THE THYROID REGENERATOR

10

VOLUME 10

JENNINGSHEALTHCOACH.COM

Thyroid Regeneration Recipes

There are ingredients in some of these recipes that can be hard to find. If they are too hard to find, out of your way, or simply too expensive, simply omit from your plan. Volume 10 is a meal plan that is specifically geared towards thyroid health. However this plan will be suitable for most goals.

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Banana Mango Smoothie

Ingredients

- 2 cups mango
- 1 banana
- 1 cup water

Directions

Optional additions – spinach, rocket lettuce, kelp powder, ginger, orange, coriander, aloe vera, raspberries
Choosing either frozen banana or mango will make the smoothie creamier.
Combine ingredients and blend until smooth. Makes an ideal breakfast.

Porridge with Dates & Cinnamon

Makes 1 Serving
*Note that you may not need a morning snack after porridge for breakfast.

Ingredients

- ½ cup of uncooked rolled oats
- Palmful of chopped dates
- Pinch of cinnamon
- Rice milk (approx 3/4 cup)
- Dash of honey

Directions

Mix the rolled oats, rice milk and dates in a bowl.
Microwave on high for 90 seconds.
Sprinkle over cinnamon and honey.
Alternatively add banana or berries instead of dates.
Enjoy!

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Thyroid Healing Tea

Makes 1 serving – at any time
This is an optional extra to add to your daily routine to speed up the healing process.

Ingredients

- 2 cups water
- 1 tsp thyme
- 1 tsp fennel seed
- 1 tsp lemon balm
- 2 tsp raw honey (optional)

Directions

Boil water in a saucepan.
Add thyme, fennel & lemon balm.
Turn off heat and allow tea to steep for 15 minutes.
Strain and pour.
Stir in honey if desired.

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Thyroid Healing Juice – 500ml every evening

This juice is fantastic first thing in the morning on an empty stomach. Alternatively you can consume 500ml of pure celery juice, or 500ml of lemon water using the juice of one lemon.
Makes 1 serving

Ingredients

- 1 bunch celery
- 2 apples sliced
- 1 bunch cilantro
- 2 to 4 inches fresh ginger

Directions

Run all of these ingredients through a juicer and drink immediately

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Sweet Potato Soup (or broth)

1 – 4 servings

Ingredients

- 2 sweet potato diced
- 2 celery stalks diced
- 2 onions diced
- 6 garlic cloves
- 1 inch turmeric root peeled & minced
- 1 inch of ginger peeled & minced
- 1 cup finely chopped parsley
- 4 sprigs thyme
- 1 tbsp kelp powder/seasalt
- 8 cups water

Directions

Place all ingredients in a pot, bring to the boil then simmer for an hour.
Strain and drink the juice or blend all ingredients to make a soup.

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Potato Nachos

Makes 2-3 servings

Ingredients

- 6 medium potatoes
- 2 tsp coconut oil
- ½ tsp sea salt, divided
- 1 avocado
- 1 cup diced tomato
- 1 cup diced onion
- ½ cup coriander, chopped
- ½ jalapeno, minced (optional)
- 2 limes
- ¼ cup Garlic Cashew Aioli (optional)

Directions

Preheat the oven to 190 degrees Celsius.

Peel and slice the potatoes into rounds which are ¼ inch – ½ inch thick. Toss them with the coconut oil and ¼ tsp of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so that they are not touching or overlapping. Bake the potatoes for 20 minutes, flip, and then bake for 10 more minutes.

While the potatoes bake, combine the avocado, tomato, onion, coriander, jalapeno and the juice of both limes in a small mixing bowl. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and drizzle the Garlic Cashew Aioli over the top if desired. Finish the nachos off with the remaining sea salt.

GARLIC CASHEW AIOLI

Ingredients

- 1 cup cashews
- 2 tbsp olive oil
- 2 garlic cloves
- 2 lemons
- ¼ tsp sea salt
- Water – amount depends on desired consistency

Directions

Combine cashews, olive oil, garlic, juice of two lemons and sea salt in the blender with a small amount of water.
(Start with a few splashes and blend. Add more water until you reach desired consistency. The mixture should be able to be poured or served with a spoon like a normal salad dressing.
Too much water will make it runny).

Cucumber Juice

Juice one telegraph cucumber until you have 500ml of pure juice extract. Consume immediately. Cucumber has a cooling effect on the liver. So, if you're suffering from temperature fluctuations, cooling the liver is essential. This can make an ideal afternoon drink.

Wild Blueberry Ice Cream

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Serves 1

Ingredients

- 1 banana
- 1 cup of blueberries

Directions

Blend your frozen berries & banana in a high powered blender until smooth consistency. Enjoy! You can also add a touch of honey and cinnamon for an extra twist.

Wild Blueberry Pancakes

Makes 4 servings

Ingredients

- 2 ripe bananas
- 4 tbsp raw honey
- 1 tbsp baking powder
- ½ tsp sea salt
- ½ cup water
- 2 cups almond flour
- ¼ cup potato starch
- 1 tbsp coconut oil
- 1 cup wild blueberries
- ½ cup maple syrup

Directions

For the batter, blend the bananas, honey, baking powder and sea salt together with the water until smooth. Add the almond flour and potato starch and continue to blend until a thick, even batter forms.

To cook on the skillet – heat a little of the coconut oil in a large ceramic nonstick skillet over medium heat . Pour the batter into the skillet by heaping tablespoons to create small pancakes. Sprinkle a few wild blueberries over the tops. Use the back of a spoon to smooth the batter evenly into a circle. Cook the pancakes for 2 ½ - 3 minutes, then flip and cook for 4 minutes on the other side.

To bake in the oven – Preheat the oven to 160 degrees Celsius. Using the coconut oil, lightly grease two baking trays lined with parchment paper. Spoon the batter into 3-inch circles, smoothing evenly. Sprinkle a few wild blueberries over the tops. Bake the pancakes for 8-10 minutes until the edges turn golden, then flip and bake 2 minutes more.

Combine the maple syrup and remaining wild blueberries in a small sauce over medium heat, stirring frequently until hot and well combined. Serve atop the pancakes and enjoy!

Note: if you run into trouble using a skillet, try the baking method for best results.

Pear & Rocket Salad

Serves 4-5

Ingredients

- 1 packet of rocket leaves
- 4 pears sliced into thin wedges
- Handful of toasted walnuts (optional)
- 1 tbsp Dijon mustard
- Pinch Kelp sea salt
- 4 tbsp Olive oil
- 1 tbsp lemon juice

Directions

Place a handful of rocket on each plate. Make the dressing next as this will stop the pears going brown. Mix the mustard, olive oil, sea salt and lemon juice together in a glass or jug.
Toss the pears in a bowl and coat well with the dressing.
Toast some walnuts for 5 minutes in the oven or a frying pan.
Scatter the pear pieces over the rocket. Sprinkle with the walnut pieces.

Heavy Metal Cleanse Smoothie

Makes 1 to 2 servings

Ingredients

- 2 bananas
- 2 cups of wild blueberries
- 1 cup coriander (optional)
- 1 tsp barley grass juice powder
- 1 tsp of spirulina
- 1 pinch of kelp sea salt
- 1 orange
- 1 cup of water

Directions

Combine the bananas, blueberries, coriander, barley grass juice powder, spirulina and dulse with the juice of one orange in a blender and blend until smooth. Add up to 1 cup of water to make a thinner consistency.

On a personal note, my wife Heidi was diagnosed with toxic heavy metal poisoning in early 2017 via hair testing. While other testing methods from the Doctor came back clear, hair testing proved otherwise. Toxic heavy metals feed the Eppstein Barr virus, such as mercury, aluminium, cadmium, nickel, copper etc.

Cauliflower "Fried Rice"

Makes 2-3 servings

Ingredients

- 1 medium Cauliflower (about 6 cups)
- 1 tsp coconut oil
- ½ red onion diced
- 1 inch ginger
- 3 garlic cloves minced
- 1 large carrot diced
- 1 red bell pepper diced
- 2 stalks of celery diced
- 1 cup peas
- 1 tsp toasted sesame oil
- 2 tbsp coconut aminos
- ½ tsp raw honey (optional)
- 1 cup coriander
- ¼ cup of almonds chopped
- ½ jalapeno (optional)
- 2 tsp of sesame seeds
- 1 lime

Directions

Cut cauliflower into florets and place into a food processor. Pulse until the cauliflower achieves a coarse rice texture.
Use a nut milk bag or cheesecloth to wring extra moisture out of the 'rice' and then set it aside. Heat 1 tsp of coconut oil in a large pan and saute the onion over medium-high heat until translucent and cooked through. Add water by the tablespoon as needed to prevent sticking.

Place the ginger, garlic, carrot, bell pepper celery and peas in the pan with the red onion and continue to cook for 5-7 minutes until the vegetables begin to soften. Add the cauliflower rice, toasted sesame oil, coconut aminos, honey and sea salt to the pan and stir well to combine. Continue to cook another 5-7 minutes until cauliflower rice is tender.
Serve the cauliflower "fried rice" topped with jalapeno (if desired) along with coriander, chopped almonds, sesame seeds, and a generous squeeze of lime juice.
For raw cauliflower "fried rice" – follow the first step to make cauliflower rice, and place the rice into a large bowl along with the red onion, ginger, 1 clove of minced garlic, carrot, bell pepper, and celery. Stir the toasted sesame oil, coconut aminos, sea salt and jalapeno into the cauliflower rice and marinate for at least 15 minutes. Serve topped with coriander, chopped almonds, sesame seeds and lime juice.

Spinach Soup

Serves 1

Ingredients

- 1 ½ cups of cherry tomatoes
- 1 stalk of celery
- 1 garlic clove
- 1 orange
- 4 cups of baby spinach
- 2 basil leaves
- ½ avocado

Directions

Blend the tomatoes, celery and garlic with the juice of 1 orange until smooth. Add the spinach by the handful until completely incorporated. Add the basil and the avocado (if desired), blending until creamy and smooth. Serve and enjoy!

You may not like this soup straight away. If so try it in a few weeks once your taste buds have changed.

Mango & Banana Fruit Bowl

Serves 1

Ingredients

- 1 - 2 cups of mango
- 1 - 2 bananas

Directions

Combine banana & mango in a bowl and drizzle with coconut milk.
Add a touch of honey and a pinch of cinnamon.

Celery & Dates

These two foods combine easy access glucose and mineral salts which help to restore a more balanced adrenal function. One or two celery stalks plus an open palmful of dates work as a powerful combination for a snack, or as part of a salad.

Apple & Cauliflower Florets

This combination reduces thyroid inflammation and helps to teach the thyroid to become independent after relying on medication.
1 red apple and a handful of cauliflower florets make an ideal snack.

Tomato & Spinach Salad

These foods combined strengthen the liver, flush the lymphatic system and build up the immune system to fight the viral issue. They are a potent combination. Feel free to personalise this salad to suit your tastebuds.
Serves 1

Ingredients

- 1 Handful of cherry tomatoes
- 2 fistfuls of spinach
- 1 teaspoon of olive oil
- 1 squeeze of lemon juice

Optional additions – ½ palmful of animal protein, hummus, cucumber, carrots or any other vegetables.

Bowl of Orange & Raspberries

These foods help to restore calcium stores that may have been reduced when the thyroid was under attack. The thyroid build a calcium fortress to protect itself from a viral attack. This can lead to osteoporosis. Have a palmful of raspberries and an orange in a bowl and enjoy.

Wild Blueberries & Papaya

Helps to prevent thyroid tumours. Helps to restore the thyroid tissue if the gland has been removed or killed off during radioactive treatment. Place an open palmful of each into a bowl and enjoy.

Mixed Vegetable Salad & Fruit Salad w/Leafy Greens

For these two salads I want you to be creative. Combine mango, banana, apple, spinach, olive oil and a few drops of lemon juice (as an example). Try different combinations. Same with the vegetable salad. What have you got left in the fridge to use? Carrots, leafy greens, tomatoes, cucumber. And some basil and parsley. The objective with this exercise is to try something a little different with what you have at your disposal.

Roast Chicken & Veges

The roast chicken option is there to make the plan more “family friendly”. Using a either a rotisserie or home cooked chicken, gluten free gravy, some roast veges (such as kumara, pumpkin & potato) and boiled greens you can save yourself prepping two meals. Stick to your palm size piece of chicken, about a handful of roast vegetables and as many greens as you like. Season with salt & pepper.

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