



# Thyroid Health Diet

ERIN DONLEY M.ED NTP



# Thyroid Health Diet

FAITH AND HOPE WELLNESS ASSOCIATES

Hi!

Congratulations on making the first step to eating well for your thyroid issues. Diet can play a big role in helping your thyroid to work well!

Some important nutrients are included in this meal plan:

1. Iodine: The thyroid gland controls metabolism and regulates heart rate, breathing, body weight, muscle strength, body temperature, menstrual cycles, and cholesterol levels. Iodine is required for thyroid hormone synthesis and may be protective against thyroid cancer. Iodine is incorporated into this meal plan from dulse, nori, salmon, and shrimp.
2. Selenium: Selenium plays an essential role in the metabolism of thyroid hormones and managing certain autoimmune conditions. This program provides the daily recommended allowance for selenium from Brazil nuts, shrimp, turkey, chicken, and eggs.
3. Magnesium: There is a strong relationship between magnesium and thyroid hormone production. Low magnesium levels are associated with an increased rate of hypothyroidism and may result in thyroid and other hormonal disorders during menopause. Magnesium is included in this plan from chia seeds, banana, avocado, and broccoli.
4. Calcium & Phosphorus: The parathyroid hormone (PTH) plays a central role in maintaining bone health and is affected by calcium and phosphorus. This plan provides calcium-rich foods like fortified milk beverages, salmon, kale, and broccoli, and ensures you get good sources of phosphorus found naturally in both animal and vegetable products.
5. Iron: Iron is an essential element for healthy thyroid function and is a common nutrient deficiency found in thyroid diseases. This program incorporates iron-rich foods like lamb, poultry, fish, swiss chard, spinach, and quinoa. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

I'm happy to help if you need some individualized assistance. I have a variety of programs to help. Just email me at [erin.fhwa@gmail.com](mailto:erin.fhwa@gmail.com) to set up a FREE 20 minute consultation!

Blessings,

Erin Donley M.Ed FNTF



## MON



**BREAKFAST**  
Carrot Cake Chia Pudding



**SNACK 1**  
Dried Mango & Brazil Nuts



**LUNCH**  
Slow Cooker Cod & Sea Veggie Soup



**SNACK 2**  
Immunity Boosting Bone Broth



**DINNER**  
Baked Salmon with Broccoli & Quinoa

## TUE



**BREAKFAST**  
Carrot Cake Chia Pudding



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Baked Salmon with Broccoli & Quinoa



**SNACK 2**  
Apple Slices & Nori Crisps



**DINNER**  
15 Minute Shrimp & Cabbage Stir Fry

## WED



**BREAKFAST**  
Zucchini Turkey Breakfast Skillet



**SNACK 1**  
Dried Mango & Brazil Nuts



**LUNCH**  
15 Minute Shrimp & Cabbage Stir Fry



**SNACK 2**  
Immunity Boosting Bone Broth



**DINNER**  
Slow Cooker Cod & Sea Veggie Soup

## THU



**BREAKFAST**  
Zucchini Turkey Breakfast Skillet



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Slow Cooker Cod & Sea Veggie Soup



**SNACK 2**  
Dried Mango & Brazil Nuts



**DINNER**  
Sausage & Sauerkraut Skillet

## FRI



**BREAKFAST**  
Zucchini Turkey Breakfast Skillet



**SNACK 1**  
Apple Slices & Nori Crisps



**LUNCH**  
Sausage & Sauerkraut Skillet



**SNACK 2**  
Smoked Salmon Wrapped Avocado



**DINNER**  
Zucchini Alfredo with Turmeric Chicken

## SAT



**BREAKFAST**  
Gut Healing Green Smoothie



**SNACK 1**  
Dried Mango & Brazil Nuts



**LUNCH**  
Zucchini Alfredo with Turmeric Chicken



**SNACK 2**  
Smoked Salmon Wrapped Avocado



**DINNER**  
Rosemary Lamb Chops with Sweet Potato Mash

## SUN



**BREAKFAST**  
Gut Healing Green Smoothie



**SNACK 1**  
Smoked Salmon Wrapped Avocado



**LUNCH**  
Slow Cooker Cod & Sea Veggie Soup



**SNACK 2**  
Apple Slices & Nori Crisps



**DINNER**  
Rosemary Lamb Chops with Sweet Potato Mash

## MON

**FAT 43%**    **CARBS 32%**    **PROTEIN 25%**

**Calories** 1687                      Cholesterol 177mg  
**Fat** 85g                                Sodium 2595mg  
**Carbs** 141g                            Vitamin A 22678IU  
**Fiber** 36g                            Vitamin C 211mg  
**Sugar** 48g                            Calcium 1147mg  
**Protein** 108g                        Iron 18mg

## TUE

**FAT 41%**    **CARBS 33%**    **PROTEIN 26%**

**Calories** 1505                      Cholesterol 443mg  
**Fat** 72g                                Sodium 1288mg  
**Carbs** 130g                            Vitamin A 12149IU  
**Fiber** 42g                            Vitamin C 344mg  
**Sugar** 39g                            Calcium 1384mg  
**Protein** 106g                        Iron 16mg

## WED

**FAT 40%**    **CARBS 25%**    **PROTEIN 35%**

**Calories** 1626                      Cholesterol 762mg  
**Fat** 74g                                Sodium 3423mg  
**Carbs** 107g                            Vitamin A 17464IU  
**Fiber** 25g                            Vitamin C 210mg  
**Sugar** 62g                            Calcium 757mg  
**Protein** 146g                        Iron 17mg

## THU

**FAT 42%**    **CARBS 29%**    **PROTEIN 29%**

**Calories** 1423                      Cholesterol 482mg  
**Fat** 68g                                Sodium 4368mg  
**Carbs** 107g                            Vitamin A 19189IU  
**Fiber** 21g                            Vitamin C 95mg  
**Sugar** 65g                            Calcium 500mg  
**Protein** 106g                        Iron 19mg

## FRI

**FAT 54%**    **CARBS 23%**    **PROTEIN 23%**

**Calories** 1571                      Cholesterol 477mg  
**Fat** 98g                                Sodium 2539mg  
**Carbs** 92g                            Vitamin A 4966IU  
**Fiber** 31g                            Vitamin C 125mg  
**Sugar** 49g                            Calcium 342mg  
**Protein** 94g                        Iron 15mg

## SAT

**FAT 57%**    **CARBS 25%**    **PROTEIN 18%**

**Calories** 1856                      Cholesterol 161mg  
**Fat** 124g                               Sodium 1815mg  
**Carbs** 122g                            Vitamin A 16871IU  
**Fiber** 33g                            Vitamin C 117mg  
**Sugar** 66g                            Calcium 399mg  
**Protein** 87g                        Iron 11mg

## SUN

**FAT 41%**    **CARBS 32%**    **PROTEIN 27%**

**Calories** 1443                      Cholesterol 178mg  
**Fat** 69g                                Sodium 3367mg  
**Carbs** 121g                            Vitamin A 26162IU  
**Fiber** 32g                            Vitamin C 79mg  
**Sugar** 56g                            Calcium 407mg  
**Protein** 99g                        Iron 14mg

## FRUITS

- 4 Apple
- 3 Avocado
- 1 Banana
- 1 3/4 Lemon

## BREAKFAST

- 20 pieces Dried Unsweetened Mango

## SEEDS, NUTS & SPICES

- 1 cup Brazil Nuts
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tsp Dried Rosemary
- 2 tbsps Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1 tsp Turmeric
- 1/4 cup Walnuts

## VEGETABLES

- 3 cups Baby Spinach
- 4 cups Broccoli
- 2 Carrot
- 2 stalks Celery
- 10 Garlic
- 2 tbsps Ginger
- 8 cups Green Cabbage
- 2 cups Kale Leaves
- 4 cups Mushrooms
- 1 cup Parsley
- 3 Sweet Potato
- 2 cups Swiss Chard
- 2 1/2 Yellow Onion
- 4 Zucchini

## BOXED & CANNED

- 1 cup Canned Coconut Milk
- 1/2 cup Quinoa
- 1 cup Salsa
- 8 cups Vegetable Broth

## BAKING

- 1/8 tsp Ground Cloves
- 2 tbsps Raw Honey
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 4 Cod Fillet
- 1 lb Extra Lean Ground Turkey
- 8 ozs Lamb Shoulder Chop
- 10 ozs Salmon Fillet
- 1 lb Shrimp
- 5 1/4 ozs Smoked Salmon
- 1 Whole Chicken Carcass

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Coconut Oil
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1 cup Sauerkraut

## COLD

- 3 Egg
- 2 cups Unsweetened Almond Milk

## OTHER

- 1 1/3 ozs Dulse
- 6 Nori Sheets
- 9 1/4 cups Water

# Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



## INGREDIENTS

1 Carrot (medium, grated)  
1/2 tsp Cinnamon  
1/8 tsp Ground Cloves  
1/4 tsp Ground Ginger  
1 tsp Stevia Powder (to taste)  
2 cups Unsweetened Almond Milk  
1/2 cup Chia Seeds  
1/4 cup Walnuts (chopped)  
2 tbsps Unsweetened Coconut Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	415	Cholesterol	0mg
Fat	32g	Sodium	184mg
Carbs	30g	Vitamin A	5597IU
Fiber	16g	Vitamin C	2mg
Sugar	2g	Calcium	751mg
Protein	12g	Iron	5mg

## DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

## NOTES

### STORAGE

Keeps well in the fridge for 3 to 4 days.

### EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

# Zucchini Turkey Breakfast Skillet

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Cholesterol	298mg
Fat	20g	Sodium	802mg
Carbs	10g	Vitamin A	1041IU
Fiber	3g	Vitamin C	25mg
Sugar	7g	Calcium	107mg
Protein	37g	Iron	4mg

## DIRECTIONS

- 01 Add the coconut oil to a large skillet and place over medium heat.
- 02 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 03 Add the salsa to the skillet and stir well to mix.
- 04 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 05 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

## NOTES

### LEFTOVERS

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

### MORE PROTEIN

Add extra eggs.

### VEGETARIAN

Use lentils instead of ground turkey.

### MORE GREENS

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

### NO SALSA

Use crushed tomatoes instead.

# Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	22g	Sodium	22mg
Carbs	42g	Vitamin A	1124IU
Fiber	10g	Vitamin C	30mg
Sugar	24g	Calcium	149mg
Protein	11g	Iron	3mg

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO KALE

Use spinach instead.

### NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

### LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

### STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



# Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



## INGREDIENTS

20 pieces Dried Unsweetened Mango  
(large)  
1 cup Brazil Nuts

## DIRECTIONS

01 Divide dried mango and brazil nuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	339	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	36g	Vitamin A	1500IU
Fiber	4g	Vitamin C	12mg
Sugar	31g	Calcium	73mg
Protein	7g	Iron	1mg

# Slow Cooker Cod & Sea Veggie Soup

4 SERVINGS 6 HOURS



## INGREDIENTS

3 tbsps Coconut Oil  
1 Yellow Onion (medium, diced)  
4 cups Mushrooms (sliced)  
3 Garlic (cloves, minced)  
2 tbsps Ginger (peeled and grated)  
1 1/3 ozs Dulse (torn apart into small pieces)  
2 Sweet Potato (medium, diced)  
4 Cod Fillet (cubed)  
8 cups Vegetable Broth (or bone broth)

## NUTRITION

### AMOUNT PER SERVING

Calories	423	Cholesterol	99mg
Fat	12g	Sodium	1650m...
Carbs	28g	Vitamin A	10466...
Fiber	6g	Vitamin C	10mg
Sugar	9g	Calcium	107mg
Protein	49g	Iron	6mg

## DIRECTIONS

- 01 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 02 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 03 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 04 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container up to 3 days or freeze.

### FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

# Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



## INGREDIENTS

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	634mg
Carbs	7g	Vitamin A	3918IU
Fiber	2g	Vitamin C	22mg
Sugar	3g	Calcium	84mg
Protein	1g	Iron	2mg

## DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

### LOW FODMAP

Omit garlic and onions.

# Apple Slices & Nori Crisps

3 SERVINGS 5 MINUTES



## INGREDIENTS

6 Nori Sheets  
1/2 tsp Extra Virgin Olive Oil  
3 Apple (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	112	Cholesterol	0mg
Fat	1g	Sodium	8mg
Carbs	27g	Vitamin A	898IU
Fiber	6g	Vitamin C	14mg
Sugar	19g	Calcium	31mg
Protein	2g	Iron	1mg

## DIRECTIONS

- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

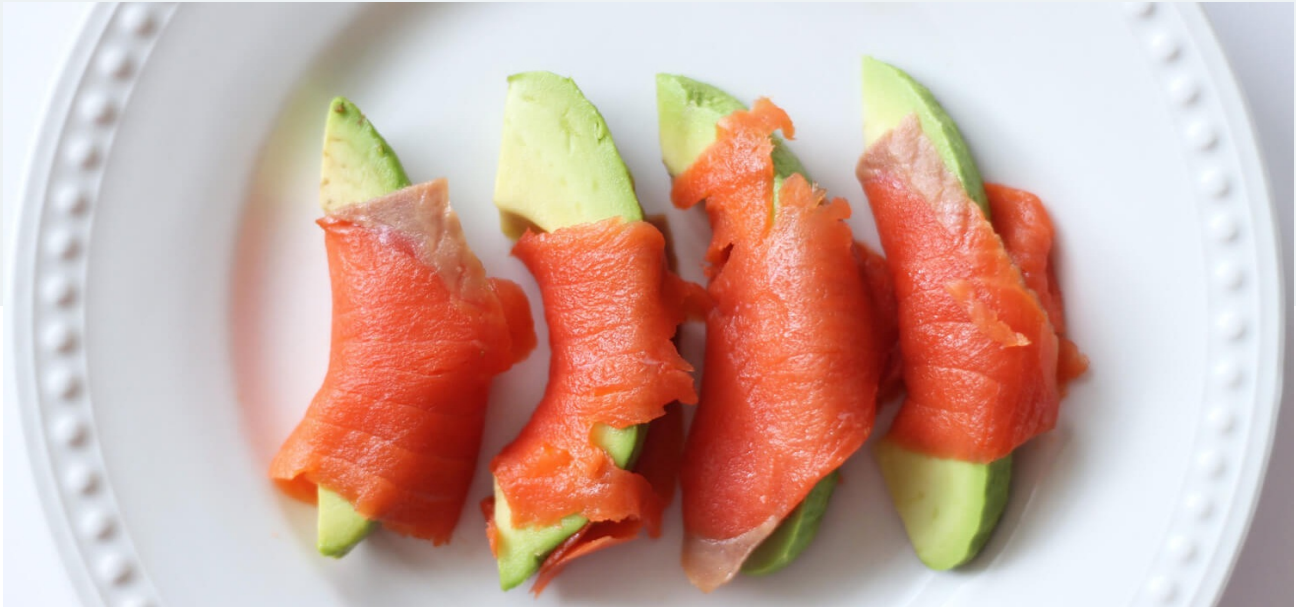
## NOTES

### SAVE TIME

Buy pre-toasted nori sheets.

# Smoked Salmon Wrapped Avocado

3 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 1/2 Avocado
- 5 1/4 ozs Smoked Salmon (sliced)

## DIRECTIONS

- 01 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	219	Cholesterol	12mg
Fat	17g	Sodium	343mg
Carbs	9g	Vitamin A	190IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	18mg
Protein	11g	Iron	1mg

# Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	480	Cholesterol	78mg
Fat	19g	Sodium	126mg
Carbs	40g	Vitamin A	1197IU
Fiber	8g	Vitamin C	165mg
Sugar	3g	Calcium	132mg
Protein	39g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## NOTES

### LEFTOVERS

Store covered in the fridge up to 2 days.

### SPEED IT UP

Cook the quinoa ahead of time.

### VEGAN

Use tofu steaks instead of salmon fillets.

# 15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Coconut Oil (divided)  
1 lb Shrimp (raw, peeled and deveined)  
3 Garlic (cloves, minced)  
1 Lemon (juiced)  
1/2 tsp Red Pepper Flakes  
8 cups Green Cabbage (finely sliced)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Cholesterol	365mg
Fat	20g	Sodium	336mg
Carbs	26g	Vitamin A	539IU
Fiber	10g	Vitamin C	141mg
Sugar	12g	Calcium	386mg
Protein	52g	Iron	4mg

## DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

## NOTES

### MORE CARBS

Serve with brown rice or quinoa.

### LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

# Sausage & Sauerkraut Skillet

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 5 ozs Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

## NUTRITION

### AMOUNT PER SERVING

Calories	265	Cholesterol	85mg
Fat	14g	Sodium	1281mg
Carbs	26g	Vitamin A	2264IU
Fiber	6g	Vitamin C	26mg
Sugar	15g	Calcium	129mg
Protein	12g	Iron	6mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge up to three days.

### VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

### NO SWISS CHARD

Use kale or spinach instead.



# Zucchini Alfredo with Turmeric Chicken

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Chicken Breast (sliced)
- 1 tsp Turmeric
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (peeled and pit removed)
- 1 cup Canned Coconut Milk (full fat)
- 1/2 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	609	Cholesterol	82mg
Fat	46g	Sodium	105mg
Carbs	20g	Vitamin A	573IU
Fiber	9g	Vitamin C	50mg
Sugar	7g	Calcium	57mg
Protein	32g	Iron	3mg

## DIRECTIONS

- 01 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 02 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 03 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 04 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 05 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

## NOTES

### MORE CARBS

Use brown rice pasta instead of zucchini noodles.

### VEGAN OR VEGETARIAN

Use chickpeas or white beans instead of chicken.

# Rosemary Lamb Chops with Sweet Potato Mash

2 SERVINGS 35 MINUTES



## INGREDIENTS

8 ozs Lamb Shoulder Chop  
1 tsp Sea Salt (coarse)  
1 tsp Dried Rosemary  
1 Sweet Potato (medium, peeled and chopped)  
1 tbsp Extra Virgin Olive Oil  
3 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Cholesterol	67mg
Fat	17g	Sodium	1344mg
Carbs	15g	Vitamin A	13484I...
Fiber	3g	Vitamin C	15mg
Sugar	3g	Calcium	102mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 Generously season both sides of each lamb chop with sea salt. Let sit for 15 to 20 minutes to tenderize.
- 02 Bring a large pot of water to a boil.
- 03 After the chops have sat for 15 to 20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
- 04 Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
- 05 Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
- 06 Place spinach in the grill pan over medium heat and saute 1 to 2 minutes until wilted. Season with salt and pepper to taste.
- 07 Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container up to 3 days.