



Thyroid Support Diet

DR. SARAH WHITE, ND

MON



BREAKFAST
One Pan Egg, Sausage & Leek



SNACK 1
Brazil Nuts & Blueberries



LUNCH
Deconstructed Sushi Bowl



SNACK 2
Immunity Boosting Bone Broth



DINNER
Baked Salmon with Broccoli & Quinoa



SNACK 3
Chamomile Tea

TUE



BREAKFAST
One Pan Egg, Sausage & Leek



SNACK 1
Tuna Nori Wraps



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Immunity Boosting Bone Broth



DINNER
Slow Cooker Cod & Sea Veggie Soup



SNACK 3
Lemon Ginger Tea

WED



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Brazil Nuts & Blueberries



LUNCH
Slow Cooker Cod & Sea Veggie Soup



SNACK 2
Immunity Boosting Bone Broth



DINNER
Sausage & Sauerkraut Skillet



SNACK 3
Chamomile Tea

THU



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Apple & Brazil Nuts



LUNCH
Slow Cooker Cod & Sea Veggie Soup



SNACK 2
Immunity Boosting Bone Broth



DINNER
Sausage & Sauerkraut Skillet



SNACK 3
Lemon Ginger Tea

FRI



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Tuna Nori Wraps



LUNCH
Deconstructed Sushi Bowl



SNACK 2
Immunity Boosting Bone Broth



DINNER
One Pan Sausage, Potatoes & Peppers



SNACK 3
Chamomile Tea

SAT



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Brazil Nuts & Blueberries



LUNCH
One Pan Sausage, Potatoes & Peppers



SNACK 2
Immunity Boosting Bone Broth



DINNER
Rosemary Lamb Chops with Sweet
Potato Mash



SNACK 3
Lemon Ginger Tea

SUN



BREAKFAST
Green Pancakes



SNACK 1
Apple & Brazil Nuts



LUNCH
Slow Cooker Cod & Sea Veggie Soup



SNACK 2
Immunity Boosting Bone Broth



DINNER
Rosemary Lamb Chops with Sweet
Potato Mash



SNACK 3
Chamomile Tea

FRUITS

- 3 Apple
- 2 Avocado
- 1 Banana
- 1 1/2 cups Blueberries
- 1 3/4 Lemon

BREAKFAST

- 4 cups Chamomile Tea

SEEDS, NUTS & SPICES

- 1 1/4 cups Brazil Nuts
- 1/8 tsp Cayenne Pepper
- 1 tbsps Chia Seeds
- 1 tsp Dried Rosemary
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/2 tsp Oregano
- 3/4 tsp Paprika
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tpsps Sesame Seeds

FROZEN

- 4 cups Cauliflower Rice

VEGETABLES

- 3 1/2 cups Baby Spinach
- 4 cups Broccoli
- 3 Carrot
- 4 stalks Celery
- 1 Cucumber
- 10 Garlic
- 2/3 cup Ginger
- 2 cups Kale Leaves
- 1 Leeks
- 2 cups Mini Potatoes
- 4 cups Mushrooms
- 2 cups Parsley
- 1 Red Bell Pepper
- 3 Sweet Potato
- 2 cups Swiss Chard
- 1 tsp Thyme
- 3 1/2 Yellow Onion
- 1 1/3 Zucchini

BOXED & CANNED

- 1/2 cup Quinoa
- 2/3 cup Salsa
- 1 can Tuna
- 8 cups Vegetable Broth

BAKING

- 1/2 tsp Baking Powder
- 1/2 cup Oats
- 2 tbsps Raw Honey
- 1/3 cup Unsweetened Applesauce

BREAD, FISH, MEAT & CHEESE

- 142 grams Chicken Sausage
- 4 Cod Fillet
- 302 grams Extra Lean Ground Turkey
- 227 grams Lamb Shoulder Chop
- 283 grams Salmon Fillet
- 225 grams Smoked Salmon
- 477 grams Turkey Sausage
- 2 Whole Chicken Carcass

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 tsp Avocado Oil
- 2 tpsps Coconut Aminos
- 3 3/4 tbsps Coconut Oil
- 3 1/2 tbsps Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1 cup Sauerkraut

COLD

- 4 1/2 Egg
- 1/4 cup Oat Milk

OTHER

- 40 grams Dulse
- 10 Nori Sheets
- 22 3/4 cups Water

One Pan Egg, Sausage & Leek

2 SERVINGS 30 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 Leeks (trimmed, sliced)
227 grams Turkey Sausage (sliced)
1 tsp Thyme (fresh)
Sea Salt & Black Pepper (to taste)
2 Egg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add leeks and sauté for six to seven minutes or until soft and slightly browned. Stir occasionally.
- 02 Add the sausage and thyme to the pan and cook for another 10 minutes. Season with salt and pepper.
- 03 Crack the egg(s) beside the cooked leeks and sausage. Season with salt and pepper, and cook until the whites are set and the yolk is cooked to your liking. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add garlic and mushrooms.

ADDITIONAL TOPPINGS

Mint or parsley.

NO TURKEY SAUSAGE

Use beef or pork sausage instead.

Gut Healing Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

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

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.

Zucchini Turkey Breakfast Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

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

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.

Green Pancakes

1 SERVING 20 MINUTES



INGREDIENTS

1/2 cup Oats
1/2 cup Baby Spinach (packed)
1/4 cup Oat Milk (unsweetened, plain)
1/3 cup Unsweetened Applesauce
1/2 Egg (large)
1/2 tsp Baking Powder
1 1/2 tps Extra Virgin Olive Oil

DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, milk, applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
- 02 Heat the oil in a nonstick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide the pancakes onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

SERVING SIZE

One serving equals three to four 4-inch pancakes.

MORE FLAVOR

Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

MAKE IT VEGAN

Use a flax egg instead.

NO APPLESAUCE

Use banana instead.

NO OAT MILK

Use dairy or any alternative milk.

BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Brazil Nuts & Blueberries

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Brazil Nuts
1/2 cup Blueberries

DIRECTIONS

01 Divide the Brazil nuts and blueberries onto a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use pumpkin seeds or sunflower seeds instead of Brazil nuts.

Tuna Nori Wraps

1 SERVING 15 MINUTES



INGREDIENTS

1/2 can Tuna (drained and flaked)
1/2 Carrot (smaller, julienned)
1/4 Cucumber (julienned)
1/4 Avocado (peeled and sliced)
3 Nori Sheets (snack size)

DIRECTIONS

01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

LEFTOVERS

Refrigerate all ingredients (except nori sheets) individually up to 3 days.
Assemble and wrap before ready to eat.

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Apple & Brazil Nuts

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (cored, sliced)
1/4 cup Brazil Nuts

DIRECTIONS

01 Add the apple slices and Brazil nuts to a plate. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is one apple and 1/4 cup Brazil nuts.

Deconstructed Sushi Bowl

1 SERVING 20 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
2 cups Cauliflower Rice
1 tsp Coconut Aminos
1/4 Cucumber (sliced into sticks)
1/2 Avocado (peeled and chopped)
2 Nori Sheets (snack size, torn into pieces)
113 grams Smoked Salmon
1 tsp Sesame Seeds
1 tbsp Mayonnaise
1/16 tsp Cayenne Pepper (optional)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Immunity Boosting Bone Broth

8 SERVINGS 12 HOURS



INGREDIENTS

2 Whole Chicken Carcass (about 2 lbs of bones)
2 Carrot (peeled and chopped)
2 Yellow Onion (diced)
4 stalks Celery (chopped)
6 Garlic (cloves, halved)
2 tbsps Apple Cider Vinegar
2 tps Sea Salt
2 cups Parsley (chopped)
12 cups Water

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.

Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

283 grams 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)

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.

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)
40 grams Dulse (torn apart into small pieces)
2 Sweet Potato (medium, diced)
4 Cod Fillet (cubed)
8 cups Vegetable Broth (or bone broth)

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.

Sausage & Sauerkraut Skillet

2 SERVINGS 40 MINUTES



INGREDIENTS

142 grams 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)

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.

One Pan Sausage, Potatoes & Peppers

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)
1 Red Bell Pepper (chopped)
2 1/4 tsps Extra Virgin Olive Oil
3/4 tsp Paprika
1/2 tsp Oregano
1/4 tsp Sea Salt
250 grams Turkey Sausage (sliced)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the potatoes and peppers on the baking sheet and season with the oil, paprika, oregano, and salt. Toss to combine and bake for 10 minutes.
- 03 Add the sliced sausage to the same baking sheet and stir to combine with the potatoes and peppers. Continue to bake for 15 to 18 minutes, or until the sausage is cooked through and the potatoes are tender. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add your favorite dried herbs or spices.

NO RED BELL PEPPER

Use yellow or orange bell pepper instead.

NO TURKEY SAUSAGE

Use pork or chicken sausage instead.

NO MINI POTATOES

Use diced yellow or white potatoes instead.

Rosemary Lamb Chops with Sweet Potato Mash

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams 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)

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.

Chamomile Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Chamomile Tea (brewed)

DIRECTIONS

01 Pour tea into a mug and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

LIKE IT SWEET

Add sweetener of choice to taste.

MORE FLAVOR

Add milk of choice to taste.

Lemon Ginger Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/2 Lemon

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.