serving. Enjoy!

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PROTEIN FRUIT PARFAIT



Ingredients:

- 1 box sugar-free Jello
- 1 cup boiling water
- 1 cup cold water
- 1 cup whipped cream
- 1/2 cup chopped walnuts
- 1/4 cup peanut butter powder
- 1 cup mixed fruit
- 1 cup Greek yogurt

Instructions:

1. In a bowl, dissolve the sugar-free Jello in 1 cup of boiling water.
2. Stir in 1 cup of cold water and let it cool for 5 minutes.
3. In a separate bowl, mix the whipped cream, chopped walnuts, and peanut butter powder until well combined.
4. Layer the Jello, whipped cream mixture, mixed fruit, and Greek yogurt in a glass or parfait cup.
5. Repeat the layers until the glass or cup is full.
6. Chill the parfait in the fridge for at least an hour before serving. Enjoy your sugar-free Jello parfait!

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QUINOA BOWL



Ingredients:

- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1 red bell pepper, diced
- 1 avocado, diced
- 1/4 cup chopped cilantro
- 1 lime, juiced
- Salt and pepper to taste

Instructions:

1. Rinse quinoa in a fine mesh sieve and add to a medium saucepan with 2 cups of water. Bring to a boil, then reduce heat to low and simmer for 15-20 minutes or until quinoa is tender.
2. In a large bowl, combine cooked quinoa, black beans, diced red bell pepper, diced avocado, and chopped cilantro.
3. Squeeze the lime juice over the mixture and sprinkle with salt and pepper to taste.
4. Mix well and serve.

This dish is high in protein and fiber thanks to the quinoa and black beans. It's also packed with flavor and nutrients from the fresh vegetables and herbs. Enjoy as a side dish or a main meal.

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Selenium-Rich Broccoli Salad Recipe

Ingredients:

- 1 head of broccoli, cut into small florets
- 1/2 red onion, thinly sliced
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts
- 1/4 cup chopped fresh parsley
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the broccoli florets, red onion, cranberries, walnuts, and parsley.
2. In a small bowl, whisk together the apple cider vinegar, honey, Dijon mustard, olive oil, salt, and pepper until well combined.
3. Pour the dressing over the broccoli mixture and toss to coat evenly.
4. Cover and refrigerate for at least 30 minutes before serving.

This recipe is high in selenium due to the inclusion of broccoli, which is a great source of the mineral. Enjoy!

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Sautéed Spinach and Mushroom Salad with Grilled Chicken



Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- Salt and pepper, to taste
- 4 cups fresh spinach
- 1 cup sliced mushrooms
- 1/4 cup chopped red onion
- 1/4 cup chopped walnuts
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 2 cloves garlic, minced
- 1/4 cup olive oil

Instructions:

1. Preheat grill to medium-high heat. Brush chicken breasts with 1 tbsp olive oil and season with salt and pepper. Grill for 6-7 minutes per side or until cooked through. Let rest for 5 minutes before slicing.
2. In a large skillet over medium heat, sauté mushrooms until tender, about 5 minutes. Add spinach and red onion and cook until spinach is wilted, about 2 minutes.
3. In a small bowl, whisk together balsamic vinegar, honey, garlic, and olive oil to make the dressing.
4. In a large bowl, combine sautéed vegetables, sliced chicken, and chopped walnuts. Drizzle with dressing and toss to coat. Serve warm. Enjoy your delicious and selenium-rich meal!

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Salmon with Roasted Asparagus and Sweet Potatoes.



Ingredients:

- 2 salmon fillets
- 1 bunch of asparagus
- 2 medium-sized sweet potatoes
- 2 tablespoons of olive oil
- Salt and black pepper to taste
- 1 tablespoon of honey
- 1 tablespoon of Dijon mustard
- 1 tablespoon of apple cider vinegar

Instructions:

1. Preheat the oven to 425°F (218°C).
2. Wash and dry the asparagus and sweet potatoes.
3. Cut the sweet potatoes into small cubes and place them on a baking sheet. Drizzle with 1 tablespoon of olive oil and season with salt and black pepper. Roast in the oven for 20-25 minutes, or until tender and browned.
4. While the sweet potatoes are roasting, prepare the salmon. Season the salmon fillets with salt and black pepper.
5. Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Once hot, add the salmon fillets skin-side down and cook for 4-5 minutes. Flip the salmon and cook for another 2-3 minutes, or until the internal temperature reaches 145°F (63°C).
6. In a small bowl, whisk together the honey, Dijon mustard, and apple cider vinegar to make the glaze.
7. Once the sweet potatoes are done, add the asparagus to the same baking sheet and drizzle with the honey-Dijon glaze.
8. Place the salmon fillets on a plate, and serve with the roasted asparagus and sweet potatoes. Enjoy!

This recipe is high in selenium thanks to the salmon and sweet potatoes. Salmon contains 27 micrograms of selenium per 3.5 ounces, while sweet potatoes contain 0.2-0.3 micrograms per gram.

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Selenium-Rich Fruit Salad Recipe:

Ingredients:



- 1 cup strawberries, sliced
- 1 cup blueberries
- 1 cup pineapple, cubed
- 1 cup kiwi, peeled and sliced
- 1/4 cup chopped almonds
- 1 tablespoon honey
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt

Directions:

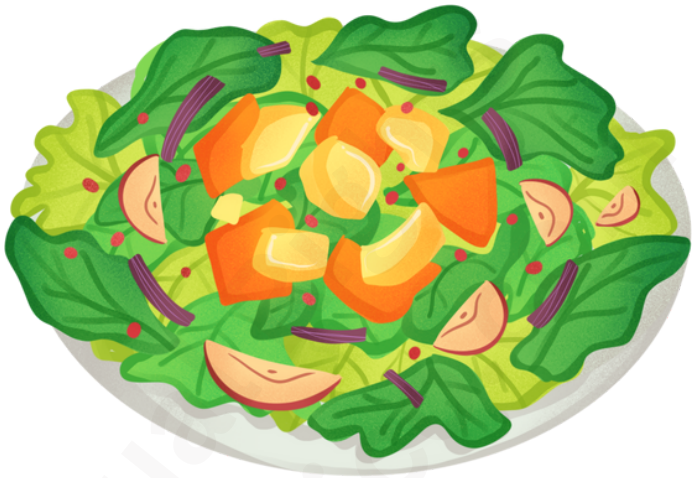
1. In a large bowl, combine the strawberries, blueberries, pineapple, and kiwi.
2. In a separate small bowl, whisk together the honey, lime juice, and salt.
3. Pour the honey-lime dressing over the fruit and toss to coat.
4. Sprinkle the chopped almonds over the top of the fruit salad and serve chilled.

This fruit salad recipe is not only high in selenium due to the presence of almonds, but it is also a refreshing and healthy way to incorporate more fruit into your diet. Enjoy!

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Quinoa Salad with Roasted Veggies

Ingredients:



- 1 cup quinoa
- 2 cups water
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1 red onion, chopped
- 1 can chickpeas, drained and rinsed
- 1/4 cup olive oil
- 2 tbsp balsamic vinegar
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt and pepper to taste

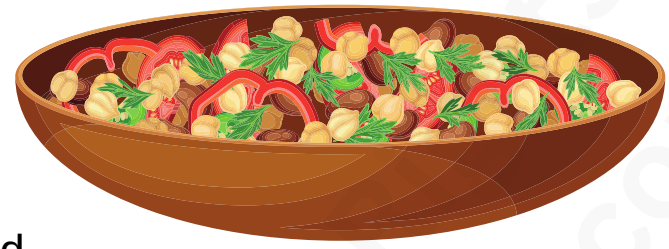
Instructions:

1. Preheat the oven to 400°F.
2. In a saucepan, combine the quinoa and water. Bring to a boil, then reduce the heat and let simmer for 15-20 minutes, or until the quinoa is tender and the water has been absorbed.
3. In a large bowl, combine the chopped bell pepper, zucchini, and red onion. Drizzle with olive oil and sprinkle with garlic powder, oregano, salt, and pepper. Toss to coat.
4. Spread the vegetables in a single layer on a baking sheet. Roast for 20-25 minutes, or until tender and slightly browned.
5. In a small bowl, whisk together the balsamic vinegar with a pinch of salt and pepper.
6. In a large bowl, combine the cooked quinoa, roasted vegetables, and chickpeas. Drizzle with the balsamic dressing and toss to coat.
7. Serve warm or at room temperature. Enjoy!

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Chickpea Salad

Ingredients:



- 1 can of chickpeas
- 1/2 red onion, chopped
- 1/2 red bell pepper, chopped
- 1/2 cucumber, chopped
- 1/4 cup chopped parsley
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

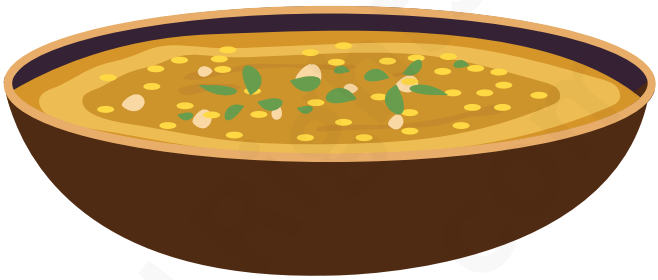
Instructions:

1. Drain and rinse the chickpeas and add them to a large mixing bowl.
2. Add the chopped red onion, red bell pepper, cucumber, and parsley.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, salt, and pepper.
4. Pour the dressing over the chickpea mixture and toss until everything is evenly coated.
5. Serve immediately or refrigerate until ready to serve. Enjoy!

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Lentil Powerhouse Soup

Ingredients:



- 3 cup of lentils
- 12 small potatoes, diced
- 1 package of broccoli normandy
- Salt to taste
- All Seasoning Salt to taste
- 1 pound of ground beef
-

Instructions:

1. Rinse the lentils and soak them in water for about 30 minutes.
2. In a large pot, brown the ground beef over medium heat.
3. Add the small potatoes and broccoli normandy to the pot.
4. Drain the lentils and add them to the pot along with 12 cups of water.
5. Add the all seasoning salt and salt to taste.
6. Bring the soup to a boil, then reduce the heat to low and let it simmer for 30-40 minutes, or until the lentils and potatoes are tender.
7. Serve hot and enjoy!

This soup is packed with fiber, protein and powerhouse nutrients to fuel your thyroid! Plus, its really yummy:0

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SUPPLEMENTS

to feed your thyroid

DISCLAIMER: Please consult with your physician before taking supplements. This E-Book does not in anyway provide medical advice, solely informative text. We are not knowledgeable of your health conditions or medications that could interact with supplements. These things should be 100% discussed with your doctor first. Taking any of the supplements listed without speaking to your doctor is solely at your own risk. While the links provided are linked to products I use personally, I may receive commission from the purchase through the link.

SUPPLEMENTS



Supplements are exactly what they sounds like they are, they are things to supplement holes in your diet. Now, generally speaking, you should be able to get everything you need from Nature. But in reality, we know that isn't always true when our bodies do not function like they should. Sometimes we have disorders in our gastrointestinal system that prevent proper absorption. Sometimes we have a main organ (thyroid) that needs a little extra support. And sometimes, we have food allergies/intolerances that keep us from getting all our nutrients. Below I will list some supplements that have helped me with my thyroid journey. I have included links to Amazon for easier purchasing.

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Thyroid Disease Suffers often have heart arrythmias. I have found great relief starting my day with two of these gummies. They work fast to calm my nerves and ease the arrythmia.

Get it on Amazon here



I also use a high quality CoQ10 supplement to quiet my arrythmia to almost silent most days. I take 300 mgs a day. (Please note that people under 40 are not advised to take CoQ10 as your body already produces enough.)

Get it on Amazon here



For added heart health, and better absorption of my CoQ10, I take 1,000 mgs of Fish Oil a day.

Get it on Amazon here



Thyroid Disease Suffers often have blood sugar highs and lows as the thyroid is in charge of communicating with the pancreas. I take 2 tbsp of ACV with The Mother every morning to start my day off well. You do NOT need more than that. ACV will drop your blood sugar drastically if over done and **PLEASE** do not take this with insulin. This is the reason ACV is a weight loss aid, it helps regulate those pesky blood sugar levels.

Get it on Amazon



Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1.5g	**8%**
Cholesterol 10mg	**3%**
Sodium 230mg	**10%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 30g	**60%**

Vitamin D 5mcg 25%	Calcium 730mg 60%
Iron 1.9mg 10%	Potassium 460mg 10%
Vitamin A 200mcg 20%	Vitamin B_{12} 1.4mcg 60%
Phosphorus 510mg 40%	Iodine 60mcg 40%
Magnesium 70mg 15%	Zinc 4mg 35%
Selenium 10mcg 20%	Chloride 480mg 20%

Not a significant source of trans fat.

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

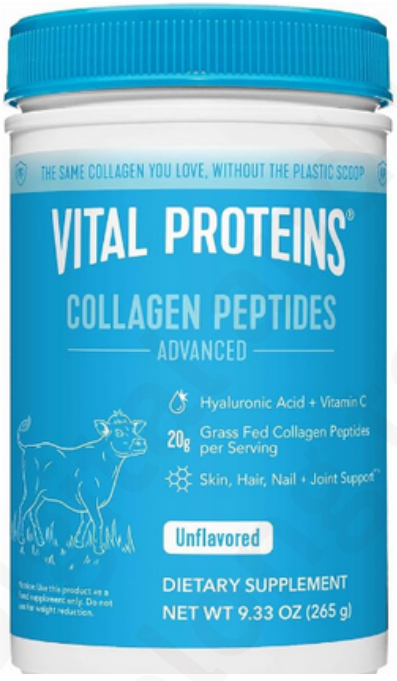
ALWAYS put protein on your stomach first, regardless of whether you drink a protein shake or not. Each meal, put a protein in your stomach first. For me, I like to use protein shakes to supplement my diet. As you can see from the label it has some good PowerHouse Nutrients to fill my gaps!

Get it on Amazon



Get it from Amazon

Thyroid Disease Suffers often lose hair, have brittle nails and itchy skin. I try to combat that will Collagen Supplements. I have found the best ones (for me) to be the ones listed to the left and below. I try and get at least 20 grams of Collagen in each day. If you can find Collagen with Biotin in it then that is a boost!



Get it from Amazon



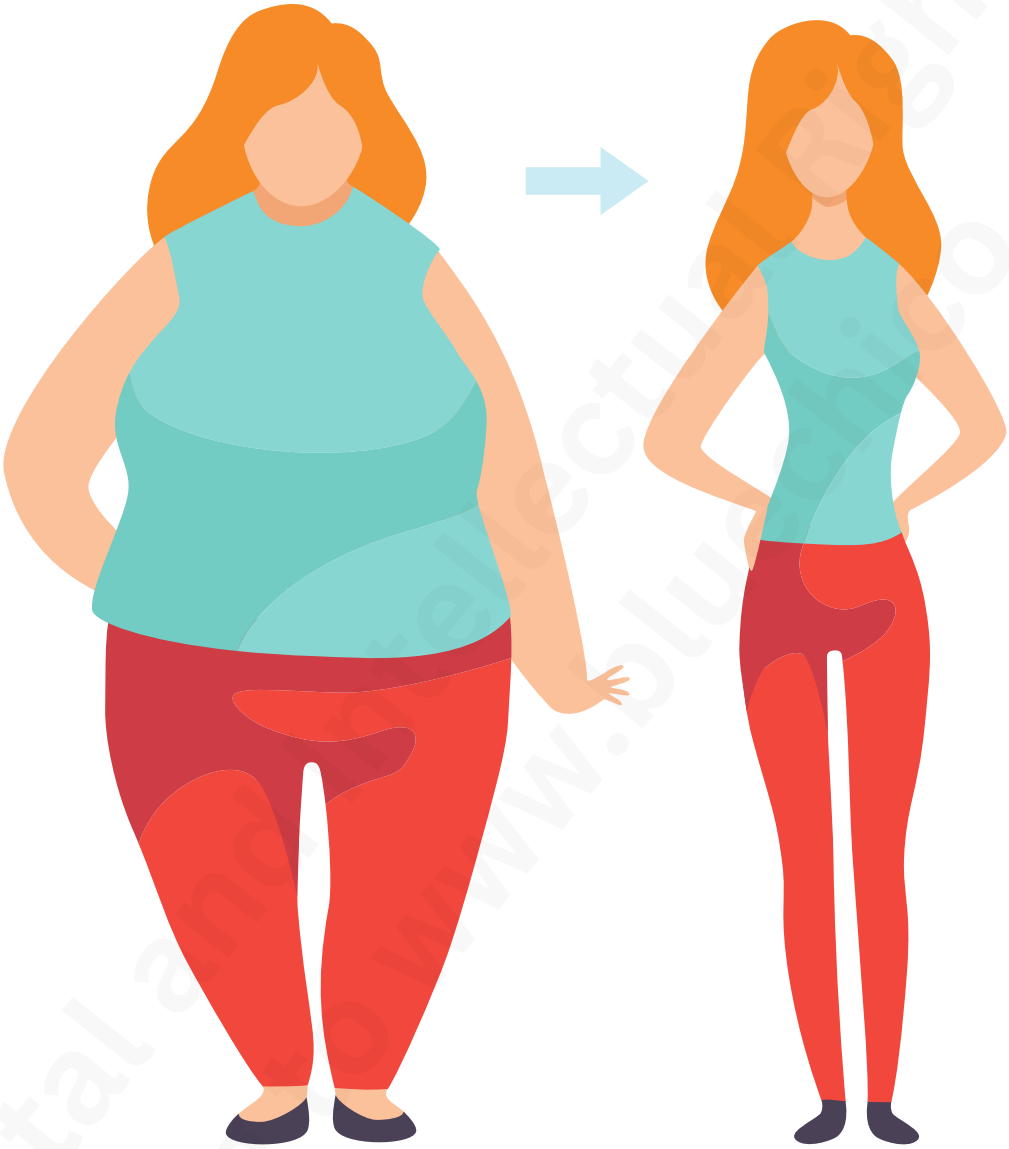
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BODY IMAGE

and why it matters

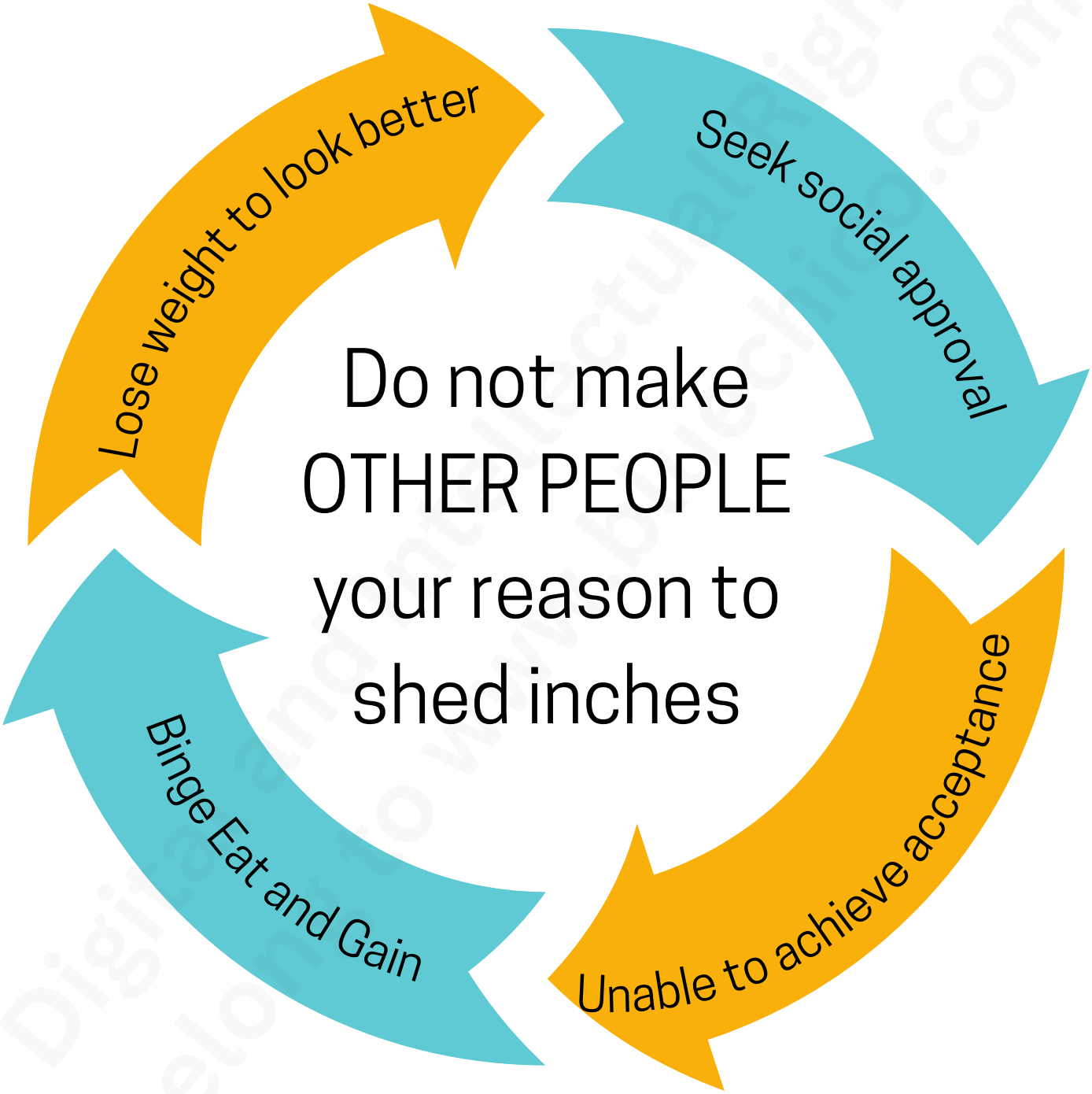
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So with diet under control, HOW do we train our bodies to start burning calories?



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Its an excellent question but FIRST, you need to find your motive or this is going to end in disaster.



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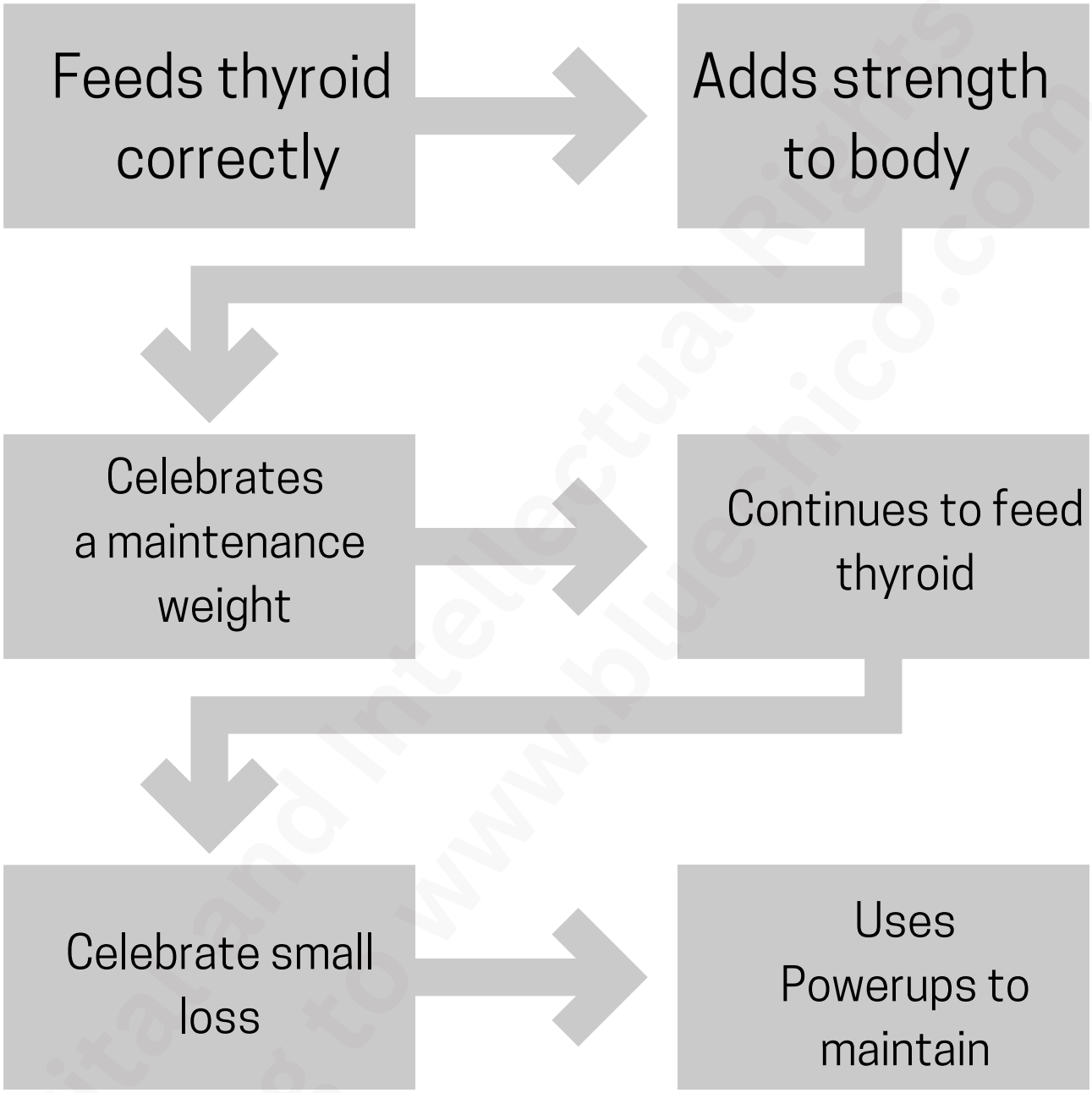
Listen, your thyroid is messed up. You are simply NEVER going to achieve the same results as a person losing with a healthy thyroid. Your results will be slower, you will regain faster and you will need to fight for it every single day to maintain.

If your goal is to look as slim as the lady next door who has ZERO thyroid issues and drops 20 lbs in a month, then you will destroy your mental health and your purchase of this E-book was in vain.

You have to come to accept that your journey is different. Take another look at the chart below and see how changing your perspective helps heal your thyroid with a better self image.

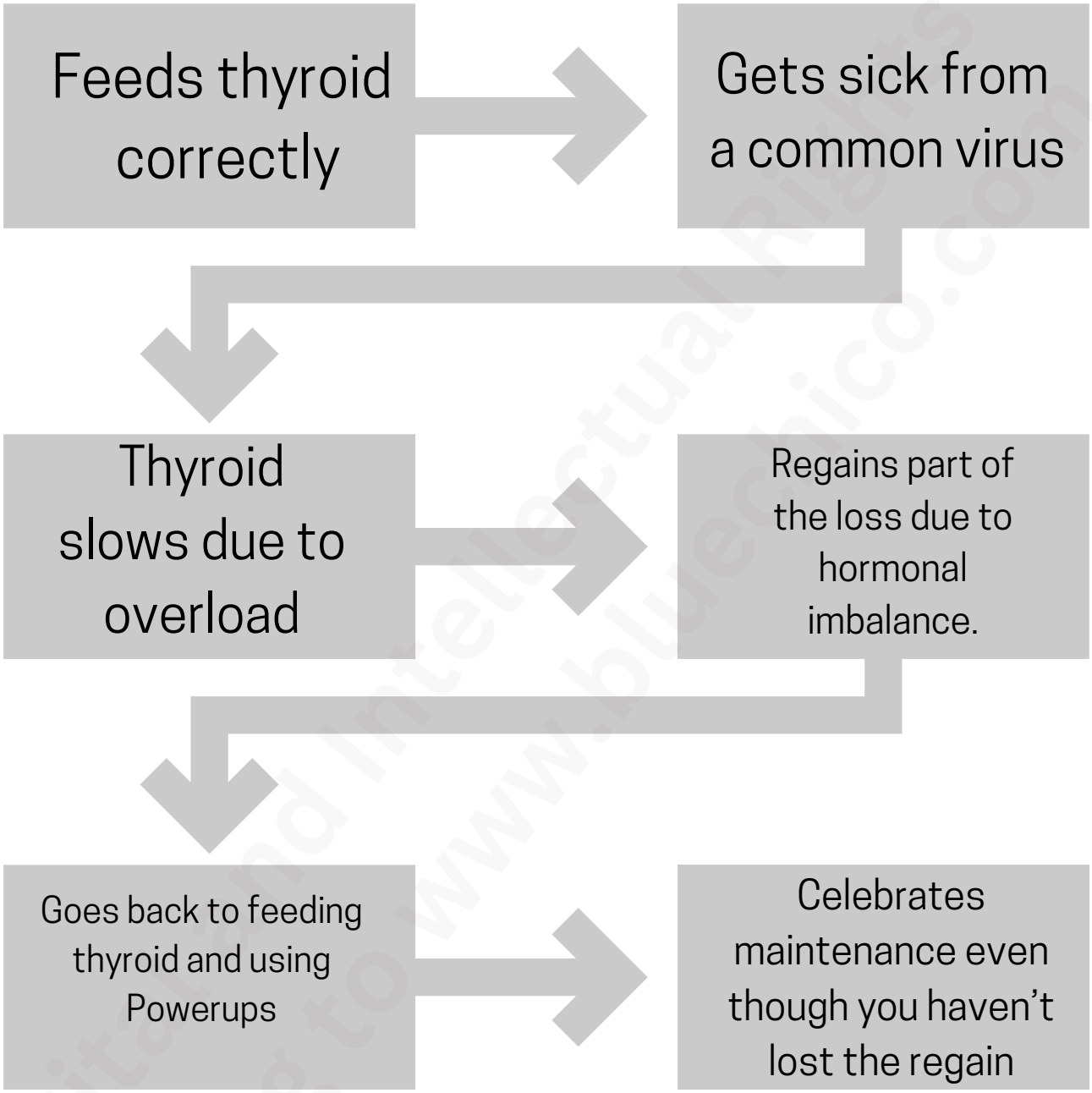
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This is how your first month could look



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And this is how your second month could look



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No one on the outside looking in is ever going to get it but you WILL regain on your weight loss journey with thyroid disease because so many things can offset your already weakened thyroid

A few things that alter your thyroid levels:

- Illness of any kind
- Lack of Sleep
- Pregnancy
- Certain Vitamins
- Dairy (if eaten within 3 hours of your thyroid medicine)
- Autoimmune disorders
- Toxins in lotions and sprays

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The absolute key to success in building a strong body rather than focusing on the "skinny"when you are living with thyroid disease. Best practices top achieve strength are:

1. Acknowledge the lifelong uphill battle you have

2. Concentrate on healthy blood levels, strong bones, building muscle and endurance.

3. Stop chasing the elusive rabbit of "skinny jeans". Your body frame is determined by genetics and if its not built for "skinnyness" then you will set fire to your already weakened thyroid by over dieting and overexercising. What I am saying is not everyone is built to be able to fit in skinny jeans....and the only way 100% of the population can get there is for the majority of us to starve and abuse our body. That kills your thyroid and do you REALLY want to hurt it anymore than it already is? You need to find a weight that is healthy for you.

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So how do you know what weight is HEALTHY for you?

The easiest answer for that is watch your midsection. This is where the dangerous fat comes in to play. When you see your midsection shrinking, REGARDLESS of what your arms, thighs and buttocks are doing, then you are finding a healthy weight for you!



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What size should my waist be in order to be healthy?

For men, a waist circumference below 94cm (37in) is 'low risk', 94–102cm (37-40in) is 'high risk' and more than 102cm (40in) is 'very high'. For women, below 80cm (31.5in) is low risk, 80–88cm (31.5-34.6in) is high risk and more than 88cm (34.6in) is very high.



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So, can I trust you to make peace with your body type before you start your journey? I don't care about the friend down the road that had big boobs, a little pouch and already skinny legs who dropped 50 lbs in her boobs and stomach and is now UBER skinny but you can't no matter how much you lose. I really don't.

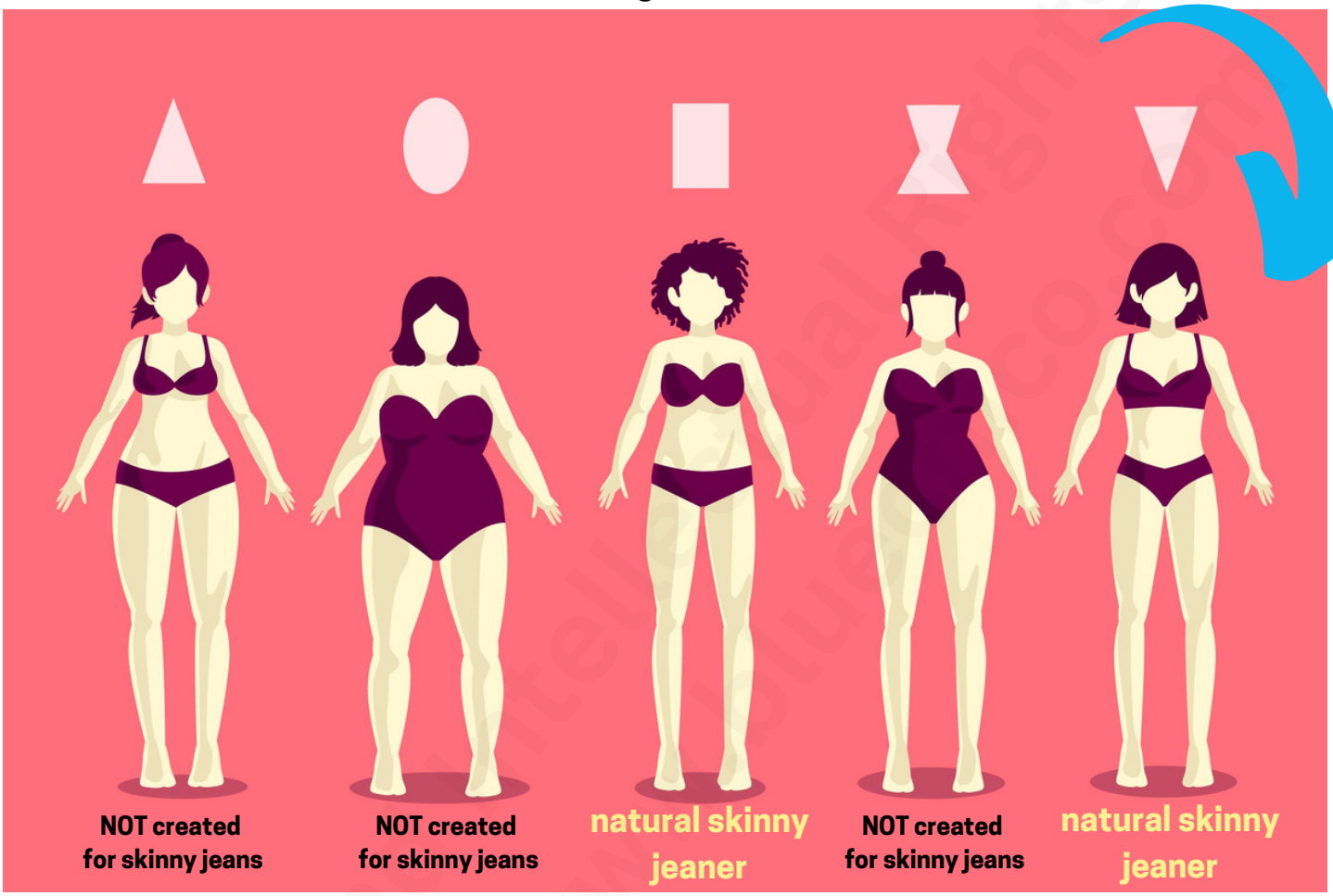
Are you built like her? Of course she can wear skinny jeans, her genetics never placed the bulk of her weight in her legs even when she was heavier. I know men seem to have a basic shape, with a few variations....but women have several differently genetically coded shapes and NOT all of them fit in skinny jeans. Stop buying the lies and free yourself.

Let me further explain...

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See, that friend down the road you are envying is an inverted triangle shape meaning all her weight was genetically placed above her waist. She was created for skinny jeans, but I am betting now she ain't go no junk in the trunk since her extra weight is gone girlfriend. Its genetics.

Skinny jeans are a cruel marketing ploy because not everyone will fit in skinny jeans naturally. And really, who cares about them except for social media algorithms.



Before you go any further, take a look at yourself in the mirror and make note of where the majority of your weight sits. Find your body style and make peace with your journey before it starts. You want to be at a healthy weight. You will notice that 3/5 of the body styles will NEVER fit into skinny jeans naturally. They require abuse of your body to get there...and we do not want that.

Hard truth, cardio is not as effective as strength training when it comes to losing and maintaining with a thyroid disease. BUT that does not mean you can throw cardio out the window....stay with me here.

Since your metabolism is already suffering you are going to need some muscle to help burn and maintain. Let's walk you through and easy routine to get you started on your muscle building journey. There are two paths you can take.

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Power House Moves

TO BUILD STRENGTH AND BURN CALORIES

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JOURNEY 1: Strength training with weights



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Remember all that protein and those powerhouse nutrients we are investing in?

They also fuel your muscles which BURN FAT. Use the guide below to help your body burn fat, even while resting. Its understandable if you cannot do cardio right now, thyroid disease wrecks your body with fatigue and joint pain. Your best starting bet on exercise is to start with strength training.

Week 1-4

Make it a priority EVERY SINGLE DAY to do 5 sets of 10-12 reps of strength training. You choose which area of the body to work on depending on your physical state of limitations. You choose the amount of weight you start with.

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Week 5-9

Make it a priority EVERY SINGLE DAY to do 5 sets of 12-18 reps of strength training. You choose which area of the body to work on depending on your physical state of limitations. Choose the same weight amount you used week 1-4

Week 10-14

Make it a priority EVERY SINGLE DAY to do 5 sets of 10-12 reps of strength training. You choose which area of the body to work on depending on your physical state of limitations. Choose a weight that is 5 lbs more than whatever you used weeks 5-9

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Week 15-19

Make it a priority EVERY SINGLE DAY to do 5 sets of 12-18 reps of strength training. You choose which area of the body to work on depending on your physical state of limitations. Choose the same weight amount you used week 10-15

Week 20-24

Make it a priority EVERY SINGLE DAY to do 5 sets of 12-18 reps of strength training. You choose which area of the body to work on depending on your physical state of limitations. Choose a weight that is 5 lbs more than whatever you used weeks 5-9

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Continue this routine until by the end of the year you are lifting continuously and at three times as much as you were lifting to begin with! If all you could lift in January is 5 lbs, then make 15 lbs your goal by December. You will be surprised when you both reach it and surpass it!



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JOURNEY 2: If purchasing weights is out of your budget or you simply do not have the storage space, then use the biggest weight you have; YOUR BODY!



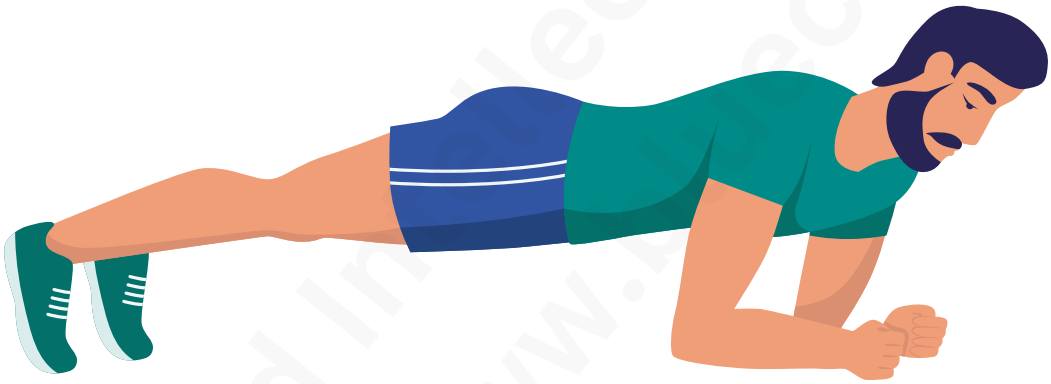
SQUATS:

Aim to start with 5 in the morning and 5 at night. Be sure to stretch your legs afterwards to keep your muscles limber. Increase this amount every week or at your own pace. Slow increases will help you more than drastic ones. Try doing 7 in the morning and 5 at night one week. Then when you feel solid about 7, make it 7 at night too. Keep going up as much as you want! You don't need rest days for squats, your legs will adjust after a few days and it will help your everyday activities.

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PLANKS:

These are very difficult but they provide stability to your core. The goal is to keep your buttocks in line with your shoulders while you suck in your stomach and aim to stay as straight as a plank of wood. Start very small and make 5 seconds your goal to start. Do these every other day. Increase the amount of time held slowly. Remember, you aren't training for the Olympics, you are rebuilding your body. If your arms hurt them try putting a folded towel under them.



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DOUBLE LEG RAISES:

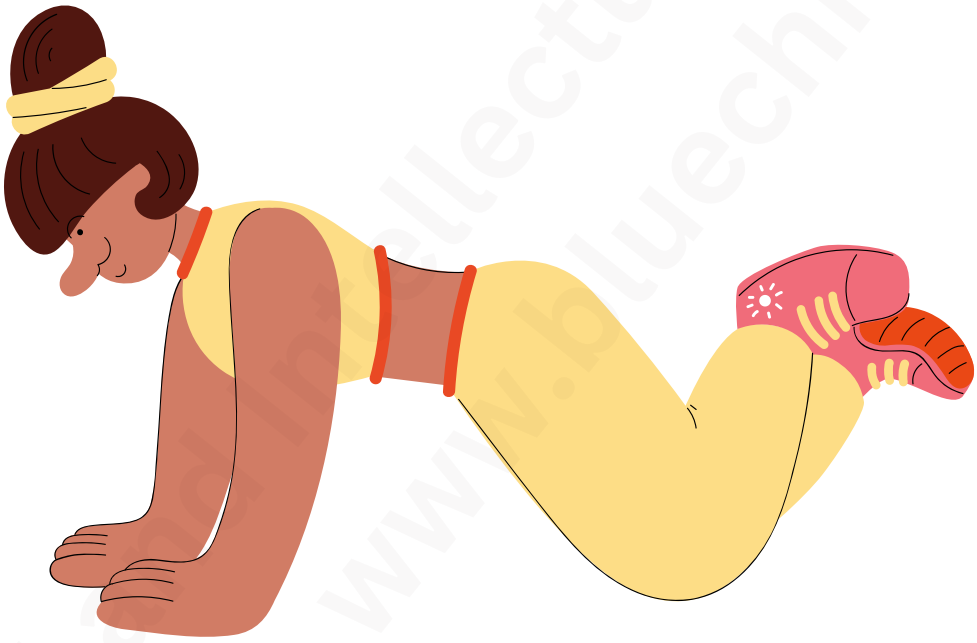
These can be difficult. The goal is to keep your legs pushed together, knees straight and raise them 90 degrees to your body. Sometimes if helps to lay on a floor in front of a table and and hold the table legs behind your head to give you a little more leverage. Aim for 5 in the morning and 5 at night. Increase using your own judgement. Do these on the opposite days of your planks.



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KNEE PUSH UPS:

These are just as effective as full push ups when it comes to building arm muscle mass. Keep your back straight as you lower yourself to the ground and push yourself back up again. Start with 5 in the morning and 5 at night. Increase at your own discretion. Do these every other day.



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AIRPORT RUNWAY FLAGGER:

This one is fun and productive! Set a timer on your phone for 5 minutes. In those five minutes keep your arms straight and move them up and down, back and forth, around in circles and back again. When you get tired going one direction, DO NOT STOP, just rest your muscles by going in another direction. Keep going the whole 5 minutes! You will burn muscles and tone. Do these on the days you don't do knee push ups. Increase the time at your own discretion.



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JUMP ROPE:

This one is fun and productive! Set a timer on your phone for 5 minutes. In those five minutes keep to one of two things: lay the rope flat on the ground and jump over it, or actually swing the rope and jump it. The only goal is to keep jumping the entire 5 minutes. This builds the large muscles in your legs and add a bit of cardio as well. Do this every day! Raise the timer at your own discretion.



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RAISING YOUR HEARTBEAT

with cardio

The most effective cardio is anything that raises your heartbeat safely. You should not feel winded after a workout, nor should you push yourself faster than possible, but you should be able to tell you raised your heartbeat. **This is your heart you are working and it is central to keeping you alive.** Go slow and be kind to your body. You do NOT have to be able run a marathon to have a healthy heart, just being able to briskly walk a mile is a healthy habit.

There is a very good chance that, depending on the amount of years you have dealt with thyroid disease your heart is not ready for any marathons or excessive cardio BUT we still need to work it. Ideally, all the websites say your cardio heartbeat is 220 minus your age. **I do NOT recommend shooting for that.** As a fellow thyroid disease sufferer my advice is to slowly raise your heartbeat above what is normal and hold it there for five minutes then lower it to normal. Maybe your resting heartbeat is 75. Walk normally then increase your pace until your heart rate is at 80 for a few minutes, then walk normally again. Repeat this slowly until you are able to go higher. Its OKAY if it takes months to get there. The fact that you are working your heart everyday is what matters.

And no, you don't need anything to track your heart rate. Place two fingers gently between your neck and jaw to find your heartbeat. Once found, set a timer on your phone or watch a clock and count the beats for ten seconds. Multiply that by 6 and you have your heartrate.

You are not competing with anyone except the person you were yesterday. Remember that.

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Simple Cardio Exercises:



- Walking
- Jogging
- Running (if and when ready, do not push it)
- Dancing (you can do this alone in your living room)
- Walking up stairs
- Jumping in place
- Rowing machine
- Swimming



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WRAPPING UP

All the things you need to never forget.

Now you have all the tools you need to create a lifestyle that feeds and powers your thyroid. But there are a few things I want you to always remember:

REMEMBER! →



Your cholesterol levels and blood pressure are more important than the size of your clothing.

Muscle trumps skinny any day because muscle protects our bones as we age and skinny just makes our skin flabby as we age. Choose your journey wisely.

You are going to regain a few pounds now and then, don't let that distract you, its part of the disease. Keep going.

Little things everyday make big impacts in the long run.

Its okay to never be skinny, but its not okay to live a life in an unhealthy body.

Be honest with your doctor about how your body feels, regardless of test results and if need seek out a new doctor. Its your body, you have every right to live in it happily.

I am always rooting for you, and I 100% understand where you are.

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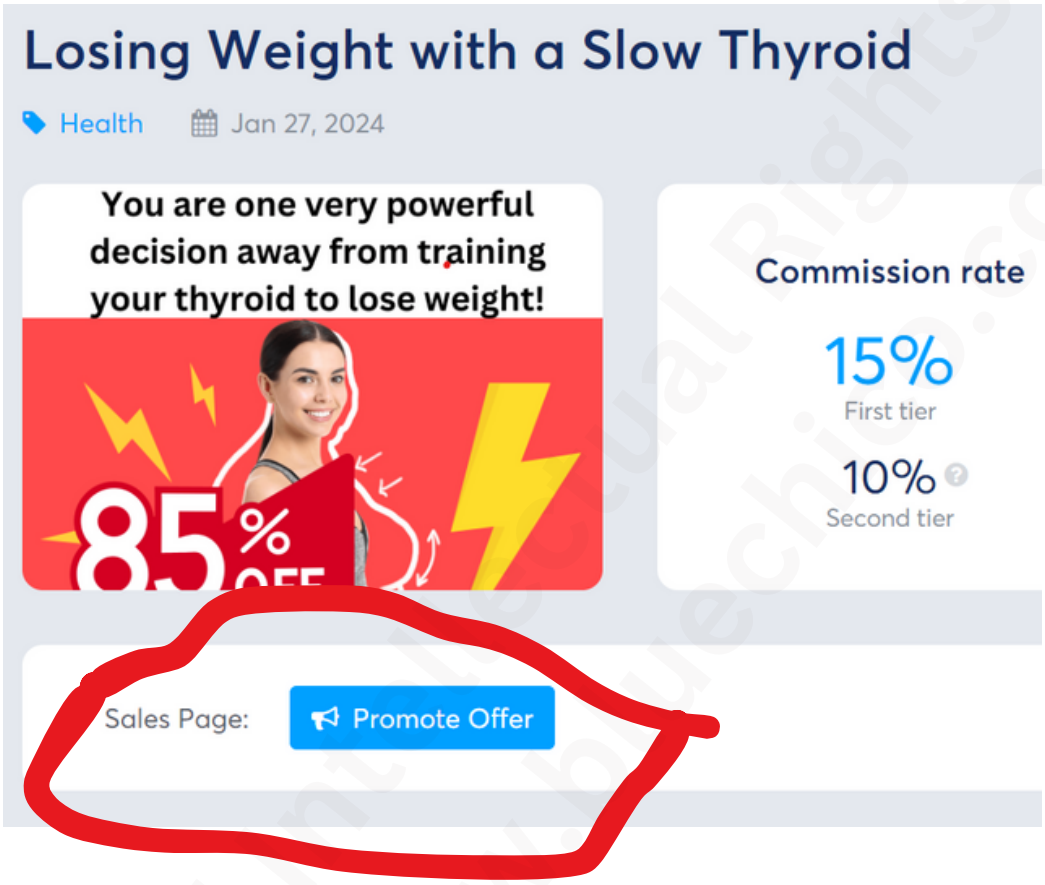


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Get to promoting and make 2024 your healthiest and wealthiest year yet!

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