

THE ESSENTIAL

# Thyroid

## *Cookbook*

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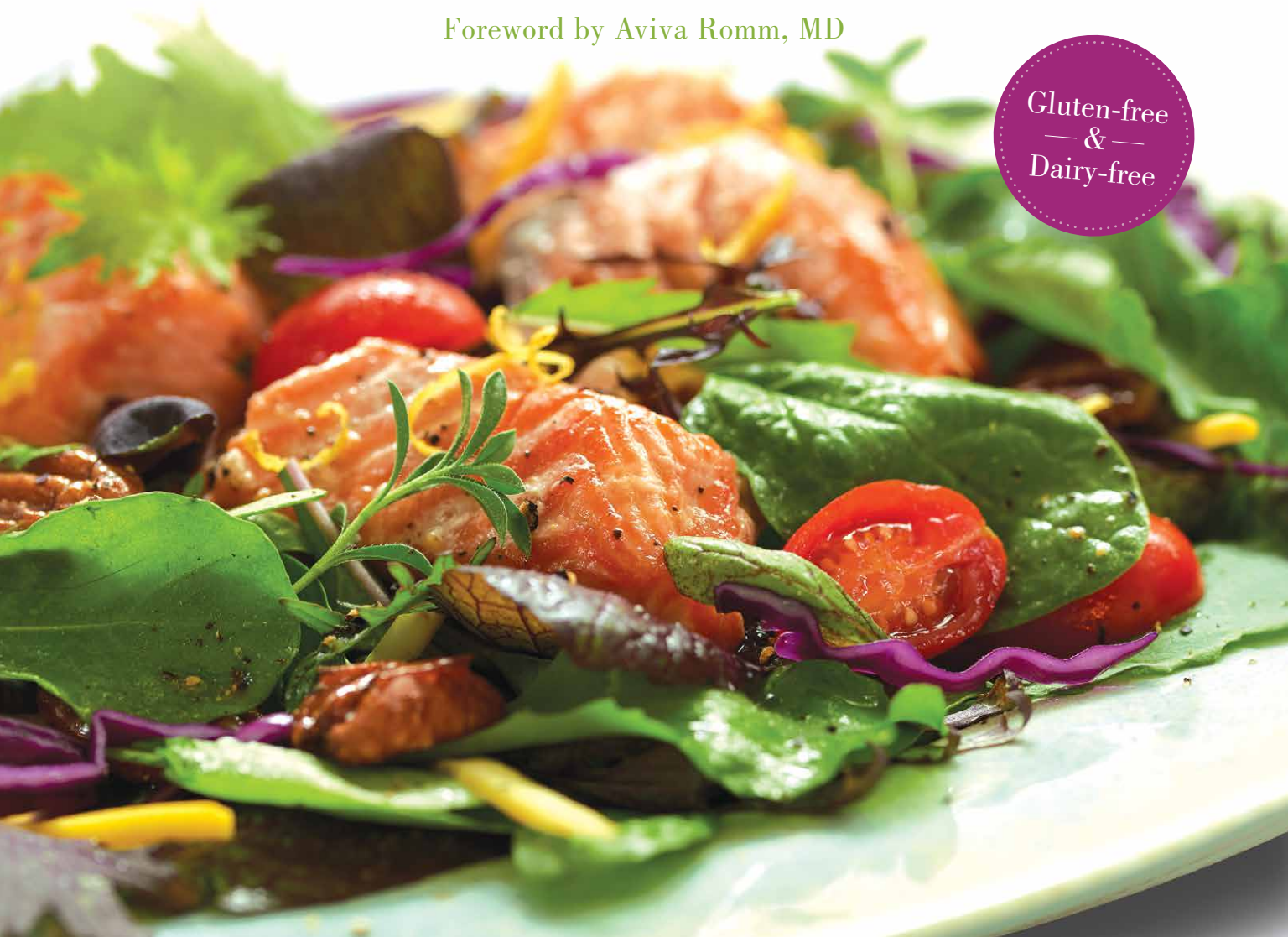
OVER 100 NOURISHING RECIPES FOR THRIVING  
WITH HYPOTHYROIDISM AND HASHIMOTO'S

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Lisa Markley, MS, RDN & Jill Grunewald, HNC

Foreword by Aviva Romm, MD

Gluten-free  
— & —  
Dairy-free



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First Edition



*This cookbook is dedicated to the millions who have suffered or are suffering from hypothyroidism and Hashimoto's thyroiditis. May you be adequately tested, acknowledged with empathy and understanding, and compassionately cared for.*



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# FOREWORD

*By Aviva Romm, MD*

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While medical doctors possess a wealth of knowledge and go through intensely rigorous training, I often find that I learn more from my patients struggling with specific conditions about what truly works for them and what doesn't than medical training ever taught me. In fact, my patients often, out of necessity prior to finding an integrative, functional medicine doctor like me, had to become their own personal health detective to find a proper diagnosis and solutions beyond the medications offered to them by their conventional physician, too often accompanied by the statement, "This is something you're just going to have to get used to living with."

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As a result, many people with specific conditions become very knowledgeable about cutting edge alternative research, buried or ignored but important scientific findings, and natural alternatives. I have found this to be true nowhere more than for women with thyroid problems, particularly Hashimoto's thyroiditis, most likely because thyroid problems are amongst the most overlooked, yet prevalent conditions that impact women's health today.

It was my unique background as a midwife and herbalist for 25 years, combined with my training as a Yale medical doctor specializing in integrative women's health, that led me to develop specialized knowledge in the conventional and natural treatment approaches to thyroid conditions. And it was my unique background that has led women with fatigue; inexplicable weight gain and inability to lose weight even with proper diet and exercise; hormonal problems including irregular periods, infertility, and miscarriage; depression and anxiety; chronic constipation; aching joints; hair loss; and more—all of which can be symptoms or signs of a thyroid problem—to seek my care.

These women were seeking answers and often had a suspicion that they might have a thyroid problem. Most often, their suspicions—or my own when they shared their list of symptoms with me—were spot on; they had Hashimoto's or, in fewer but nonetheless important numbers, non-autoimmune hypothyroidism. It was the need of women to have Hashimoto's answers, and in such great numbers, that led me to specializing in this area.

While many women do benefit from a thyroid medication, for some it is unnecessary; some are able to avoid it and others to go off of it, and all are able to maximize their overall health and energy by getting to the root causes of their illness—what led to the immune disruption in the first place. Topping that list is usually a diet that contains triggers that can lead to chronic inflammation and that often lacks the important nutrients the body so desperately wants to stay in health and balance.

One of my most oft repeated sayings is that, “The body has the ability to heal beyond what we've ever been told.” But for that to happen, we have to remove the obstacles to the body's innate healing potential, while providing the body with the building blocks it needs to produce health. Though eating the right foods is one of the biggest needle movers toward health, one can practically get whiplash trying to keep up with the latest food trends and food science; and when it comes to what to eat for thyroid health, it can be unclear what information to trust.

Enter Jill and Lisa. First, and most importantly, like so many of my patients, they had to become their own health detectives to solve

the case of what to eat to support their own selves back to health in the setting of each having been diagnosed with Hashimoto's. Both have learned to manage it with sound nutrition that helps them to also reduce inflammation and support immune health. They know what you're going through first hand and they're committed to helping you get your life back—and in a way that doesn't overwhelm, since you're likely already struggling with fatigue and with it, overwhelm.

But Jill and Lisa didn't just write from their own personal health experiences; they took a well-researched approach to this book to bring you the best possible food science on the subject. Jill brings with her many years of successfully coaching women with hormonal imbalances, primarily hypothyroidism/Hashimoto's, and has added a substantive educational component to this volume—a thyroid health book within a cookbook.

Lisa, a Bastyr-trained Registered Dietitian Nutritionist, who has been teaching culinary nutrition classes since 2009, has written and developed most of these outstanding recipes, with the exception of the three noted. Her passion is translating healthy eating to the plate and empowering others to reclaim their health by getting back in the kitchen.

The thyroid is highly nutrient dependent for health, and most Americans are deficient or low in many of the very nutrients the thyroid requires to maintain (and restore) proper functioning. In a non-dogmatic way, Jill and Lisa take a fresh approach to helping you eat in a way that reduces your exposure to common contaminants found in food, including pesticides, heavy metals, and plasticizers like BPA that damage the thyroid while creating



delicious, “food as medicine” inspired recipes to help you meet your specific needs.

My goal as a physician specializing in natural approaches to women’s health is to help women take back their health. One of the fastest, most effective, and most empowering ways to do this is to take back your kitchen by preparing whole foods-based, fresh, unprocessed meals that satisfy and delight your taste buds while healing your body. This book is an important step in that direction. To enjoy good health, enjoy good food. Bon appetite. Bonne santé.

**Aviva Romm, MD**

*Author of *The Adrenal Thyroid Revolution**

August 28, 2016

PART ONE:

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*Essential  
Thyroid  
Nutrition*

# WHY THIS IS NOT ANOTHER PALEO OR AIP COOKBOOK

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If you've been tuned into the online communities related to thyroid health, Hashimoto's, and other autoimmune conditions, and perhaps read many of the same books and blogs that Lisa and I have, you've likely heard of—and likely tried—a Paleo (aka ancestral) or AIP (autoimmune protocol) diet. These diets help to heal the intestinal lining, which is critical for those with any manifestation of autoimmunity.

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But we're guessing that at least some of you are beyond the initial diagnostic stage, have walked through immune modulation, and perhaps your Hashimoto's is managed. Maybe you've already embarked on a gut-healing program and diet and have identified your food sensitivities, which can cause the immune system to go rogue and create autoimmune antibodies. (The above is an oversimplification of immune modulation and doesn't necessarily include all of the approaches involved.) The point is, perhaps you simply need a cookbook to keep your thyroid and immune system supported for years to come.

While the entirety of this cookbook can't be all things to everyone, this cookbook is intended for . . . everyone—those just beginning their journey as well as seasoned veterans of autoimmunity management and digestive healing, and anyone in between.

Lisa and I have put a lot of thought into making this cookbook as appealing and helpful as possible. To that end, **many of our recipes are Paleo- and AIP-compliant or have Paleo and/or AIP adaptations.** But be sure to read this entire chapter to understand why we don't feel that

a Paleo/AIP diet is the single solution for everyone, knowing that we fully understand its merits and effectiveness.

We created user-friendly icons to help you easily decipher which recipes will fit your needs at-a-glance and we provided sensible adaptations and modifications, where applicable, to fit the dietary practices of Paleo, AIP, and vegan and also recipes acceptable for an Elimination Provocation diet. In most cases, the adaptation may include simply omitting an ingredient or making a simple ingredient swap to make it compliant. You'll find our *Guide to the Essential Thyroid Recipes*, explaining each icon, at the beginning of Part Three.

One of the reasons that Lisa and I chose to be outliers is that there are currently more AIP cookbooks out there than you can shake a stick at, and for good reason. And in my work with hundreds of Hashimoto's clients and students, no one has ever said, "I want to be on the AIP diet for the rest of my life. I'm fine being on a restricted diet forever." Many people say that they'll "do what it takes" to get relief and to get their lives back, but getting Hashimoto's managed doesn't take years of dietary restrictions.

That level and duration of restriction isn't necessary. Even many AIP experts and proponents agree that AIP isn't a "forever diet."

In short, Lisa and I chose to take the *long view* with this cookbook—we want it to be a cookbook for the ages. We want it to be what you reach for no matter where you are in your journey and to feel confident that your thyroid and immune system will be well supported for a lifetime.

To further explain my position on Paleo/AIP:

- Most of the research on the benefits of a Paleo diet was done on men—it missed half the population.
- For those at the initial stages of their journey, I see merit in the Paleo and AIP diets right out the chute—in some circumstances. I explain below.
- I'm wholeheartedly skeptical of removing whole food groups from the diet.

Again, many of the recipes in this cookbook are Paleo- and AIP-compliant, but it wasn't our intention to make them so—we simply focused on the most dense thyroid- and immune-supportive nutrients and ingredients.

There are varying twists to these diets, but generally, with a Paleo diet, you're eating what is believed to be the foods that our ancient ancestors ate, as in, what they foraged for: meat (grass-based/pastured), fish, vegetables, fruits, nuts, seeds, herbs, spices, eggs, unrefined coconut and olive oil, and animal fats like ghee (butter oil), lard, and tallow. According to some Paleo proponents, fruits are off limits—others only support eating berries.

Foods not allowed include grains (including corn) and legumes

“I see merit in the Paleo and AIP diets right out the chute—in some circumstances.”

(including soy), dairy (although some allow grass-fed dairy), sugar, caffeine, and oils derived from seeds and grains, which can be high in inflammation-promoting Omega-6 fatty acids. Some claim no eggs and others say no starchy vegetables because they can't be eaten raw.

An AIP diet, for those with autoimmune conditions, is similar, but in addition to the above exclusions, altogether eschews nuts, seeds, eggs, dairy, nightshade vegetables, and generally, fruit.

Our inclusion of non-gluten grains, legumes, nuts, and seeds in this cookbook is thoughtful and intentional, based on personal and professional experience and a lot of research. I do have some “restrictions” around grains and legumes, which have remained unchanged, even going back to my pre-Hashimoto's days (both prior to my diagnosis and in my coaching practice):

- Largely limit (or eliminate) flour-based products and eat true whole (intact) non-gluten grains, in moderation, because it's true that a diet heavy in grains can be inflammatory and lead to weight gain and blood sugar imbalances. (See the chapter, *In Defense of Grains* and also the chapter, *Pantry Staples and Ingredients* for tips on soaking grains.)
- Legumes are a great source of plant-based protein, but I recommend not making legumes the sole protein of any meal, unless you can truly handle them without digestive distress. Even people who don't have autoimmune conditions can have a difficult time digesting too many legumes. (See the chapter, *In Defense of Legumes* and also the chapter, *Pantry Staples and Ingredients* for tips on enhancing digestibility of legumes.)

To provide context for our inclusions, Lisa and I were both diagnosed with Hashimoto's in early 2008. At that time, popularity of the Paleo diet hadn't crested. The AIP diet wasn't yet on the scene.

As I began my research into low thyroid function and autoimmunity/Hashimoto's, the importance of healing digestive function became abundantly clear, given that 70-80 percent of our immune system is in our digestive tract. I began to sleuth out the dietary triggers that were antagonizing my digestive lining and contributing to the leaky gut characteristic of autoimmune diseases.

In addition to going gluten-free, among other strategies, I did an Elimination Provocation diet—a version similar to the one I share with my clients today. You can find instructions for the diet in the chapter, *Elimination Provocation Diet Instructions* and as you'll see, *it's a temporary diet*. It excludes nuts—but not seeds, grains, or legumes, with the exception of peanuts (which are technically legumes) and soy. Our recipes that are compatible with an Elimination Provocation diet are designated with our EP icon.

At the onset of my journey, given that the research around how the phytic acids and lectins in grains and legumes (and supposedly nuts and seeds) contribute to leaky gut hadn't been popularized, I didn't know that I “should” remove these foods from my diet. And within a few months, my Hashimoto's was managed—without the use of thyroid hormone replacement. My

Hashimoto's antibodies were negligible, indicating reversal of the condition.

Along with my success in healing my autoimmunity came a significant shift in the thrust of my coaching practice—I began largely focusing on helping others with Hashimoto's (and adrenal dysfunction, which accompanies Hashimoto's in nearly every circumstance). Remember, by now, it's fall of 2008—the volume on Paleo and AIP hadn't yet been turned up. And over those next couple of years, prior to the popularization of the AIP diet, the vast majority of my clients had the same success that I did—plummeting antibodies and alleviation of their hypothyroid/Hashimoto's symptoms.

If I've learned anything in the decade I've been a nutrition and hormone coach, it's that we're all bio-individually unique. We all respond to foods differently—and have different trigger foods. While eggs may be the perfect food for you, they're an anti-nutrient for me. This left me in shock and awe when I did my first Elimination Provocation diet. I love eggs and had been eating them regularly for breakfast for some time. I had no idea that they were contributing to my Hashimoto's—and alopecia.

It's true that once food sensitivities are identified and the intestinal lining is healed, you can return to eating the offenders in moderation. (This is not the case with a true food *allergy*.) I'm in a bit of a unique situation, as eggs have been shown to continue to exacerbate my alopecia and I'd rather have hair than eat eggs. But given my digestive healing process, it's safe for me to eat eggs in moderation.

At the same time, for some, simply going gluten-free gets their Hashimoto's managed.

“Once food sensitivities are identified and the intestinal lining is healed, you can return to eating the offenders in moderation.”

When you consider this, it's difficult, in my opinion, to rationalize an extreme diet, in all circumstances, for every single person with autoimmunity.

In fact, Laura Schoenfeld, Registered Dietitian and staff nutritionist for Chris Kresser, a long-time Paleo proponent, autoimmunity expert, and author of *The Paleo Cure*, says, “A strict Autoimmune Paleo Diet isn't necessary for many people with an autoimmune disease. In fact, there are few people with autoimmune diseases that would need to strictly and permanently avoid all the foods eliminated from the diet, as not everyone with autoimmunity is intolerant to all of these foods.”<sup>1</sup> (To be clear, Kresser recommends the exclusion of grains and legumes for those with autoimmunity.)

Although our approaches differ somewhat, even Kresser's book outlines eliminations, followed by reintroductions/provocations, based on a *flexible* Paleo diet. And flexibility is key. Over half of the clients I've worked with have tried the Paleo and/or AIP diet. Here are the most frequent comments:

1. I could do it for a while, but couldn't hang on—I hit a wall. It was too restrictive.
2. I did it for several months and I actually feel worse. And my antibodies have gone up.
3. I wasn't given any additional instructions on how to heal my gut beyond the diet and didn't know how long to stay on it.
4. I travel for work and this diet is nearly impossible when I'm unable to prepare my own food.

I've proceeded to coach my clients in the same protocol I adopted—teaching them what I've learned by making myself a science experiment, during which I ate seeds and moderate amounts of non-gluten grains and legumes, with the exception of peanuts and soy. Again, nuts are excluded from the Elimination Provocation diet.

There's the saying, "If it ain't broke, don't fix it."

In years of this work, I haven't found the need to tell the majority of my clients to take on an even more restrictive diet than what's presented in the Elimination Provocation diet. Most people with Hashimoto's are already living with fatigue and overwhelm. And while many can embrace significant dietary restrictions with open arms and complete willingness, for many, being confronted with an inordinately restrictive diet can be met with a great deal of resistance and stress. It's my intent to explore how much progress we can make together while adding as little additional overwhelm as possible.

I like to see what can happen without asking people to resort to—simply meat and vegetables. And more meat and vegetables. I love meat and vegetables. And I would even say that I eat a "Paleo template." But to rely solely on these foods meal in, meal out, day in, day out can take the pleasure out of one of the most pleasurable acts we humans have—eating.

Today, it's prevailing theory that all people who have an autoimmune disease need to adopt an AIP diet, but I've continued to go against the grain (pun intended). I simply don't believe it's a one-size-fits-all approach and I guess you could call me a holdout—I'm still not convinced that it's required *for each and every person* with autoimmunity when, for most people, adopting that strict of a diet can be stressful. It can get old pretty quickly.

Some can thrive on the AIP diet and I'm not here to disregard its merits—that's not my point. But often, a super restrictive diet of any kind is a two-steps-forward-two-steps-back situation. The stress that ensues—at least for some people— isn't conducive to the healing that needs to take place.

If there's another way, I'd like to present it, especially when:

1. There's enough evidence showing that stress increases antibodies. It's even said to be a trigger for the onset of autoimmune diseases.<sup>2</sup> According to autoimmunity expert, Dr. Mark Hyman, "*Stress worsens the autoimmune response.*"<sup>3</sup> (My italics.)
2. AIP can require a lot of willpower to adhere to long-term. Willpower is a finite resource<sup>4</sup>—we need to be careful about how we expend our precious energy.

Many of my clients exhale audibly when I tell them that my approach includes small to moderate amounts of grains, legumes (with the exception of peanuts and soy), and seeds. This said, some have been clear that grains and/or legumes give them digestive distress. In these cases, I'm of course not going to tell them that they're fine to consume, but that after their gut-healing protocol, they can likely return to eating these foods (and the other foods they're currently sensitive to), to which I often hear, "Wow, really?"

While some may be directly affected by grains and legumes, others can get their autoimmunity managed while continuing to eat small amounts of these foods—as long as other dietary triggers are investigated. In most cases, it doesn't take months and years to tackle autoimmunity to the ground. In a healthy human, the intestinal epithelial cells regenerate every four to five days—one of the fastest rates of reproduction of any tissue in the body.<sup>5</sup> Given the right tools for healing, it's stunning what can happen in a matter of a few days and weeks—not months and years.

But it isn't simply about diet and restriction of certain foods for a period of time. With immune modulation, there are other factors to consider, including:

- Addressing toxic body burden, including but not limited to toxins in skin-care and cosmetics, food and water, home cleaning products, and exposure to endocrine/immune disruptors such as bisphenol-A (BPA), PCB, and heavy metals. The myriad ways in which we become exposed to environmental toxins is beyond the scope of this book, but going organic will significantly reduce your overall burden. (See *The Essential Thyroid Cookbook Lifestyle Companion Guide* for tips on reducing your toxic body burden. You can download it for free on our website: [www.thyroidcookbook.com/companion](http://www.thyroidcookbook.com/companion).)

“In most cases, it doesn't take months and years to tackle autoimmunity to the ground. Given the right tools for healing, it's stunning what can happen in a matter of a few days and weeks—not months and years.”

- Supplementation that's been shown to “heal and seal” the intestinal lining. (See Appendix B for our supplement recommendations, of which you can also find links to on our website: [www.thyroidcookbook.com](http://www.thyroidcookbook.com).)
- Possible bacterial infections such as small intestine bacterial overgrowth (SIBO) or *Helicobacter pylori* (*H. pylori*).

At the beginning of this chapter, I said that I see some merit in an AIP diet right out of the chute—in some circumstances. In addition to the foods listed in the Elimination Provocation diet instructions, I recommend the exclusion of grains, legumes, and seeds, in two circumstances:

1. When the symptoms of autoimmunity are so painful and distressing as to cause life-altering circumstances. A 49-year old client I worked with had psoriatic arthritis. What had been diagnosed 20 years prior as a fungal infection of her toenails was, in fact, autoimmune arthritis. (She went 20 years without a proper diagnosis!) The pain had become so intense that she could hardly walk, needed to ride in a cart at the grocery store, and, after finding the right doctor and diagnosis, found out that she had deformity in her joints. In these cases, I pull out all the stops and suggest an AIP diet.
2. When an Elimination Provocation diet hasn't proven successful. For clients who were dedicated to the process and don't find symptom relief and/or find that their antibodies have been unchanged or have increased, I recommend:
  - a. Eliminating grains, legumes, and seeds
  - b. Getting tested for heavy metal toxicity (this is a good idea anyway)
  - c. In cases of continued and overt digestive distress, getting tested for a bacterial gut infection, like SIBO or *H. pylori*. (I typically suggest anti-bacterial supplementation anyway, given that many have SIBO, but treating *H. pylori* is more complicated than treating SIBO.)

The exclusion of grains, legumes, and seeds is much easier when the common digestive triggers have already been identified. In other words, once you've done an Elimination Provocation diet and know what you can and cannot tolerate, then the foods that you can tolerate are back on the table. Thus, the elimination of grains, legumes, and seeds isn't simultaneous to the elimination of several other foods, making the diet—and healing—much more feasible.

For example, you do an Elimination Provocation diet and find that of dairy, eggs, citrus, soy, nightshades, shellfish, corn, nuts, and peanuts, only dairy and nightshades prove to be trigger foods for you. (Gluten should be categorically avoided for everyone with Hashimoto's. See the chapter, *Gluten and Your Thyroid* for a full explanation.)

If you do find that grains, legumes, and seeds need to be avoided, you can remove them *while eating* eggs, citrus, soy, shellfish, corn, nuts, and peanuts and continuing with your supplemental digestive healing. You can then reintroduce them in a similar fashion to the reintroduction instructions in the Elimination Provocation diet.

Again, every situation is unique. But if you're still unconvinced that healing the gut and managing autoimmunity is possible eating small amounts of grains, legumes, and seeds, I can explain further.

In eight years of focusing on autoimmune hypothyroidism in my coaching practice, most of my Hashimoto's clients have seen a drastic reduction in their thyroid antibodies (and symptoms) and the majority of them have gotten the condition managed. Additionally, one of my areas of practice is alopecia—autoimmune hair loss. I've worked with alopecia clients from around the world and many have come to me saying, "I've tried everything." And "everything" often includes some iteration of an Elimination or restricted diet or autoimmune protocol.

With my approach to managing autoimmunity, each and every one of them has started to re-grow hair, including eyelashes, eyebrows, and even a full head of hair after being bald for several years. I don't expect that I'll always have this success rate, certainly. But I do so far, as of this writing, with one exception. One young girl started re-growing a significant amount of hair, only to lose it all again. It's heartbreaking.

Early on, based on some of her symptoms, I'd suspected mercury toxicity, which was later confirmed by her doctor. As of this

writing, she's working to detox heavy metals from her system.

As explained, the Paleo and AIP diets differ, *but are similar enough* that I want to share this quote from nutrition and health expert, Sean Croxton, who said, "Let's face it, going 100 percent Paleo isn't for everyone. Even me. To the average person, despite its benefits, Paleo can seem intimidating, restrictive, and at times kinda annoying, to be honest."<sup>6</sup> Yes, and AIP is even more restrictive than Paleo.

According to respected autoimmunity expert, Chris Kresser, "The belief that 'everyone' will benefit from one particular dietary approach—no matter what it is—ignores the important differences that determine what is optimal for each person. These include variations in genes, gene expression, the microbiome, health status, activity levels, geography (e.g. latitude and climate), and more. When it comes to diet, there is no one-size-fits-all approach."<sup>7</sup>

According to integrative medicine pioneer, Dr. Andrew Weil, "There's no harm, and some potential benefit, in trying the Paleo diet, but I believe the diet is too restrictive for most people to stick with long-term. I think success is more likely for the majority if they regard it as healthy direction, rather than as a strict set of guidelines from which one can never deviate."<sup>8</sup>

Lastly, in his article, "Is There Anything New in Nutrition Worth Talking About," nutritional psychology consultant, Marc David, states, "I have watched too many friends, students, and clients get hooked on traditional systems that are old, wise, often brilliant, well thought out—and not always 100 percent applicable for humans of this day

and age. In particular, many people embrace Ayurveda, Macrobiotics, or the concepts of the Paleolithic diet.

“Yes, these approaches bring tremendous insight and practical knowledge that we have long forgotten. I’ve benefited greatly from studying and practicing the principles of these diets. At the same time, the over-reliance on these systems often results in an intense fundamentalism, personal and nutritional isolation, and a waste of time in trying to follow in a precise and unwavering manner—principles that may have worked great eons ago, but don’t necessarily translate fully into our world today.

“Every old and ancient system needs some updating. Macrobiotics is a great example. The principles in this worldview are powerful and far-reaching. The problem is, most people practice a form of macrobiotics that works fine if you’re from Japan, but not so well let’s say, if you’re a white dude from Mississippi. The challenge is, *can you be bold and creative enough* to take what truly works from these approaches, and toss out what doesn’t?”<sup>9</sup> (My italics.)

## Spotlight: In Defense of Grains

Gluten-containing grains, including wheat (einkorn, durum, faro, graham, kamut, semolina, spelt), barley, rye, and triticale should be avoided for those with Hashimoto’s and for some, going completely grain-free can be helpful for managing any form of autoimmunity. But Lisa and I don’t believe that whole, gluten-free grains are categorically bad for everyone, especially after your Hashimoto’s/ autoimmunity is managed.

The argument against grains is that they contain the anti-nutrients phytic acid and lectin, along with enzyme-inhibitors that block mineral absorption and irritate the intestinal wall, which is clearly what you want to avoid when on an autoimmunity recovery program. Yet these anti-nutrients are also found in vegetables like beets and dark leafy greens, but that doesn’t mean we shouldn’t eat these foods.

Grains are naturally high in vitamins and minerals and the key is to properly prepare them to release these nutrients. It’s only recently—the past century or so—that we’ve gotten away from the traditional practices of leavening/fermentation, soaking, and sprouting (germinating), which “pre-digests” grains. Additionally, Vitamin A inhibits the potentially negative effects of phytic acid. (For more on Vitamin A, see the *Vitamins and Other Nutrients* subchapter in the chapter, *The Nutritional Heavy Hitters*.)

When prepared traditionally, grains are much easier to digest, we’re able to absorb their nutrition, and they help to produce serotonin, a neurotransmitter that brings about a sense of comfort, calm, and alertness. (The potential for serotonin production is enough right there to consider whether grains should be avoided.)

Additionally, when you consider that sprouted grains encourage the growth of friendly intestinal bacteria, help to keep the colon clean, and are high in antioxidants, we have to ask ourselves if moderate consumption of grains, along with a gut-healing protocol, is really such a bad idea.

Addressing the myth that our ancestors only ate meat and vegetables, globally recognized

leader in natural health and Ayurvedic medicine, Dr. John Douillard, states, “According to the latest anthropological findings, much of the ‘gathering’ was harvesting grain from indigenous grasses. This contributed greatly to the starch that researchers believe made up some 35 percent of the hunter-gatherer diet.” He continues, “The anti-grain sentiment that floods the media today has much to do with the fact that we have over-eaten grains. New studies suggest that we have microbes and specific enzymes specially designed to break down the hard-to-digest gluten protein—when eaten in season and in moderation.”<sup>1</sup>

In sharing Dr. Douillard’s quote, I’m *not* suggesting that anyone with Hashimoto’s eat gluten. (See the chapter, *Gluten and Your Thyroid* for more on the specific thyroid/gluten relationship.) But I believe we can extrapolate his thinking about gluten to any grain mean-

“When you consider that sprouted grains encourage the growth of friendly intestinal bacteria, help to keep the colon clean, and are high in antioxidants, we have to ask ourselves if moderate consumption of grains, along with a gut-healing protocol, is really such a bad idea.”

ing, grains are likely tolerable by most people, in moderation.

Justin Sonnenburg, PhD and Associate Professor of Microbiology and Immunology at Stanford is the author of *The Good Gut*, co-authored by his wife, Erica Sonnenburg, PhD. They’ve been trailblazers in researching how the fiber in grains (and legumes) improves the health of our gut microbiome, our 100 trillion organism-strong “mini ecosystem” also known as “the forgotten organ.”

The Sonnenburgs are considered some of today’s preeminent experts in digestive health and Dr. Andrew Weil states in the foreword of *The Good Gut*, “I reject the notion that grains . . . are bad foods.”<sup>2</sup> The Sonnenburgs state, “[A] diet . . . rich in complex carbohydrates from fruit, vegetables, legumes, and unrefined whole grains, . . . is designed to create and maintain diversity within the gut microbiota.”<sup>3</sup>

Many experts also claim that grains improve digestive health by way of their prebiotic activity. Prebiotics promote the growth of good bacteria in our digestive system. Unlike probiotics, which are living organisms, prebiotics are a “functional food” and feed the good bacteria already present in the gut. (For more on probiotics, see the *Vitamins and Other Nutrients* subchapter in the chapter, *The Nutritional Heavy Hitters*.)

### Spotlight: In Defense of Legumes

At the onset of the popularity of the Paleo/ancestral diet, it was widely reported that our ancestors didn’t eat legumes/beans/pulses and therefore we shouldn’t. But research has since found this to be incorrect—there is evidence

that hunter-gatherer groups did, in fact, consume legumes.<sup>1</sup>

Similarly to grains, legumes contain the anti-nutrients phytic acid and lectin, which can compromise the integrity of the intestinal wall. But no one eats raw beans or legumes—and cooking has been shown to inactivate lectin.<sup>2</sup> Additionally, lectins are found in over 50 fruits and vegetables, so steering clear of them is impossible if you're eating a healthful, whole foods diet.

As for phytic acid, several foods are significantly higher in this anti-nutrient than legumes, including spinach, Swiss chard, sesame seeds, walnuts, and almonds. While a diet high in phytic acid can lead to mineral deficiencies, in the presence of healthy gut bacteria, we can break down phytic acid relatively easily, so I don't see a good reason to categorically remove these foods from the diet. (Just as with grains, soaking beans reduces a significant amount of the phytic acid.)

The nutritional benefits of legumes are too far-reaching to ignore. They're an affordable source of plant-based protein, they're loaded with antioxidants, they're an excellent source of energy-producing B vitamins that help to counter fatigue, they're loaded with satiating fiber that can help with weight and blood sugar

“The nutritional benefits of legumes are too far-reaching to ignore.”

management, and last but not least, they help to naturally lower cholesterol, commonly elevated in those with hypothyroidism.

Beans/legumes are a primary protein source for vegetarians and vegans. Those who don't eat meat, fish, or eggs have to get their protein some way, if for no other reason than to keep their blood sugar stable—balancing blood sugar and insulin is *critical* in balancing thyroid function. (For more information, I recommend my e-book, *Balance Your Blood Sugar*, available at [www.healthfulelements.com/store](http://www.healthfulelements.com/store).)

Without legumes, which includes soy (a popular protein source for many vegans/vegetarians and one that's not allowed on an Elimination Provocation diet), they're largely reliant on nuts (also not allowed on an Elimination Provocation diet). Consuming too many nuts can pose its own set of issues by way of digestive distress.

Many vegetarians eat eggs, which are a great source of protein, but they're also not allowed on an Elimination Provocation diet.

For these reasons and others, I'm not an advocate of not eating nutrient-dense animal proteins, but I'm also not anti-legume. Still, working with vegetarians and vegans who have autoimmunity is tricky territory, especially given that, again, protein is so stabilizing to blood sugar and that for those with hypothyroidism, limited protein in the diet can lead to limited T4/T3 conversion and inadequate tyrosine. (For more on tyrosine, see the *Vitamins and Other Nutrients* subchapter in the chapter, *The Nutritional Heavy Hitters*.)

For my meat-eating clients, I tell them to never make legumes the sole source of protein

for any meal, but for vegetarians on an Elimination Provocation diet, it's the densest protein they're going to get. I still feel that legumes should be consumed in moderation, but it's difficult to be "moderate" and get adequate protein if you eschew animal proteins and you're on a gut-healing program.

Similarly to grains, I believe that being legume-free long-term may be challenging for many people, vegetarian or not. Although many will argue (and I agree) that being grain-free long-term would be more difficult than long-term avoidance of legumes.

Lisa and I are not alone in our belief that moderate amounts of gluten-free, whole grains and legumes/beans can be part of a healing diet for those with autoimmunity.

Dr. Susan Blum, author of *The Immune System Recovery Plan*, regularly mentions quinoa, amaranth, millet, teff, buckwheat, various types of rice, and legumes as part of her healing program and uses these foods in several of her recipes. She calls them "foods to include."

She recommends legumes as a quality plant-based protein and explains how beans are a good source of glutamine, "... an amino acid that's critical for healing leaky gut syndrome because it is the most important food for the cells that line the intestines."<sup>3</sup> Dr. Blum also claims that vegetarian protein in the form of lentils and beans is an important part of a "medically sound detox program."<sup>4</sup>

Similarly, Donna Jackson Nakazawa, author of *The Autoimmune Epidemic*, who healed from a paralyzing autoimmune disease, agrees that moderate amounts of non-gluten grains and beans help to "quiet down autoimmune activity" and espouses the powerful antioxidant activity of beans and legumes.<sup>5</sup>

Natural health expert, Dr. John Douillard, states, "Beans [have] been found to protect the brain from cognitive decline as we age and have repeatedly shown to be one of the most protective foods against blood sugar concerns. [They] provide an excellent source of protein, fiber, minerals, and vitamins. While fiber is linked to heart health, it is also critical for the protective health of the intestinal skin. If the intestinal skin breaks down, the beneficial gut microbes disappear."<sup>6</sup>

Like grains, many experts claim that legumes improve digestive health by way of their prebiotic or "functional food" activity because they promote the growth of good bacteria. The Sonnenburgs state, "Over the course of studying the microbiota our family has adjusted what we eat to maximize produce and legumes, largely for their prebiotic content."<sup>7</sup>

# OUR SPRINGBOARD

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In preparation for our choices of foods and ingredients for these recipes, Lisa and I created a nutritional “springboard” that is the foundation of this cookbook. We spent weeks (think late nights and hair-splitting research) weeding wide-eyed through the subjective nature of nutrition and sleuthing out the most supportive nutrients for the thyroid and immune system and then researching the foods that are *dense sources* of these nutrients—not simply moderate or mediocre sources, but concentrated sources.

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You can find a pretty version of our findings at [www.thyroidcookbook.com/nutrition\\_guide](http://www.thyroidcookbook.com/nutrition_guide).

In other words, you can rest assured that the foods we’ve chosen to highlight in this cookbook are an excellent bang for your buck—each one possesses a broad and substantive thyroid- and immune-supportive spectrum. Get a variety of these foods regularly, and you’ll be feeding your thyroid and immune system well.

Despite this insane amount of dissection, we don’t necessarily subscribe to “nutritionism,” a term popularized by author and activist Michael Pollan. We wanted to avoid getting too granular with our research and thus, losing people (and ourselves) with our nerdy and too-scientific approach.

In his *New York Times* article, “Unhappy Meals,” Pollan states, “The first thing to understand about nutritionism is that it is not quite the same as nutrition. As the ‘ism’ suggests, it is not a scientific subject but an ideology. In the case of nutritionism, the widely shared but unexamined assumption is that the key to understanding food is indeed the nutrient.

“. . . the whole point of eating is to maintain and promote bodily health. Hippocrates’s famous injunction to ‘let food be thy medicine’ is ritually invoked to support this notion. I’ll leave the premise alone for now, except to point out that it is not shared by all cultures and that the experience of these other cultures suggests that, paradoxically, viewing food as being about things other than bodily health—like pleasure, say, or socializing—makes people no less healthy;

indeed, there's some reason to believe that it may make them more healthy. This is what we usually have in mind when we speak of the 'French paradox'—the fact that a population that eats all sorts of unhealthful nutrients is in many ways healthier than we Americans are. So there is at least a question as to whether nutritionism is actually any good for you.”<sup>1</sup>

Put simply, nutritionism refers to the “parts” (in this case, vitamins, minerals, amino acids, etc.) in the saying, “The whole is greater than the sum of its parts.”

Lisa and I believe that indeed, when it comes to food and nutrition, the whole is certainly greater than the sum of its parts. But it didn't stop us from doing what we felt was the critical, nitty-gritty research needed to make this cookbook the best that we could make it—and the most beneficial for you.

So while we perhaps strayed into a bit of “nutritionism” in creating these recipes, we did the necessary foundational work to prevent this cookbook from being “just another cookbook.” We certainly aren't reductionists; we're generalists. But sometimes it takes analyzing the details in order to zoom out to the 30,000 foot level and paint the broad brush strokes that keep our readers (and us) from glazing over from too much analysis and science. Had we succumbed to analysis paralysis, this book would have never come to fruition.

The nutrient information in this cookbook is substantive. Again, it's the foundation upon which it was built. You may choose to skim it, which is okay. We don't blame you for diving right into the recipes.

Additionally, Lisa and I felt it was important to complement the nutrient information

“When it comes to food and nutrition, the whole is certainly greater than the sum of its parts.”

with some basic hypothyroid and Hashimoto's education, which you'll find in the chapter, *About the Thyroid*. If you'd like to go deeper, be sure to read *The Essential Thyroid Cookbook Lifestyle Companion Guide* that addresses several thyroid- and immune-supportive topics that we couldn't fit into this cookbook. It's a free download at:

[www.thyroidcookbook.com/companion](http://www.thyroidcookbook.com/companion).

### Disclaimer:

*The information below is based on our best thinking and research and we believe its contents are accurate, effective, and sound. It's not intended to diagnose, treat, cure, or prevent any disease or condition. The information provided herein is not medical advice or instruction. It has not been evaluated by the FDA and it does not replace any advice you may receive from your medical practitioner. No action should be taken solely based on this information. We, the Authors, are not responsible for any errors or omissions, inadvertent or not, that may be found in these nutrient lists, and we assume no liability whatsoever on behalf of any user of this information. Please consult your primary care physician or other appropriate health professionals before beginning any nutrition program.*

Below are the thyroid- and immune-supportive heavy hitters we identified, including the nutrient symbols we incorporated into each recipe, as appropriate. In the chapter, *The Nutritional Heavy Hitters*, we show you how and why these nutrients are so beneficial.

Nutrients supportive to *both* thyroid and immune function:

Vitamin A (as beta-carotene)	A(beta)
Vitamin A (as retinol)	A(ret)
Vitamin B <sub>1</sub> <sup>a</sup>	B <sub>1</sub>
Vitamin B <sub>2</sub>	B <sub>2</sub>
Vitamin B <sub>6</sub>	B <sub>6</sub>
Vitamin B <sub>12</sub>	B <sub>12</sub>
Vitamin C	C
Vitamin D <sup>b</sup>	D
Vitamin E	E
Calcium	Ca
Copper	Cu
Iron	Fe
Magnesium	Mg
Selenium	Se
Zinc	Zn
Omega-3 fatty acids	O3

Additional nutrients supportive to thyroid function:

Iodine	I
Manganese	Mn
Tyrosine	Ty

Additional nutrients supportive to immune function:

EGCG	Eg
Glutathione <sup>c</sup>	Gl
Lycopene	Ly
Probiotics	Pr
Resveratrol	Rv

<sup>a</sup> Generally, the whole gamut of B vitamins is supportive to the thyroid and immune system; we've highlighted what we feel are the most important.

<sup>b</sup> It's impossible to get adequate Vitamin D from food sources alone. While we've highlighted some foods, such as eggs and seafood, it's critical to supplement with Vitamin D and get safe sun exposure for proper hormonal pathway function and immune modulation. (For more on Vitamin D, see the Vitamins and Other Nutrients subchapter in the chapter, The Nutritional Heavy Hitters.)

<sup>c</sup> Foods don't inherently contain glutathione, but some foods help your body produce glutathione, a critical antioxidant in the fight against Hashimoto's. Adequate dietary Vitamin C, Vitamin E, and selenium help the body recycle glutathione. (For more on glutathione, see the Vitamins and Other Nutrients subchapter in the chapter, The Nutritional Heavy Hitters.)

# OUR METHODOLOGY

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**B**efore reading the list of foods that we've chosen to highlight, it's important to explain more about the method behind our madness.

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After studying the most thyroid- and immune-supportive nutrients from various reliable sources, we embarked on the nitty-gritty research on whole foods sources of those nutrients that ultimately determined what foods we would highlight in this cookbook. Our research came from the USDA National Nutrient Database for Standard Reference, The World's Healthiest Foods nutrient rating database, and the Linus Pauling Institute Micronutrient Information Center.

It's important to know that there are oodles of online sources—and books—that claim that this or that food is high in such and such nutrient. For example, we found several seemingly reputable sources that reported that their research came from the USDA National Nutrient Database. Yet when we did our due diligence and cross-referenced that information with the USDA, it often didn't corroborate. Therefore, we stuck with the above three resources for the foundation of this cookbook.

When in doubt as to whether a food should be included and highlighted, we looked at the RDA—Recommended Dietary Allowance—and created a 30 percent threshold. If the food in question offered more than 30 percent RDA per serving, we included it.

Although there are other whole foods, aside from the ones listed below—and of which there are plenty in this cookbook—that contain at least some of the nutrients we identified, for the sake of simplicity and effectiveness, we created a comprehensive ranking system and chose to shine the spotlight on foods that are “excellent” or “very good” sources of at least four of these nutrients. Again, not simply moderate or mediocre sources, but *dense sources of at least four of these nutrients*.

In other words, each food/ingredient “made the cut” by getting a high score. Again, they're an excellent bang for your buck—each one possesses a broad and substantive thyroid- and immune-supportive spectrum and you'll see that each food/ingredient listed in the following chapter, *The Nutritional Heavy Hitters*, has at least four nutrient symbols associated with it.

Additionally, each recipe—including suggested combinations of recipes, such as a side paired with a main dish—contains at least five ingredients rich in one of these key nutrients, with the exception of our healing beverages, which would likely be consumed as part of a meal anyway.

You'll see that the vast majority of our recipes have a legend displaying at least five of our nutrient symbols. The ones that don't are beverages or the recipes that can be paired (side plus main dish, for example) to round out the spectrum to meet our criteria.

This cookbook isn't comprised of only these ingredients—they're simply the dense nutritional sources that each recipe or recipe combination contains at least five of.

For example, fruits, such as berries and citrus, are some ingredients that didn't rank high in our analyses—they weren't "excellent" or "very good" sources of at least four thyroid- and immune-supportive nutrients. But they're important and will be included in some of our recipes because they're an excellent source of Vitamin C, a powerful antioxidant that's important for glutathione production and recycling. Glutathione is one of the pillars in fighting Hashimoto's. (For more on glutathione, see the *Vitamins and Other Nutrients* subchapter in the chapter, *The Nutritional Heavy Hitters*.)

Below is a visual that will make things clear. Many of you will be surprised to know that Brazil nuts, popular for their selenium content, didn't rank high on our analyses. Again, that doesn't mean that they're not included in some of our recipes. Yes, they're one of the best sources of selenium, but they didn't offer a broad enough nutritional spectrum to qualify as a "biggie."

As you can see, sunflower seeds scored a 7, whereas Brazil nuts a 3.

4  
The number of thyroid- and immune-supportive nutrients each food needed in order to be highlighted.

5  
The number of featured ingredients that each recipe or recipe combination (e.g. side + main dish) contains.

	Thyroid-supportive nutrients			Thyroid- and immune-supportive nutrients														Immune-supportive nutrients						
	Iodine	Manganese	Tyrosine	Vitamin A (as beta-carotene)	Vitamin A (as retinol)	Vitamin B <sub>1</sub>	Vitamin B <sub>2</sub>	Vitamin B <sub>6</sub>	Vitamin B <sub>12</sub>	Vitamin C	Vitamin D	Vitamin E	Calcium	Copper	Iron	Magnesium	Selenium	Zinc	Omega-3 fatty acids	EGCG	Glutathione	Lycopene	Probiotics	Resveratrol
Sunflower seeds		•				•		•				•		•		•	•							
Brazil nuts														•		•	•							

If you'd like to view our entire Essential Hypothyroidism and Hashimoto's Nutrition Guide in an easy-to-read chart, you can find it at [www.thyroidcookbook.com/nutrition\\_guide](http://www.thyroidcookbook.com/nutrition_guide). Know that the information is also presented in the next chapter, simply in a different format.

It's because of the nature of our springboard and methodology and the research that went into each that we specifically chose not to include recipe nutrition facts. These whole food, nutrient-dense recipes highlight foods that are supportive to thyroid and immune function and you won't find caloric content, fat grams, carbohydrate grams, fiber content, or a list of the Recommended Dietary Allowance (RDA) of any nutrient in this cookbook. Lisa and I believe that for most people on a healthful, whole foods diet, this information is irrelevant and unnecessary—and fuels “nutritionism.” (One exception is that carb-counting is important for some diabetics, for example.)



PART THREE:

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*Essential  
Thyroid  
Recipes*

# GUIDE TO THE ESSENTIAL THYROID RECIPES

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While this cookbook is targeted specifically towards those who want to nourish their thyroid through optimal nutrition, the recipes were thoughtfully created to appeal to all palates, no matter what your health condition.

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They've been crafted from the most health-supportive, whole food ingredients and are full of color, flavor, and texture. Each recipe is free of gluten, dairy, and highly processed ingredients. (For more information on why gluten and dairy are not recommended for those with Hashimoto's, see the chapters *Gluten and Your Thyroid* and *Dairy and Your Thyroid* in Part One.)

There's no one-size-fits-all way to make these recipes work for everyone, so we made every effort to provide sensible adaptations to modify them to fit the dietary practices listed, whenever possible. Jill and I recognize there are varying therapeutic dietary approaches in the functional and integrative nutrition communities that support thyroid health, so we created user-friendly icons to help you easily decipher the recipes that will fit your individual needs at-a-glance.

In most cases, the adaptation may include simply omitting an ingredient or making a simple ingredient swap to make it compliant. If you're curious to know more about certain ingredients or kitchen tools that may be mentioned, be sure to peruse Part Two: Essential Thyroid Kitchen for additional guidance.

We hope you find these recipes incredibly delicious and nourishing, no matter where you are on your dietary path.



**Vegan.** These recipes are free of all animal products (meat, dairy, fish, and eggs). They feature 100 percent plant-based ingredients such as fruits, vegetables, whole grains, beans/legumes, and nuts and seeds. Some of our recipes include honey although many vegans may choose to omit it.

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**Paleo.** These recipes are free of grains, beans/legumes, dairy, refined sugars, and highly processed oils. They may include fish, grass-fed and pasture-raised meats and eggs, vegetables (including starchy vegetables), fruit, nuts and seeds, and healthful oils.

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**Autoimmune Protocol.** These recipes are free of grains, beans/legumes, dairy, eggs, nuts and seeds, refined sugars, highly processed oils, nightshades (peppers, potatoes, eggplant, tomatoes), spices derived from nightshades (e.g. cayenne, paprika, chili-based spices), and spices derived from seeds (e.g. cumin, nutmeg, fennel, mustard, caraway). Black pepper is not a nightshade so it was not eliminated from our AIP adaptations. But if you're on an AIP diet, we recommend you're midly cautious with its use.

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**Elimination Provocation Diet.** These recipes are safe to eat during a targeted, temporary Elimination Provocation diet, also known as “the gold standard” for sleuthing out food sensitivities. They're free of gluten, dairy, eggs, soy, corn, nightshades, nuts, peanuts (a legume), shellfish, citrus, and refined sugars. See the chapter, *Elimination Provocation Diet Instructions* in Part One for additional information.

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**30 Minutes or Less.** These recipes take a total of 30 minutes or less to prepare.

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## Nutrient Legend

As mentioned in the *Our Springboard* chapter, it was important to Jill and me to do the hard grafting and necessary foundational nutrient research to keep this cookbook from being “just another cookbook” and to make it the most beneficial for you. We spent a great deal of time weeding through the subjective nature of nutrition and sleuthing out the most supportive nutrients for the thyroid and immune system and then researching the foods that are *dense sources* of these nutrients. This research is the heart and soul of this cookbook. You can find a pretty version of our findings at [www.thyroidcookbook.com/nutrition\\_guide](http://www.thyroidcookbook.com/nutrition_guide).

Thus, the foods we’ve chosen to highlight in these recipes possess a broad and substantive thyroid- and immune-supportive spectrum. You can find a legend at the bottom of most of the following recipes—the only ones missing a legend are some of the Nourishing Beverages, of which many can be used to complement a meal or be consumed as an after-meal treat.

Below are the thyroid- and immune-supportive nutrients we identified, including the symbols we incorporated into each recipe, as appropriate. In the chapter, *The Nutritional Heavy Hitters*, we show you how and why these nutrients are so beneficial.

### Nutrients supportive to both thyroid and immune function:

Vitamin A (as beta-carotene)	A(beta)
Vitamin A (as retinol)	A(ret)
Vitamin B <sub>1</sub>	B <sub>1</sub>
Vitamin B <sub>2</sub>	B <sub>2</sub>
Vitamin B <sub>6</sub>	B <sub>6</sub>
Vitamin B <sub>12</sub>	B <sub>12</sub>
Vitamin C	C
Vitamin D	D
Vitamin E	E
Calcium	Ca
Copper	Cu
Iron	Fe
Magnesium	Mg
Selenium	Se
Zinc	Zn
Omega-3 fatty acids	O3

### Additional nutrients supportive to thyroid function:

Iodine	I
Manganese	Mn
Tyrosine	Ty

### Additional nutrients supportive to immune function:

EGCG	Eg
Glutathione	Gl
Lycopene	Ly
Probiotics	Pr
Resveratrol	Rv



# HOMEMADE COCONUT MILK

*It's surprisingly easy and inexpensive to make your own coconut milk using dried coconut. My favorite way to enjoy this tasty plant-based milk is in smoothies, but it also works great as a creamy cooking liquid for hot cereal, a base for Thai-inspired sauces, or a tasty snack enjoyed cold in a tall glass.*

**Makes 1 quart**

## Ingredients

2 cups shredded unsweetened  
dried coconut flakes  
4 cups filtered water  
1 tablespoon pure maple syrup  
½ teaspoon vanilla extract  
(optional)

## Preparation

1. Place ingredients into a high-powered blender container and allow dried coconut to soak for 30 minutes.
2. Blend on high for 60-90 seconds.
3. Strain pulp from mixture by draping a nut milk bag or fine mesh strainer over a large pitcher to collect the milk. Squeeze the nut milk bag or press the milk into the strainer using a wooden spoon to extract as much milk from the coconut pulp as possible.
4. Store in refrigerator and use within 2-3 days. Separation is natural – shake well before serving.

**Cook's notes:** For a toasty variation, use toasted coconut flakes. Spread coconut flakes evenly on a sheet pan and toast in oven at 325°F for 5-7 minutes, until flakes are light golden brown. Be careful not to burn.

**AIP adaptation:** Omit optional vanilla extract.





# MOROCCAN CHICKPEA AND VEGETABLE STEW

*This flavorful stew is seasoned with a prized Moroccan spice blend called Ras el Hanout. It creates a well-balanced curry-like flavor that's anti-inflammatory, warming, and slightly sweet. You may be able to find this blend at Whole Foods or Williams Sonoma, or you can make your own spice blend using recipe on next page.*

**Serves 6**

## Ingredients

2 tablespoons ghee or coconut oil  
1 onion, diced  
3 cloves garlic, minced  
1 tablespoon freshly grated ginger  
2 carrots, chopped  
2 celery stalks, chopped  
1½ cups cauliflower, chopped  
4 cups low-sodium vegetable or chicken broth  
1 (15-ounce) can coconut milk  
1-2 cups filtered water  
1 cup dry quinoa, rinsed  
2-3 tablespoons Ras el Hanout (see next recipe)  
1 (15-ounce) can chickpeas, drained and rinsed  
Sea salt and black pepper  
3 cups chopped Swiss chard  
Toasted coconut (optional)  
Fresh cilantro (optional)

## Preparation

1. In a large soup pot, heat ghee or oil over medium heat and sauté onion, garlic, ginger, carrots, celery, and cauliflower for 5-6 minutes.
2. Add broth, coconut milk, water, quinoa, and Ras el Hanout and bring to a simmer. Simmer for 15 minutes to allow quinoa to cook thoroughly.
3. Add chickpeas and cook for an additional 2-3 minutes to allow chickpeas to warm. Season with salt and pepper.
4. To serve, place about ½ cup of chopped Swiss chard on the bottom of each soup bowl and cover with soup. Stir well to allow chard to wilt. Garnish with toasted coconut or fresh cilantro, if desired.

**Cook's notes:** Use orange cauliflower in this recipe, if available, to add additional color and carotenoids. To make your own Ras el Hanout spice blend, see recipe on next page.

**Paleo adaptation:** Omit quinoa and chickpeas. Add cooked chicken (optional).

**Elimination/Provocation Diet adaptation:** Use nightshade-free adaptation of spice blend on next page.

**Nutrients:** A(BETA), B<sub>2</sub>, B<sub>6</sub>, C, E, CA, CU, FE, MG, MN, SE, ZN, LY



# RAS EL HANOUT SPICE BLEND

*The name of this prized Moroccan spice blend implies that it's "top-shelf" or the best a spice seller has to offer. It's not a fiery hot blend, but it is warming in flavor. The cinnamon, cloves, and nutmeg also add pleasing sweet notes.*

**Makes 3 tablespoons**

## Ingredients

- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1 teaspoon sea salt
- 1 teaspoon ground cinnamon
- ¾ teaspoon paprika
- ¾ teaspoon black pepper
- ½ teaspoon cardamom powder
- ½ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon cayenne pepper (optional)

## Preparation

1. Combine spices and stir until well mixed.

**Cook's note:** Double or triple recipe to keep on hand for marinades, as a rub for chicken, fish, or lamb, and as a seasoning for stews.

**Elimination/Provocation Diet adaptation:**  
Omit paprika and cayenne pepper.





# ASIAN LETTUCE WRAPS

*These delightfully flavorful lettuce wraps are a cinch to prepare, making them a great option for a nutrient-dense weeknight meal. For an extra burst of flavor, drizzle with Coconut Peanut Sauce from the Condiments, Sauces, and Seasonings chapter.*

**Serves 4**

## Ingredients

½ cup raw cashews  
2 tablespoons coconut or avocado oil  
2 tablespoons sliced shallots  
2 cloves garlic, finely chopped  
2 tablespoons freshly grated ginger  
½ cup chopped crimini or shiitake mushrooms  
2 tablespoons filtered water or broth  
1 pound ground chicken  
3 tablespoons fresh lime juice  
1 tablespoon reduced sodium tamari soy sauce or coconut aminos  
¼ teaspoon red pepper flakes  
1 head butter lettuce, washed and patted dry  
1 cup shredded cabbage  
1 large carrot, shredded  
Coconut Peanut Sauce from the *Condiments, Sauces, and Seasonings* chapter

## Preparation

1. Preheat oven to 350°F. Spread cashews out on a sheet pan and toast in the oven for 6-8 minutes. Be careful not to burn. Remove from heat and set aside.
2. Heat oil in a medium-sized skillet over medium heat and sauté shallots, garlic, ginger, and mushrooms for 3-4 minutes until softened and lightly browned. If ingredients begin to stick to the pan, add water or broth to deglaze. Add ground chicken and cook thoroughly, for about 4-5 minutes, while using a wooden spoon to break into smaller pieces.
3. Remove pan from heat. Add lime juice, soy sauce or coconut aminos, and red pepper flakes. Mix well and adjust seasonings as desired.
4. To serve, spoon several tablespoons of chicken mixture into the center of a lettuce leaf and top with shredded cabbage, carrot, and cashews. Drizzle with Coconut Peanut Sauce.

**Paleo adaptation:** Substitute coconut aminos for soy sauce. Use Paleo adaptation for Coconut Peanut Sauce recipe.

**AIP adaptation:** Substitute coconut aminos for soy sauce and omit toasted cashews and Coconut Peanut Sauce.

**Nutrients:** A(BETA), B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>, C, D, E, CA, CU, FE, MG, MN, SE, ZN, GL, LY, TY



# COCONUT PEANUT SAUCE

*This is an amazingly flavorful sauce that can be used over grilled meat, steamed or roasted vegetables, and Asian-inspired rice bowls. Try it with the Asian Lettuce Wraps in the Main Dishes chapter. It will keep for at least a week in the refrigerator, but I promise it won't even last that long.*

**Makes 1 cup**

## Ingredients

- ½ cup full fat or light coconut milk
- ½ cup unsweetened, natural peanut butter
- 3-4 tablespoons reduced sodium tamari soy sauce or coconut aminos
- 1½ tablespoons pure maple syrup
- 1 tablespoon brown rice vinegar
- 1 clove garlic
- 1 teaspoon freshly grated ginger
- ¼ teaspoon red pepper flakes (optional)
- Sriracha hot pepper sauce to taste (optional)

## Preparation

1. Place all ingredients into a blender and puree on high until smooth and creamy.
2. Store in an airtight jar for up to 7 days in the refrigerator.

**Cook's notes:** Substitute almond butter, sunflower seed butter, or cashew butter for peanut butter, if desired. To make soy-free, use coconut aminos in place of soy sauce.

**Paleo adaptation:** Substitute any nut or seed butter in place of peanut butter. Substitute coconut aminos for soy sauce.

**Nutrients:** B<sub>6</sub>, E, Cu, Fe, Mg, Mn, Zn, Rv





# FLOURLESS TRIPLE CHOCOLATE WALNUT BROWNIES

*Everyone loves a decadent chocolate brownie and these are no exception. They feature magnesium-rich chocolate three different ways: as cocoa powder, dark chocolate chips, and cacao nibs. Perfectly moist and gooey combined with a satisfying crunch, just go ahead and double the batch!*

**Makes 12-16 brownies**

## Ingredients

Coconut oil, for greasing pan  
1 cup packed almond butter  
¼ cup plus 2 tablespoons  
unsweetened cocoa powder  
1 egg  
½ cup pure maple syrup  
2 tablespoons melted coconut oil or ghee  
1 teaspoon vanilla extract  
½ teaspoon baking soda  
¼ teaspoon sea salt  
¼ cup walnuts, chopped  
¼ cup dark chocolate chips  
2 tablespoons cacao nibs

## Preparation

1. Preheat oven to 350°F. Lightly grease an 8-inch square baking dish with oil.
2. Place almond butter, cocoa powder, egg, maple syrup, melted oil or ghee, vanilla, baking soda, and salt in bowl of a stand mixer. Mix on medium speed for 30-60 seconds until ingredients are well combined. Using spatula, scrape batter out of bowl and spread evenly in pan. Sprinkle walnuts, chocolate chips, and cacao nibs evenly over the top, gently pressing into batter until partially covered.
3. Place baking dish in oven and bake for 30 minutes. Remove from oven and let cool slightly for 5 minutes before cutting into 12-16 brownies. They will continue to firm up as they cool.

**Cook's notes:** This recipe features almond butter but could just as easily be made with sunflower seed butter if tree nuts are a problem. If either nut or seed butter is runny or oily, then omit additional coconut oil or ghee.

**Paleo adaptation:** Omit dark chocolate chips if concerned about small amount of cane sugar.

**Nutrients:** B<sub>2</sub>, B<sub>12</sub>, D, E, Cu, Fe, I, Mg, Se, Zn, GL, O3, Ty



# ABOUT THE AUTHORS

*Lisa Markley, MS, RDN & Jill Grunewald, HNC*

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**Lisa Markley, MS, RDN** of Nourish Yourself Nutrition and Wellness created, developed, and wrote each recipe in this cookbook, with the exception of the three noted.

Lisa is a dietitian and nutritional wellness expert with over a decade of experience working passionately towards improving the health of others. She has diverse experience in the fields of integrative nutrition, health education, clinical counseling, clinical research, and community wellness.

Lisa is also a seasoned culinary educator, food writer, and recipe developer with a deep love of cooking, eating, and advocating for local, seasonal, organic, and sustainably-produced foods. Her mission is to help others translate seemingly complex nutrition recommendations into simple, actionable steps using health-supportive ingredients prepared in ways that taste delicious.

She began her education at Northern Arizona University with a Bachelor of Science in Health Education. Later, she received a Master of Science in Nutrition from Bastyr University in Kenmore, WA. She then returned to her hometown, Kansas City, to complete her Certificate in Dietetics from the University of Kansas Medical Center.

As a lifelong learner, Lisa has continued her professional development with ongoing continuing education from the Integrative and Functional Nutrition Academy, the Institute for Functional Medicine, and Field to Plate.

She currently consults for the University of Kansas Hospital and Healthful Elements. She also teaches nutrition classes at Johnson County Community College and Turning Point: The Center for Hope and Healing. Lisa has been featured frequently as a nutrition and cooking expert in the Kansas City media.

Lisa knows first-hand the struggles of chronic illness. She was diagnosed with Hashimoto's thyroiditis in 2008, chronic Lyme disease in 2012, and mycotoxin illness in 2014. Although she's experienced challenges and limitations from these illnesses, Lisa has used a combination of conventional as well as functional medicine to address her situation head-on. Therapeutic nutrition has been one of Lisa's greatest allies on her healing path. It's her desire to help empower and inspire you to become an advocate for your own health and learn how to harness the healing power of food and healthful lifestyle changes through the practical tips and recipes provided in this cookbook.

She lives in Kansas City with her husband, Jim, and son, Evan. As of this writing, Lisa is expecting the arrival of a baby girl, due in August of 2017.



**Jill Grunewald, HNC**, Integrative Nutrition and Hormone Coach, is a thyroid health and autoimmunity specialist and wrote the educational component of this cookbook. For nearly a decade, she has successfully guided her clients and students with hypothyroidism and Hashimoto's to health and vitality.

She's a 2006 graduate of the Institute for Integrative Nutrition and a member of the Minnesota Natural Health Coalition. Since graduating from nutrition school, Jill has taken part in many courses from the functional medicine community specifically for healthcare practitioners. In 2017, she will graduate with a certificate from the Functional Medicine Coaching Academy, in partnership with the prestigious Institute for Functional Medicine.

Jill has suffered from alopecia (autoimmune hair loss), off and on, since 1982 and in early 2008, was diagnosed with Hashimoto's thyroiditis (the same year as Lisa). Jill knew that starting thyroid drugs right out of the chute and taking them "for life," with no consideration for why her thyroid was under-functioning or what to do about her immune dysregulation was not the answer. She immersed herself in learning everything she could about autoimmunity and hypothyroidism and how to manage these conditions with whole foods, botanicals, lifestyle modifications, and other natural therapies.

Jill's Hashimoto's has been successfully managed since late 2008 without the use of thyroid drugs. And unlike many with alopecia, her now-infrequent bald spots always grow back.

In her coaching practice, Healthful Elements, Jill not only specializes in hypothyroidism and Hashimoto's, but also other autoimmune conditions (especially alopecia and Graves'), adrenal dysfunction/HPA axis dysfunction, polycystic ovary syndrome (PCOS), perimenopause/menopause, and pre-diabetes/diabetes.

Jill has written for various publications, blogs, and online magazines, including Huffington Post, MindBodyGreen, and Experience Life magazine and has contributed to articles in Self and Shape magazines.

She lives in Minneapolis with her husband, Mark, and daughter, Harriet.