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Welcome to the thyroid nutrient-based eating meal plan. All of the foods this week include thyroid health promoting nutrients. You can substitute any ingredient or meals as necessary with other thyroid boosting foods found in the Nutrevo Body food shopping list. Each meal is designed to be cooked in 30 minutes or less! The recipes are designed to cook 2 servings - one for dinner, one for lunch the next day. The goal is to always have your lunch prepped and ready to go from the night before! If you are cooking for others, you can simply double or triple the ingredients as needed per serving added. You can add mid-morning and mid-afternoon snacks to your meal plan as needed - you can pick items from the foods list for healthy options. You can increase or decrease your portion sizes based on your lifestyle and wellness condition needs. Here's to starting your journey!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Breakfast</p> <div data-bbox="100 362 350 446">  Tropical Turmeric Smoothie </div>	<p>Breakfast</p> <div data-bbox="367 362 625 446">  Tropical Turmeric Smoothie </div>	<p>Breakfast</p> <div data-bbox="642 362 900 446">  Strawberries and Almonds Snack </div> <div data-bbox="642 456 900 511">  Soft Scrambled Eggs </div>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>
<p>Lunch</p> <div data-bbox="100 618 350 703">  Orange Rosemary Pork Chops </div> <div data-bbox="100 712 350 797">  Bacon Wrapped Asparagus </div>	<p>Lunch</p> <div data-bbox="367 618 625 725">  Ginger Baked Salmon (leftover) </div> <div data-bbox="367 758 625 865">  Lemon Green Beans (DF) (leftover) </div>	<p>Lunch</p> <div data-bbox="642 618 900 725">  Cherry Tomato and Dill Salad (leftover) </div> <div data-bbox="642 758 900 865">  Seared Flank Steak (DF) (leftover) </div>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>
<p>Dinner</p> <div data-bbox="100 969 350 1021">  Ginger Baked Salmon </div> <div data-bbox="100 1031 350 1092">  Lemon Green Beans (DF) </div>	<p>Dinner</p> <div data-bbox="367 969 625 1021">  Seared Flank Steak (DF) </div> <div data-bbox="367 1031 625 1092">  Cherry Tomato and Dill Salad </div>	<p>Dinner</p> <div data-bbox="642 969 900 1021">  Lamb Burgers </div> <div data-bbox="642 1031 900 1092">  Cucumber Mint Salad </div> <p>Can substitute meat with beef, chicken or turkey ground meat if needed</p>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>

Meal Plan Summary

Monday

Breakfast

Tropical Turmeric Smoothie (p.5)

Lunch

Orange Rosemary Pork Chops (p.5) , Bacon Wrapped Asparagus (p.6)

Dinner

Ginger Baked Salmon (p.6) , Lemon Green Beans (DF) (p.7)

Tuesday

Breakfast

Tropical Turmeric Smoothie (p.5)

Lunch

Ginger Baked Salmon (leftover) (p.6) , Lemon Green Beans (DF) (leftover) (p.7)

Dinner

Seared Flank Steak (DF) (p.8) , Cherry Tomato and Dill Salad (p.9)

Wednesday

Breakfast

Strawberries and Almonds Snack (p.9) , Soft Scrambled Eggs (p.9)

Lunch

Cherry Tomato and Dill Salad (leftover) (p.9) , Seared Flank Steak (DF) (leftover) (p.8)

Dinner

Lamb Burgers (p.10) , Cucumber Mint Salad (p.10)

Shopping List

Real Plans

Produce

Refrigerated

- 1/4 pound asparagus
- 1 tablespoon fresh dill
- 2 1/2 tablespoons fresh parsley
- 1/2 pound green beans

Non-refrigerated

- 1 avocado
- 2 cups cherry tomatoes
- 1 lemon
- 1/3 teaspoon minced onion
- 1/4 red onion

Meat/Seafood

- 1 slice bacon
- 1 pound flank steak
- 12 ounces salmon fillet

Eggs & Dairy

- 2 egg

Spices

- 2 1/4 teaspoons coarse sea salt
- 1 1/4 teaspoons dried mint
- 1/8 teaspoon ground ginger
- 1 1/4 teaspoons paprika

Vinegar and Oils

- 1 tablespoon apple cider vinegar
- 5 tablespoons extra virgin olive oil

Canned/Jarred Goods

- 1/8 cup beef broth

Supplements

- 1/4 cup protein powder

Drinks

- 1/4 cup ice
- 1/8 cup water

Bulk

- 10 almonds

- 1 cucumber
- 1 tablespoon fresh mint leaves
- 3/4 teaspoon fresh rosemary
- 1 cup strawberries

- 1 banana
- 1 head garlic
- 1/2 teaspoon minced garlic
- 1 orange
- 3/4 shallot

- 1/3 pound boneless pork chops
- 1/3 pound ground lamb

- 1/3 teaspoon cumin
- 3/4 teaspoon ground black pepper
- 1 teaspoon ground turmeric
- 1/4 teaspoon sea salt

- 2 tablespoons coconut oil
- 1 1/2 tablespoons refined coconut oil

- 16 ounces full fat coconut milk

- 1/8 cup orange juice

Tropical Turmeric Smoothie

Active time: 10 minutes Total time: 10 minutes Servings: 1



Ingredients

1/2 banana
1/2 orange
1/2 small avocado
8 ounces full fat coconut milk
1/2 teaspoon ground turmeric, more to taste
1/8 teaspoon ground black pepper
1/8 cup protein powder
1/8 cup ice, optional

How to prepare

1. Chop and freeze bananas.
2. Zest and juice oranges. Peel and pit avocados and slice into quarters.
3. Place all ingredients in blender and blend until smooth. Serve immediately.

Orange Rosemary Pork Chops

Active time: 20 minutes Total time: 20 minutes Servings: 1



Ingredients

3/4 teaspoon fresh rosemary
1/4 shallot
1/3 pound boneless pork chops
1/8 teaspoon coarse sea salt
1/8 teaspoon ground black pepper
1 1/2 teaspoons extra virgin olive oil
1/8 cup beef broth
1/8 cup orange juice

How to prepare

1. Chop rosemary. Peel and mince shallot.
2. Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove pork chops to a serving platter and cover to keep warm.
3. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes.
4. Pour sauce over pork chops and serve garnished with extra rosemary.

Bacon Wrapped Asparagus

Active time: 10 minutes Total time: 20 minutes Servings: 1



Ingredients

1/4 pound asparagus
1 slice bacon
3/4 teaspoon extra virgin olive oil
1/8 teaspoon sea salt
1/8 teaspoon ground black pepper

Publisher's note

This recipe was contributed by Laura -
@cookathomemom on Instagram.

How to prepare

1. Preheat oven to 400F.
2. Wash and pat dry the asparagus. Separate into equal sized bunches.
3. Wrap each with bacon, overlapping the bacon as little as possible. This will prevent undercooked parts of the bacon and allow as much fat to render as possible. Use a toothpick if necessary on the underside of each bunch to help hold the bacon together.
4. Lay each bunch on a slotted pan or use a cooling rack on top of a cookie sheet (this allows the fat to drip away from the bacon). Drizzle with olive oil.
5. Place in the oven for 8-10 minutes or until the bacon is cooked well and the asparagus is crispy. Sprinkle with pepper and salt to taste and enjoy!

Ginger Baked Salmon

Active time: 10 minutes Total time: 30 minutes Servings: 2



Ingredients

12 ounces salmon fillets, ~ 6 oz per person
1 tablespoon coconut oil
1/8 teaspoon ground ginger
1/8 teaspoon sea salt
1 1/2 tablespoons fresh parsley

How to prepare

1. Preheat your oven to 400F.
2. Melt coconut oil. Mince parsley.
3. Wash and dry the salmon fillet and place on a oiled baking dish. Spread the coconut oil over the fillet and then sprinkle the ginger and sea salt all over. Bake for 15-20 minutes (depending on the thickness of your fillet), or until the thickest part barely flakes.

Lemon Green Beans (DF)

Active time: 10 minutes Total time: 20 minutes Servings: 2



Ingredients

1/2 pound green beans
1/2 lemon
coarse sea salt, to taste
1 tablespoon extra virgin olive oil

How to prepare

1. Trim the pointy ends off the green beans with a sharp knife. Grate 1/2 of the lemon and juice all of it.
2. Fill a sauce pan half-way with salted water and bring to a boil.
3. Add green beans and cook beans until tender, about 10 minutes.
4. Turn off heat. Drain, and return to pan. Toss with olive oil and lemon juice.
5. Serve sprinkled with lemon zest and sea salt to taste.

Seared Flank Steak (DF)

Active time: 10 minutes Total time: 20 minutes Servings: 2



Ingredients

- 1 pound flank steak
- 1 1/2 teaspoons coarse sea salt, plus more to coat
- 1/4 teaspoon ground black pepper
- 1 1/2 tablespoons refined coconut oil, or tallow

How to prepare

1. Allow the flank steak to come to room temperature, then pat dry surface moisture with paper towels.
2. Coat both sides of the steak liberally with unrefined sea salt and coarse ground black pepper. Be generous. You are creating a crust.
3. While the meat comes to room temperature, heat a charcoal or gas grill to high heat. You should be able to hold your hand about an inch over the grill grate for only 1 second before it feels too hot.
4. If using the stove, add tallow and/or coconut oil to a cast iron skillet and get the skillet searing hot. Just as the oil seems it will begin to smoke, lay the steak in the pan and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
5. Otherwise, set the steaks on the grill and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
6. Use a meat thermometer to measure the center temperature: (Rare = 120F Medium Rare = 125F Medium = 130F).
7. NOTE: Do not take a flank steak past medium as it will continue to cook when taken off the heat source.
8. Place the flank steak on a wooden board or serving platter and leave undisturbed for 10 minutes. This will allow the juices to run back through the meat instead of escaping.
9. Slice in thin strips across the grain.

Cherry Tomato and Dill Salad

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

1/2 lemon
1 tablespoon fresh dill
1/2 shallot
1/2 clove garlic
2 cups cherry tomatoes
1 1/2 tablespoons extra virgin olive oil
coarse sea salt, to taste
ground black pepper, to taste

How to prepare

1. Juice lemon. Chop dill. Mince shallot and garlic. Halve tomatoes.
2. In a bowl or jar, mix together the lemon juice, onion, garlic, dill, salt, and pepper. Slowly whisk in the olive oil.
3. Add the cherry tomatoes to the bowl and toss to coat. Taste and re-season if necessary.

Publisher's note

This recipe was contributed by Ashley Pardo, MLA, NTP - @grizzlykitchen on Instagram.

Strawberries and Almonds Snack

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1 cup strawberries
10 whole almonds

How to prepare

1. Enjoy strawberries and almonds as a snack.

Soft Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

2 eggs
1/8 cup water
1/4 teaspoon coarse sea salt
ground black pepper, to taste
3/4 teaspoon coconut oil

How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Lamb Burgers

Active time: 20 minutes Total time: 20 minutes Servings: 1



Ingredients

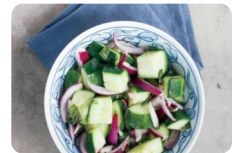
1/3 pound ground lamb
1/2 teaspoon minced garlic
1 1/4 teaspoons dried mint
1/3 teaspoon coarse sea salt
1/3 teaspoon cumin
1 1/4 teaspoons paprika
1/3 teaspoon minced onion
ground black pepper, to taste
3/4 teaspoon coconut oil, as needed

How to prepare

1. Place in a large bowl, add all the ingredients except for coconut oil and, using clean hands, combine the ingredients well and form into patties.
2. Cook on the grill set to medium-high heat or to cook stovetop, heat coconut oil in skillet on high heat. For either method, cook 3 minutes on the first side. Flip and cook for 3 minutes on the other side until medium-rare, longer if you prefer the burgers well done. Serve.

Cucumber Mint Salad

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

1 large cucumber
1/4 small red onion
1 tablespoon fresh parsley
1 tablespoon fresh mint leaves
1 tablespoon apple cider vinegar
1 1/2 tablespoons extra virgin olive oil
sea salt, to taste

How to prepare

1. Chop the cucumber, parsley and mint. Thinly slice the onion.
2. Combine the cucumbers, onion, parsley, and mint in a bowl.
3. In a small bowl, whisk the apple cider vinegar, olive oil, and sea salt.
4. Toss the dressing with the vegetables and serve.
5. Keep dressing separate and toss this salad right before serving.

Publisher's note

Photo: Kyle Johnson