



Dr. Ritamarie's
THYROID
REVIVE & THRIVE

SUPPORT, STRATEGIES, AND SOLUTIONS
TO RECLAIM YOUR ENERGY, JOY, AND LIFE!

RECIPE
COLLECTION



WITH DR. RITAMARIE LOSCALZO, MS, DC, CCN, DACBN

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This edition was published in the United States of America by Dr. Ritamarie Loscalzo.

Edition Date: June 19, 2019

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Contents

Contents.....	2
About The Thyroid Revive and Thrive Program.....	7
Introduction to the Recipe Collection	7
Using the Recipe Collection	8
Meal Planning	9
Thyroid Nourishing Breakfast.....	9
Thyroid Nourishing Lunch.....	9
Thyroid Nourishing Dinner	9
Thyroid Nourishment	10
Foods	10
Nutrients and Supplements.....	10
Herbs	10
Fresh Green Juice	11
Buoyant Brassicas	11
Green Water	12
Liver Cleanser	13
Minty Coleslaw Detox Juice	14
Thyroid and Blood Sugar Balancer Juice.....	15
Thyroid Boost Green Juice.....	16
Turbo-Charged Red Engine Juice	16
Jumpstart Your Day Energy Drinks.....	17
A.M. Gut Rejuvenator Starter.....	17
A.M. Rejuvenator Drink	17
A.M. Thyroid Recharge Shake.....	18
Chia Energy Drink	19
Quick and Easy Green Protein Energizer Drink.....	19

Smoothies with Low-Sugar Fruits	20
Coco Blue Wake Up Thyroid Green Smoothie	20
Lemony Mint Energy Drink	21
Parsley Delight	22
Tangy Blueberry Mint Green Smoothie	22
Blended Thyroid Boosting Green Drink Without Fruit	23
** Basic Blended Salad	23
Charge Up and Energize Green Smoothie	24
Green Ginger Lemonade.....	24
Italian Thyroid Smoothie	25
Parsley De-Parcher	25
Savory Thyroid Lover Smoothie	26
Sunny Green Super Charger	26
Elixirs	27
** Healing Elixir Base Recipe Guidelines	27
Adrenal and Immune Boosting Elixir	28
Energize Me Elixir	29
Energizing Elixir.....	30
Mushroom-Free Easy Energizing Elixir.....	31
Spicy Chai Elixir	32
Gels	34
Chia Gel.....	34
Irish Moss Gel	34
Fermented Foods	35
Cashew Yogurt.....	35
Coconut Kefir	35
Probiotic “Cheese” Block	36
Sauerkraut	37

Breakfast Entrées	38
Apple Ginger Breakfast Medley	38
Berries and Cream	39
Berry Chia Thyroid Breakfast	40
Blueberries and Cream	41
Blueberry Chia Porridge.....	41
Chia Porridge	42
Nut and Seed Milks	43
** Basic Nut Milk	43
Brazil Nut Milk	44
Brazil Nut Milk Chai	44
Coconut Cream	45
Lunch and Dinner Entrées.....	46
Soups	46
** Basic Green Soup Recipe	46
Cilantro Coconut Lime Green Soup	47
Coconut Curry Soup with Noodles.....	48
Creamy Jicama Chowder	49
Creamy Southwest Cauliflower Soup	50
Thyroid Protecting Italian Spinach Soup.....	51
Salads.....	52
BIG (Beautiful, Invigorating, and Green) Salad	52
Kale Salad with Kick	53
Kale Salad with Lime Sesame Marinade	54
Kitchen Sink Super Salad.....	55
Green Slaw with Thai Dressing	56
Sandwiches, Wraps, and Rolls	57
** Basic and Balanced Raw Food Sandwich	57

Collard Roll-Ups	58
Spring Rolls	59
Tacos	60
Veggies and Sides	61
“Braised” Garlic Greens	61
Pasta and Noodles.....	62
“Noodles”	62
Energy Jumpstart Noodle Dish	63
Rawvioli	64
Sea Vegetable Dish	65
Arame Konjac Noodles with Energy Recharge Sauce	65
Wakame Cucumber Salad.....	66
Cooked Meals.....	67
Creamy Green Soup.....	67
Indian Stir Fried Vegetables.....	68
Paté, Dips, and Dressings:.....	69
** Basic Guidelines	69
** Preparing Nuts and Seeds for Recipes	70
Basic Creamy Dip Base.....	71
Basic Paté Base	72
Spreads and Paté.....	73
Boost Your Energy Vegetable Spread	73
Broccoli Hummus.....	74
‘Refried Beans’ Spread.....	74
Dip	75
Guacamole.....	75
Sour ‘Cream’ and Onion Dip	75
Spinach Dip	76

Tomatillo Salsa	77
Tomato Salsa	78
Dressings.....	79
Creamy Garlic Salad Dressing	79
Ranch Avocado Dressing.....	80
Pesto, Sauce, and “Cheese”	81
Pesto	81
Deep Green Pesto.....	81
Nutrition-Packing Pesto Sauce.....	82
Sauce	83
Marinara Sauce.....	83
Tahini Coconut Curry Sauce.....	84
“Cheese”	85
Creamy Nut Cheese	85
Dessert (Low-Glycemic)	86
** Basic Guidelines: Thyroid and Adrenal Energizing Candy	86
Green Protein Energy Candy	87
Green Sorbet or Popsicle	88
Mint Chocolates.....	89
Scrumptious Energy Candy	90
Thyroid and Adrenal Support Chocolate Mints	91
Thyroid and Adrenal Tonic Chocolate Mints	92
Dehydrator Recipes	93
Sweet and Savory Veggie Nut Burgers	93
About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN	94
Index of Ingredients	95

About The Thyroid Revive and Thrive Program

This material is part of the ***Thyroid Revive and Thrive Program*** which is a step-by-step method for assessing and restoring the health of your thyroid gland. Low functioning thyroid has become an epidemic. It's usually considered a life sentence, and most people on thyroid medication are constantly having to regulate the dose. Plus many still experience the symptoms of low thyroid because taking medication is not truly addressing the problem. This program will teach you more about how to feed and rebalance your thyroid than most doctors know so that you can take charge of your health.

www.ThyroidReviveAndThrive.com

This e-book provides delicious recipes for empowering you to make delicious, thyroid supporting foods so that you can **revive and thrive**.

Introduction to the Recipe Collection

The *TRT Recipe Collection* is a quick and handy reference to keep in your kitchen whenever you need thyroid-supporting food ideas. By adding recipes to your diet that are designed to support your thyroid gland, you'll get back your energy and control of your health!

The recipes in this collection are made with ingredients that are recommended for thyroid support and repair. All of the recipes are free of sugar, dairy, grains, and gluten. Most of the recipes have no fruit and those that contain fruit use low-sugar fruits like blueberries, green apple, and grapefruit, so they are appropriate for those requiring a low-glycemic diet.

My goal is to make mealtime a pleasure and offer recipe ideas that will energize and excite you.

Enjoy!



Dr. Ritamarie



Using the Recipe Collection

This page provides a few key tips for using this recipe collection.

Tips:

- **Document Tips:** Any time a recipe from this collection is used as an ingredient in another recipe, you'll find its title in *italics*. Any time a specific brand of product is mentioned, you'll find its name in ***bold italics***.

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For example:

Ingredients:

- 1 tablespoon ***Sunwarrior Ormus Greens***
- 1 tablespoon ***HealthForce Nutritionals Vitamineral Green***
- 2 tablespoon ***Chia Gel***
- 1 tablespoon lemon juice
- 2 - 4 drops mint essential oil
- **Brands:** You'll find occasional brand name suggestions that I've researched to be pure of allergenic materials and/or to be of the highest quality for many of the recommended products. **TRT Members:** You'll find a complete list of products and ordering options in my "Creating a Healing Kitchen" document that's included as a bonus in your program.
- **Essential Oils/Flavors:** Recipes in this collection may suggest the optional use of essential oils, flavors, and extracts. All essential oils should be **food grade**. Also, since most commercial/grocery store shelf extracts and flavors are made with alcohol and other "unknowns," be sure you are using high quality products that are healthy. Again, I list many great suppliers of safe essential oils, flavors, and extracts in my "Creating a Healing Kitchen" bonus document.
- **Ingredient Index:** This e-book contains an index that can be used to help you make the most of your available ingredients at home. Simply look up the food(s) you wish to use or use up and select the recipes you prefer from those listed in the index.

Meal Planning

Thyroid Nourishing Breakfast

- Start your day with greens: low carb, moderate protein and fat breakfast and an omega-3 fat source
 - Green smoothie
 - Green juice
 - Green powder
 - Protein powder
 - Chia pudding
- Thyroid support herbal tea: nettles, **Spring Dragon**, cordyceps, chaga -- no caffeine
 - Hemp milk shake
 - Brazil nut chai
 - Coconut yogurt
 - Dehydrated grain-free bread with flax/coconut butter

Thyroid Nourishing Lunch

- Large veggie salad with omega-3 rich salad dressing and seed toppings and sea vegetables
- Green blender soups
- Cut up vegetables with dips made with healthy fats – coconut, avocado, omega-3 rich seeds, Brazil nuts (soaked and sprouted)
- Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread

Thyroid Nourishing Dinner

- Veggie salad with salad dressing that includes thyroid supporting fats like coconut, flax, Brazil nuts, and pumpkin seeds
- Sea vegetable salads
- Green blender soups with a pinch of kelp or dulse
- Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut, and topped with an omega-3 rich dressing or spread
- Steamed vegetables
- “Big Bowl” – filled with steamed and/or raw veggies and a blended vegetable sauce made from the steam water, vegetables, and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut, or raw nuts or seeds

Thyroid Nourishment

Foods

- Green leafy vegetables
- Low-glycemic fruits
- **Sea vegetables:** kelp, dulse, nori, etc.
- Garlic and onions
- Sunflower lecithin
- Brazil nuts
- Pumpkin seeds
- Coconut and coconut oil
- **Mushrooms:** shiitake, maitake, reishi, cordyceps, and chaga
- **Omega-3 rich foods:** hemp seeds, chia seeds, flax seeds, algae, and deep ocean fish
- **Probiotic and prebiotic rich foods:** kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, and chicory

Nutrients and Supplements

- **Vitamins:** vitamin C; B vitamins: B2, B6, B12; vitamin A; vitamin D3
- **Minerals:** iodine, iron, selenium, magnesium, chromium, zinc, and rubidium
- **Antioxidants:** bioflavonoids, glutathione, superoxide dismutase (SOD)
- **Amino Acids:** tyrosine, phenylalanine, arginine

Herbs

- Ashwagandha
- Astragalus
- Bee propolis
- Black cohosh
- Black walnut
- Bladderwrack
- Chaga
- Chickweed
- Coleus forskohlii
- Cordyceps
- Eleuthero
- Gentian
- Gotu kola
- Guduchi
- Guggulu
- He shou wu
- Lemon balm (hyper)
- Licorice
- Nettle
- Oregon grape
- Parsley
- Prickly ash
- Reishi
- Rhodiola
- Rosemary
- Siberian ginseng
- Reishi
- White willow

TRT Members: For more recommendations, please refer to the *Thyroid Health: Nutrition and Lifestyle Recommendations Checklists*.

Fresh Green Juice

Making Juice Without a Juicer: While it's easy to make juice with a juicer, if you don't have nor want the extra equipment, you can still make fresh juice if you have a decent blender and a nut milk bag. Simply blend your ingredients (you may need to chop first or add a little water to get things moving), and then strain through a nut milk bag.

Left-over pulp from your juices can be used to make dehydrated crackers or other recipes (if you have a dehydrator).

Buoyant Brassicas

Ingredients:

- 1 cup green cabbage
- 2 carrots
- 1/2 bunch kale
- 1 sliver of ginger (to taste)

Directions:

Run all the ingredients above through a juicer.

Personal Note: The sweetness of the carrot and cabbage marry the savory bitterness of the ginger and kale in a complex flavor that I really love.

Green Water

Ingredients:

- 1 handful leafy green vegetables (any variety such as dark green/red lettuces, kale, spinach, parsley, etc.)
- fresh ginger root, lemon, mint (optional additions)
- water as needed for blending

Directions:

1. Place a handful of leafy green vegetables in the blender.
2. Cover with water and blend until vegetables are completely puréed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.
6. Add fresh ginger root, lemon, or mint to the blend for a nice flavor. The resulting beverage should be a pale green, translucent color.

Personal Note: This is a good way to start including blended greens in your diet. It is a very light, mild tasting beverage which can be enhanced by the addition of lemon/lime juice or herbs and spices.

Liver Cleanser

Ingredients:

- 2 handfuls baby arugula
- 1 cucumber
- 1 lemon, juice of
- 1 small sliver of fresh turmeric (or 1/4 teaspoon dried)
- 1 cloves garlic
- 2 green onions (scallions)
- 1 handful broccoli sprouts
- 1 pinch cayenne

Directions:

Run all the ingredients above through a juicer.

Benefits to the Body: This juice is the ideal liver cleanser. It's stimulating and does powerful work to keep your liver functioning at its best. Since most thyroid imbalance is autoimmune in nature, cleansing the liver is important to thyroid health.

Minty Coleslaw Detox Juice

Ingredients:

- 1 cup green cabbage
- 1/2 red bell pepper
- 1/2 bunch parsley
- 1 stalk celery
- 1 handful fresh mint or 1 drop mint essential oil
- 1 splash lemon juice

Directions:

Run all the ingredients above through a juicer.

Personal Note: The minty aroma permeates the kitchen as you make this juice.

Benefits to the Body: The cabbage and mint make this juice a natural for calming your digestion and healing your gut lining.

Thyroid and Blood Sugar Balancer Juice

Ingredients:

- 1 cucumber
- 2 stalks celery
- 1 cup green beans
- 1/4 teaspoon cardamom
- 1/4 teaspoon cinnamon

Directions:

1. Run all the ingredients above through a juicer.
2. Add a pinch of kelp before serving.

Personal Note: Blood sugar balance is critical to proper thyroid function. Start your day with this energizing beauty.

Benefits to the Body: Green beans and cinnamon help to restore insulin receptors and keep your blood sugar steady.

Thyroid Boost Green Juice

Ingredients:

- 1/3 bunch dandelion greens
- 1 cup parsley
- 3 celery stalks
- 2 inches fresh ginger
- 1 lemon
- 1/4 teaspoon kelp powder
- 1 cup arugula
- 1 teaspoon fresh rosemary

Directions:

1. Run all the ingredients above through a juicer.
2. Add a pinch of kelp before serving.

Turbo-Charged Red Engine Juice

Ingredients:

- 1 red bell pepper
- 1/4 bunch cilantro
- 1/2 - 1 lime, juice of
- 4 stalks of celery
- 1 tomatillo (or additional stalk celery, plus lime juice, if tomatillo not available)

Directions:

Run all the ingredients above through a juicer.

Personal Note: The bell pepper and tomatillo give this a natural sweetness and tang without a spike in your blood sugar levels.

Benefits to the Body: Naturally detoxifying with cilantro and loaded with vitamin C.

Jumpstart Your Day Energy Drinks

A.M. Gut Rejuvenator Starter

Ingredients:

- 32 ounces water
- 1 lemon, juice of
- 2 drops peppermint essential oil
- 2 drops lemon essential oil

Directions:

1. Fill your glass or jar with the water.
2. Add lemon juice and essential oils.
3. Put a lid on your glass or jar and shake up.
4. Sip this to wake up your digestive tract before you start to feed it.

A.M. Rejuvenator Drink

Ingredients:

- 32 ounces water
- 1 lemon, juice of
- 2 drops lemongrass essential oil
- 2 drops lime essential oil
- 1 drop rosemary essential oil

Directions:

1. Put everything in a glass jar and shake well.
2. Sip when you first get up in the morning.

A.M. Thyroid Recharge Shake

Ingredients:

- 32 ounces water
- 3 tablespoons of your favorite greens powders: any combination of **HealthForce Nutritionals Elite Green Protein, Sunwarrior Ormus Greens, HealthForce Nutritionals Vitamineral Green**
- 1 - 2 teaspoons mushroom powder: any combination of chaga, reishi, cordyceps, shiitake, or maitake (optional, if sensitive to mushrooms)
- 1/2 teaspoon ashwagandha powder
- 1/2 teaspoon gotu kola powder
- 2 tablespoon Chia Gel
- 1 tablespoon lemon juice
- 2 - 4 drops mint essential oil

Directions:

Put all ingredients in a jar and shake well or put in blender and blend until well combined.

Personal Note: You can use any combination of essential oils or flavorings to make your own version of this recipe. Some of my favorites are cinnamon, vanilla, orange, almond, and basil. Add oregano, rosemary, and basil oil for an Italian drink that supports your immune system.

Chia Energy Drink

Ingredients:

- 2 tablespoons chia seeds
- A few drops peppermint essential oil
- 1 lemon, or 2 limes, juice of (or combination)
- water, enough to fill a quart-sized Mason jar about an inch from the top

Directions:

Shake well and allow the mixture to sit for 15 minutes or longer before you try it. It will be thick and tangy.

Personal Note: The longer you allow the chia mix to sit, the more opportunity for the chia seeds to absorb the liquid and begin the sprouting process, thus making the nutrients more bio-available. You'll find yourself feeling very full after drinking a chia beverage. You can use presoaked, sprouted, and dehydrated chia seeds for an instant drink, for example **Navitas Naturals Sprouted Chia Seed Powder**.

Quick and Easy Green Protein Energizer Drink

Ingredients:

- 2 tablespoons **HealthForce Nutritionals Green Sage Protein Magic Mint** (or any other green powder). This brand contains 16 grams of protein per serving.
- 2 tablespoons **Sunwarrior Warrior Blend Protein Powder** (alternatives: **HealthForce Nutritionals Warrior Food**, hemp protein, sacha inchi or your favorite protein powder)
- 1 tablespoon chickweed powder
- 2 cups water

Directions:

1. Shake all together in a glass jar or blend and add your favorite flavors: lemon juice, essential oils, cinnamon, vanilla, etc.
2. You can also blend with ice cubes for a smoother texture.

Smoothies with Low-Sugar Fruits

Coco Blue Wake Up Thyroid Green Smoothie

Ingredients:

- 4 cups spinach or your choice of greens
- 1 cup blueberries, fresh or frozen
- 1 tablespoon coconut butter
- 1/4 cup *Chia Gel*
- 2 - 4 Brazil nuts
- 1 teaspoon cinnamon
- water, enough to blend
- stevia, if desired, to taste

Directions:

Blend and enjoy.

Lemony Mint Energy Drink

Ingredients:

- 1 medium green apple
- 1/2 - 1 lemon, juiced
- 2 cups 'field greens' mix or 1 head romaine lettuce
- 1 medium avocado (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker drink.
3. Adjust the lemon and mint to taste.

Personal Note: This drink is very refreshing and can be eaten any time of day. Make up your own version. Use different herbs. Add other green vegetables.

I have made this smoothie without the avocado, without the apple, and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad with lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar, and herbs. It is an easy way to eat lots of fresh, raw vegetables.

Parsley Delight

Ingredients:

- 1/4 cup lime juice
- 1 bunch fresh mint
- 1 green apple
- 1/2 cup blueberries
- 3 hearts of romaine lettuce
- 2 cups water
- ice cubes

Directions:

Blend and enjoy.

Tangy Blueberry Mint Green Smoothie

Ingredients:

- 1 cup blueberries, fresh or frozen
- 1/2 - 1 lemon, juiced
- 2 cups 'field greens' mix, or 1 head romaine lettuce
- 1 medium avocado (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker smoothie.
3. Adjust the lemon and mint to taste.

Blended Thyroid Boosting Green Drink Without Fruit

Personal Note: All of the recipes in this section are low-glycemic.

For those who are currently not tolerating even the low-sugar fruits, here are recipes of blended greens that use lemon and herbs for flavor. Stevia, essential oils, and spices can be added for additional flavor. Use these as a spring board and adjust the flavor to your liking. A trick to make non-sweet smoothies delicious is to use enough lemon or lime to balance the bitter and add a strong herb. Ginger, cayenne, curry, and cinnamon are all good choices.

** Basic Blended Salad

Ingredients:

- watery vegetables for your juice base: tomato, zucchini, cucumber, etc.
- other colorful vegetables as desired: peppers, root veggies, etc.
- leafy greens
- herbs
- lemon juice (to taste)
- apple cider vinegar (to taste)
- 1/2 - 1 avocado (optional)
- 1/2 - 1 teaspoon powdered dulse (or other sea veggie)
- water, as needed for blending

Directions:

1. Begin blending your watery vegetables to create your base.
2. Add other ingredients and blend until combined.
3. Add ingredients slowly, in smaller amounts, and taste as you go.

Personal Note: Blending salads is another good way to incorporate greens into your diet, but blended salads differ from green smoothies in that no fruits are used and they contain more green vegetables. While blended salads may not seem like the most appealing of meals, they can actually be quite tasty. Because you won't use fruit in making blended salads, you can include the types of vegetables that do not combine well with fruit, such as carrots and red bell peppers. Blended salads are easier to eat than whole salads and present the nutrients in a manner that's assimilated much more quickly than in a regular salad.

Charge Up and Energize Green Smoothie

Ingredients:

- 1 bunch of parsley
- 1 cup of water
- 1 cucumber
- 1 stalk celery
- 1/2 red bell pepper
- 1 teaspoon nettles powder
- 1 teaspoon vanilla powder or extract
- 1-inch slice of ginger (optional)
- 1/4-inch piece turmeric (optional)
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust to taste.

Green Ginger Lemonade

Ingredients:

- 2 lemons, juice of
- 1-inch piece of ginger
- 1 handful of sunflower sprouts (or other green of your choice)
- stevia (as needed)

Directions:

1. Blend everything.
2. Add water to fill the blender and sweeten to taste with stevia.

Italian Thyroid Smoothie

Ingredients:

- 4 cups greens, your choice
- 1 cup sunflower seed sprouts (optional)
- 1 handful of parsley
- 1-inch piece ginger
- 1 sliver of jalapeño
- 2 cups water
- 1 small avocado
- 1 splash of apple cider, ume, or coconut vinegar
- 1/4 teaspoon kelp powder
- lemon juice, as desired

Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

Parsley De-Parcher

Ingredients:

- 1 bunch of parsley
- 1 cup of water
- 1 cucumber
- 1 stalk of celery
- 1/2 red bell pepper
- 1-inch slice of ginger (optional)
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust to taste.

Savory Thyroid Lover Smoothie

Ingredients:

- 2 cups arugula
- 2 cups spinach
- 1 stalk celery
- 1 cucumber
- 1 red bell pepper
- 1 orange bell pepper
- 1 clove garlic
- 1 sliver of jalapeño
- 1/2 teaspoon kelp powder
- 1/2 cup cilantro

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Sunny Green Super Charger

Ingredients:

- 2 cups sunflower greens
- 2 cups parsley
- 1 sprig of rosemary
- 2 tablespoons lemon juice
- 1 - 2 cups water
- 1 sliver of ginger
- 1/4 teaspoon kelp powder

Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

Elixirs

An elixir is defined as a magical or medicinal potion.

** Healing Elixir Base Recipe Guidelines

Ingredients:

- **Liquid base:** 2 cups herbal tea, nut or seed milk, fresh juice, or water
- **Fat source:** (Only if not made with nut milk as the liquid base) 2 tablespoons nut butter, 1/2 - 1 avocado (depending on size), *Chia Gel*, 1 handful of nuts (preferably soaked), 1/2 cup coconut meat, or 2 tablespoons coconut butter
- **Herbs:** a variety of powdered herbs, mushroom powders, and/or green powders – quantity varies depending on the herb from several teaspoons to several tablespoons
- **Flavorings:** a few drops of essential oils, a dropper full of flavor extracts, up to 2 teaspoons or more of carob powder, vanilla, or raw cacao powder
- **Sweetener (low-glycemic):** green leaf stevia or flavored stevia (chocolate, vanilla, English toffee, orange, raspberry), xylitol, or erythritol (**Zero**), or *Lakanto*.
Sweetener (high-glycemic): higher glycemic sweeteners like dates, raisins, coconut nectar, and raw honey are **not recommended during the healing phase**
- **Salt:** a pinch of sea salt or sea kelp powder

Directions:

1. If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength. Take tea bag out and set aside.
2. Put water, fat, herbs, flavorings, sweetener, and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.

Personal Note: If you have a sensitive system, go slowly with elixirs. Start with only one herb and see how you do, then gradually increase your repertoire.

Adrenal and Immune Boosting Elixir

Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea**
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 teaspoon chaga mushroom powder
- 1 teaspoon maca powder
- 1/2 teaspoon reishi mushroom powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon ashwagandha powder
- 2 tablespoons raw carob powder or raw cacao powder (or $\frac{1}{2}$ and $\frac{1}{2}$)
- 1 tablespoon **Artisana Coconut Butter** or 2 tablespoons dried coconut
- 1/4 teaspoon stevia green leaf powder, or 3 - 4 drops your choice flavored **Sweet Leaf Stevia**, or 1 teaspoon **Lakanto**

Directions:

1. Boil water and steep tea bag for 10-15 minutes. Remove tea bag.
2. Combine all ingredients in blender and blend until smooth.

Personal Note: Adrenal and immune health are critical to the health of your thyroid.

Enjoy this elixir to strengthen both. If you have a sensitive system, go slowly with elixirs.

Start with only one herb and see how you do, then gradually increase your repertoire.

Energize Me Elixir

Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea**
- 1 tea bag of **Tulsi Licorice Spice***
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon pumpkin seeds
- 2 heaping teaspoons coconut powder
- 1/2 cup *Chia Gel*
- 1/2 teaspoon cordyceps mushroom powder
- 1 teaspoon ashwagandha powder
- 1/4 teaspoon rhodiola powder
- 1 heaping tablespoon schisandra berries
- 1/4 teaspoon eleuthero, aka Siberian ginseng
- 1 teaspoon **HealthForce Nutritionals Vanilla Maca** or **Mighty Maca**
- 2 heaping teaspoon cinnamon
- 1 pinch of sea salt
- 1 handful macadamia nuts
- 6 drops **English Toffee Stevia** for sweetener
- 6 drops lemongrass essential oil

Directions:

1. Boil water and steep tea bags for 10-15 minutes. Remove tea bag.
2. Combine all ingredients in blender and blend until smooth.
3. Adjust sweetness and flavor with essential oils as desired.

***Important:** Be careful with licorice if you have high blood pressure.

Personal Note: If you have a sensitive system, go slowly with elixirs. Start with only one herb and see how you do, then gradually increase your repertoire.

Energizing Elixir

Ingredients:

- 1 tea bag of ***Yogi Tea Egyptian Licorice Mint***
- 16 ounces purified water
- 1/4 cup hemp seeds
- 1/4 cup ***Chia Gel***
- 1 tablespoon green powder, your choice (my favorite is ***HealthForce Nutritionals Green Sage Protein Magic Mint***)
- 1 tablespoon coconut butter or 2 tablespoons dried coconut
- 1 teaspoon mucuna pruriens powder
- 1 tablespoon eleuthero powder
- 1/4 teaspoon astragalus powder
- 1 teaspoon ashwagandha powder
- 2 tablespoons raw carob powder
- 1 teaspoon almond extract
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored ***Sweet Leaf Stevia*** (or 1 teaspoon ***Zero*** if you don't favor the taste of stevia)

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender, blend, and enjoy.
3. Adjust sweetener and spices to taste.

Mushroom-Free Easy Energizing Elixir

Ingredients:

- 1 tea bag of one of the following teas: **Spring Dragon Longevity Tea, Yogi Tea Egyptian Licorice** or **Licorice Mint**, or ginseng (your favorite brand)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter or 2 tablespoons dried coconut
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon bladderwrack powder
- 1 teaspoon ashwagandha powder
- 2 tablespoons raw carob powder or raw cacao powder (or $\frac{1}{2}$ and $\frac{1}{2}$)
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Boil water and steep tea bag for 10-15 minutes. Remove tea bag.
2. Combine all ingredients in blender, blend, and enjoy.

Personal Note: If you have a sensitive system, go slowly with elixirs. Start with only one herb and see how you do, then gradually increase your repertoire.

Spicy Chai Elixir

Ingredients:

- 16 ounces purified water
- 1 scoop protein powder, your choice
- 2 tablespoon coconut butter or 2 tablespoons dried coconut
- 1 teaspoon Siberian ginseng
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon rhodiola powder
- 1/2 teaspoon ashwagandha powder
- 1/2-inch slice ginger
- 2 teaspoons cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon cardamom
- 1/2 teaspoon turmeric
- 4 drops cinnamon essential oil
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Combine all ingredients in blender, blend, and enjoy.
2. Adjust sweetener and spices to taste.

Thyroid Support Elixir

Ingredients:

- 2 teaspoons nettles leaf powder plus 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter OR
2 tablespoons dried coconut
- 1/2 teaspoon kelp powder
- 1/2 teaspoon bladderwrack powder
- 1/2 teaspoon coleus powder (optional)
- 1/2 teaspoon shilajit powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/2 teaspoon ashwagandha powder
- 2 tablespoons raw carob powder or raw cacao powder
- 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia**, or 1 teaspoon **Zero** or **Lakanto**

Directions:

1. Boil water and steep tea for 10-15 minutes.
2. Combine all ingredients, including the nettle leaves if desired, in blender, and blend until smooth.

Personal Note: If you have a sensitive system, go slowly with elixirs. Start with only one herb and see how you do, then gradually increase your repertoire.

Gels

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Personal Note: This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

Irish Moss Gel

Ingredients:

- 1/2 cup Irish moss
- 4 cups water to cover the Irish moss while soaking
- 1/2 cup filtered water

Directions:

1. Rinse the dry Irish moss. Cover it with about 4 cups water in a bowl, and soak it for 3 to 8 hours. It will expand to about one cup of Irish moss. Rinse it again, making sure to rinse away all of the sand and salt.
2. Put the Irish moss in a high speed blender with 1/2 cup of water, and blend until it is smooth.
3. Refrigerate the paste for 2 hours to let it set.
4. This will last in the refrigerator for 10 days in a glass jar with an air tight lid.

Fermented Foods

Cashew Yogurt

By Chef Karen Osborne

Ingredients:

- 1 cup water
- 1 heaping cup raw cashews, soaked
- 1 teaspoon probiotic powder, **HealthForce Nutritionals**

Directions:

1. Blend the cashews and water in a high speed blender until smooth.
2. Add the probiotic powder and blend at low speed, just until it is incorporated.
3. Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.
4. Let mixture sit at room temperature in a warm location for 24 hours.
5. Close lid and refrigerate.

Coconut Kefir

Ingredients:

- Coconut – fresh, dried, or coconut butter
- Water, as needed
- Kefir culture: kefir starter or probiotic powder

Directions:

1. Blend coconut with enough water to make a creamy milk-like consistency. Young coconut will need very little water. Dried coconut will need approximately a cup of water per cup of coconut.
2. If using dried coconut, strain the pulp.
3. Pour coconut milk into a clean jar and add 1 teaspoon kefir starter or probiotic per cup of milk.
4. Allow to sit at room temperature for 24 – 48 hours or until tangy.

Probiotic “Cheese” Block

Ingredients:

- 2 cups nuts
- 1 cup water
- 1 teaspoon probiotic powder, **HealthForce Nutritionals**
- 1 cup *Irish Moss Gel*
- 3 tablespoons nutritional yeast flakes
- 1 teaspoon sea salt
- 1 teaspoon psyllium powder

Directions:

1. Blend the nuts and the water in a high speed blender until smooth.
2. Add the probiotic powder and blend on low speed until incorporated.
3. Pour the mixture into cheese cloth lined basket and cover with cheese cloth.
4. Place the basket in a bowl to catch the liquid that will escape.
5. Let this sit in a warm place for 24 - 48 hours.
6. Put the mixture back in the blender with the Irish moss gel, the salt, and the nutritional yeast.
7. Blend until smooth.
8. Add the psyllium powder and blend until incorporated.
9. Line molds with plastic wrap if desired, or use ring molds.
10. Pour mixture into molds and let sit at room temperature for about 5 - 10 minutes.
11. Remove from molds onto a plate and refrigerate for at least 4 hours.
12. Slice and enjoy!

Sauerkraut

Ingredients:

- 5 pounds cabbage
- seasonings, herbs, and other vegetables as desired (examples: onions, garlic, seaweed, greens, Brussels sprouts, ginger, burdock roots, caraway seeds, dill seeds, celery seeds, etc.)
- sea salt (optional)

Equipment:

- ceramic crock or food-grade plastic bucket, one-gallon capacity or greater
- plate that fits inside crock or bucket
- one-gallon jug filled with water (or a scrubbed and boiled rock)
- cloth cover (like a pillowcase or towel)

Directions:

1. Chop or grate cabbage, finely or coarsely (a food processor works great). Add cabbage to a large bowl as each batch is shredded.
2. If desired, sprinkle sea salt on the cabbage as you go. The salt breaks down the cell wall and pulls water out of the cabbage, which begins to soften it.
3. Shred and add other vegetables, herbs, and seasonings, if desired.
4. Massage mix with hands to release juices, or pound with a baseball bat or kitchen mortar. Once ingredients are massaged and mixed, pack into crock.
5. Cover kraut with a plate or some other lid that fits snugly inside the crock. Place a clean weight (a glass jug filled with water or a clean rock) on the cover. This weight is to force water out of the cabbage and then keep the cabbage submerged under the brine.
6. Cover the whole thing with a clean dish towel or cheese cloth.
7. Press down on the weight to add pressure to the cabbage and help force water out of it. Continue doing this periodically until the brine rises above the cover.
8. Leave the crock to ferment.
9. Check the kraut every day or two. Generally it starts to be tangy after a few days.
10. It's usually ready to eat in a week to 10 days. Spoon into jars. You can allow it to continue to ferment and determine when you like the taste best.
11. Store jars in refrigerator.

Breakfast Entrées

Apple Ginger Breakfast Medley

Ingredients:

- 1 - 2 green apples, finely diced
- 1/8 - 1/4 cup Brazil nuts, soaked and chopped
- 1/4-inch piece of ginger, minced
- 1/4 cup lemon juice
- 1/4 teaspoon cinnamon

Sauce Ingredients:

- 1 tablespoon *Coconut Cream* concentrate
- 1/2 tablespoon flax oil
- stevia as needed, to sweeten
- 1 teaspoon raw cacao powder (optional - for chocolate sauce)

Topping Ingredients (optional - choose one or more of):

- cacao nibs
- goji berries
- coconut flakes
- hemp seeds

Directions:

1. Make the topping by blending *Coconut Cream* concentrate, flax oil, stevia, and chocolate (if desired) until smooth and creamy.
2. Add a small amount of water if needed to make it pourable. Place all ingredients in a bowl and stir to combine.
3. Apples, ginger, and almonds can be chopped in a food processor with a food chopper tool. I use one from Pampered Chef.

Personal Note: This recipe is very satiating. I feel full for many hours after eating it.

Berries and Cream

Ingredients:

- 1 cup berries of choice, washed and sliced
- 1/4 cup cashews or macadamia nuts
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 pinch of sea salt
- 1 pinch of stevia, if desired
- 1/4 teaspoon vanilla extract

Directions:

1. Place nuts, water, salt, and lemon juice in blender or Vitamix.
2. Blend on high speed for several minutes, or until mixture is smooth, thick, and creamy.
3. Adjust amount of water for desired consistency.
4. Spoon topping over berries and serve.

Berry Chia Thyroid Breakfast

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/2 cups berries
- 1/8 - 1/4 cup Brazil nuts, soaked and chopped
- 1/4 cup lemon juice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon almond extract or other essential oil or flavor of your choosing
- stevia if desired for extra sweetness

Toppings: (your choice)

- coconut flakes
- hemp seeds

Optional Sauce:

- 1 tablespoon *Coconut Cream* concentrate
- 1/2 tablespoon flax oil
- 1/2 cup blueberries

Sauce Directions:

1. Blend the ingredients until smooth.
2. Add water to thin if needed.

Directions:

1. Put *Chia Gel* in a bowl.
2. Add apples, almonds, lemon juice, almond extract, and cinnamon. Stir until well combined.
3. Add water or nut milk and thin to desired consistency, or top with optional sauce.
4. Check sweetness and add stevia if desired.

Blueberries and Cream

Ingredients:

- 1 cup blueberries, washed
- 1/4 cup macadamia nuts
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 pinch of sea salt
- 1 pinch of stevia, if desired
- 1/4 teaspoon vanilla extract

Directions:

1. Place nuts, water, salt, and lemon juice in blender or Vitamix.
2. Blend on high speed for several minutes, or until mixture is smooth, thick, and creamy.
3. Adjust amount of water for desired consistency.
4. Spoon topping over berries and serve.

Blueberry Chia Porridge

Ingredients:

- 1/4 recipe Chia Gel
- 1/2 cup fresh *Brazil Nut Milk* (optional)
- 1 tablespoon flax seed, freshly ground (optional)
- 2 tablespoons hemp seeds
- 1/2 cup blueberries, quick pulsed in food processor or hand chopped
- 1/4 cup shredded unsweetened raw coconut
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1 teaspoon ashwaganda powder
- stevia if desired for extra sweetness

Directions:

1. Put Chia Gel in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in remaining ingredients and stir well.
4. Check sweetness and add stevia if desired.

Chia Porridge

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/4 cup shredded unsweetened raw coconut
- 1 tablespoon pumpkin seeds
- 1 tablespoon hemp protein powder (or your favorite)
- 1 teaspoon spirulina
- 1/2 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (**HealthForce Nutritionals Vanilla Maca** goes well)
- 1/2 dropper trace minerals (optional)
- 1/2 dropper zinc (optional)
- 4 drops flavored stevia
- cinnamon essential oil, to taste

Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in remaining ingredients and stir well.
4. Check sweetness and add stevia if desired.

Nut and Seed Milks

Personal Note: If you plan to make a lot of nut milks, consider purchasing a **Soybella Milk Maker** by Tribest.

All of the recipes in this section are low-glycemic.

** Basic Nut Milk

Ingredients:

- 1 part nuts or seeds, soaked 4 - 6 hours
- 3 - 4 parts water
- flavorings (optional)
 - extracts such as vanilla, mint, almond, orange, raw cacao or carob
 - sweet herbs and spices like cinnamon, cardamom, mint, ginger, and fruit*

(*Note: dried fruit is a post-*Thyroid Revive and Thrive* option)

Directions (Option 1 – Thick milk or cream):

1. Put all ingredients into a blender and process until smooth and creamy.
2. Flavorings such as vanilla or other flavor extracts or spices can be added.

Directions (Option 2 – Thinner milk):

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add stevia and flavorings as desired to taste.

Brazil Nut Milk

Ingredients:

- 1 cup Brazil nuts, soaked 4 - 6 hours
- 4 cups water
- 1/4 teaspoon almond extract (optional)
- stevia, as desired

Directions:

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add almond extract.
5. Add stevia to desired sweetness.

Brazil Nut Milk Chai

Ingredients:

- 1 cup soaked Brazil nuts
- 3 - 4 cups water
- 1/2 teaspoon almond extract
- 1/4 teaspoon turmeric (optional)
- 1/4 teaspoon cardamom
- stevia to taste

Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. Strain mixture through cheese cloth or a nut milk muslin bag.
3. Save the pulp for other recipes.

Coconut Cream

Ingredients:

- 1 cup shredded raw coconut
- 3 cups water
- 1/4 teaspoon almond extract (optional: tastes like marzipan with it)
- stevia, if desired

Directions:

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add almond extract.
5. Add stevia to desired sweetness.

Lunch and Dinner Entrées

Soups

Note about Fats: All soups can be made creamier by adding your choice of fat (these are optional) including choices such as:

- 1 avocado
- 2 tablespoons nut butter
- 1 tablespoon or more coconut butter
- 1 tablespoon or more tahini
- 1/4 cup soaked nuts or seeds

Note about Heating: If you feel that the raw soups are too “cold,” you can gently heat up your soups to 110°F using a stove, crock pot, electric skillet, or dehydrator.

** Basic Green Soup Recipe

Ingredients:

- 2 - 4 cups greens
- 1 - 2 cups water
- 1/4 cup lemon or lime juice
- seasonings
- herbs – your choice from the thyroid and/or adrenal herb list
- other vegetables like carrot, red bell pepper, tomato, and cucumber

Directions:

Blend all together and adjust to taste.

Cilantro Coconut Lime Green Soup

Ingredients:

- 2 - 3 cups (large handfuls) spinach
- 1 cup (large handful) cilantro
- 1/4 cup *Coconut Cream* concentrate (or young coconut meat)
- 2 limes, juiced
- 1/2 avocado
- 1/2 red pepper
- 1/8 - 1/2 jalapeño or other hot pepper
- 2 cloves garlic
- 1 pinch of sea salt, to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water, or juice of fresh young coconut
- 5 drops lemongrass essential oil (optional)

Directions:

1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste and increase/decrease water to desired consistency.

Coconut Curry Soup with Noodles

Ingredients:

- 2 cups water, or broth from steaming vegetables
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp flakes
- 1/2 teaspoon sea salt, whole and unrefined
- 1/2 teaspoon curry paste
- 1 package konjac or kelp noodles
- steamed or raw vegetables, or a combination of both
- 10 fresh or 1/4 cup powdered maitake or shiitake mushrooms (optional) or to taste – it's strong
- 10 drops lemongrass essential oil or 1 tablespoon lemongrass, dried
- 3 drops lime essential oil

Directions:

1. Put liquid back in blender and add remaining ingredients.
2. Blend until smooth.
3. Pour over a bowl of lightly steamed, raw, or a combination of both types of vegetables.

Creamy Jicama Chowder

Ingredients:

- 1 cup *Brazil Nut Milk* or 1/4 cup soaked almonds and 1 cup of water
- 1 small or 1/2 medium or large avocado
- 1 cup cauliflower
- 1 cup jicama, finely diced into 1/4-inch cubes
- 1/2 - 1 cup water
- 1 teaspoon sea salt
- 1 teaspoon cumin

Directions:

1. Blend all ingredients except jicama, adding enough water to make the soup a nice creamy consistency.
2. Put all ingredients in a bowl.
3. Stir in jicama.
4. Warm, if desired, using your choice of warming options.

Creamy Southwest Cauliflower Soup

Ingredients:

- 2 cups cauliflower florets
- 1 cup celery
- 1 cup carrots
- 2 cups water
- 1 tablespoon olive oil
- 1 pinch kelp powder, to taste
- 1 teaspoon sea salt
- 2 small limes, juice of
- 2 teaspoons tarragon
- 1 pinch of pepper
- 1 avocado (optional)
- 2 tablespoons chili powder or Mexican seasoning
- 1 handful shiitake mushrooms
- choice of steamed or raw vegetables (pulse-chopped or diced): broccoli, kale, cauliflower, zucchini, carrots, green cabbage, and other greens

Directions:

1. If you prefer the vegetables raw, place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and more tender as well.
2. Blend all ingredients except chopped vegetables and mushrooms to make soup base.
3. Adjust seasonings to desired level of spiciness.
4. Pour over vegetables.

Thyroid Protecting Italian Spinach Soup

Ingredients:

- 4 cups spinach, packed or 8 ounces by weight
- 2 tablespoons nettle leaf powder (dried)
- 1 zucchini, chopped
- 1 medium red bell pepper, chopped
- 1 large Roma tomato, chopped
- 1 scallion
- 4 sprigs basil large stems removed
- 1 cup water
- 3 tablespoon lemon juice
- 2 - 3 cloves garlic
- 1 tablespoon dried oregano
- 2 - 3 tablespoons fresh rosemary or 1/2 teaspoon dry
- 1/8 teaspoon black pepper
- 2 teaspoons whole, unrefined sea salt
- 1 pinch cayenne, to taste
- 1/2 avocado

Directions:

1. Blend all ingredients except basil and avocado in blender on high speed until smooth. Add basil and avocado, and blend briefly until smooth.
2. Season to taste with sea salt and cayenne pepper to taste.
3. Store soup in an airtight container in the refrigerator for up to 3 days.
4. Mix well before serving.

Salads

BIG (Beautiful, Invigorating, and Green) Salad

Ingredients:

- 2 cups of your favorite mixed greens (lettuces; spring mix; kale; Asian greens; chards; collard greens; mustard greens; veggie tops – beet, turnip, carrot; wild greens; etc.)
- 1 cup of your favorite leafy or vegetable sprouts (alfalfa, clover, radish, broccoli, mustard, onion, arugula, etc.)
- 1/2 cup of your favorite nut or seed sprouts (sunflower, pumpkin, hemp, etc.)
- Colorful, eye-catching veggies as desired or permitted according to blood sugar testing results (carrots, peppers, celery, radish, cucumbers, etc.)

Directions:

1. Toss together your favorite salad ingredients as your base and top with your favorite living foods dressing, dip, or sauce.
2. Sprinkle with “cheese” if desired.
3. Add fresh herbs or wild greens if desired.

Personal Note: The more variety you can include in your salad base, the better. You should enjoy a salad that is as pleasing to the eye with lots of vegetable color as it is pleasing to the taste buds with freshness.

Kale Salad with Kick

Ingredients:

- 1 head of lacinato (aka “dinosaur”) kale or curly kale, stems removed
- 1 red bell pepper, diced
- 1/4 red onion, diced
- 1 cup shiitake mushrooms
- 1 clove garlic, crushed
- 1/4 cup pine nuts or sunflower seeds
- 1/2 cup cherry tomatoes, quartered
- 1/4 teaspoon whole, unrefined sea salt
- 1/2 cup cauliflower, sliced thin

Marinade:

- 3 tablespoon lemon juice
- 1 tablespoon olive oil
- 1/4 - 1/2 teaspoon unrefined whole sea salt
- 1 teaspoon Italian seasoning
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 teaspoon cumin powder
- 1/4 teaspoon black pepper

Directions:

1. Stack 3 - 4 kale leaves at a time. Slice crosswise into thin ribbon strips, using a down and through motion, keeping the tip of the knife on the cutting board.
2. Pour marinade over cut kale.
3. Add the crushed garlic and salt.
4. Use your hands to massage the marinade into the kale. The kale will wilt and become soft. It will take on a “cooked” like appearance.
5. Taste the kale. If there is still bitterness, add additional salt and/or lemon juice to balance. Gently toss with tomato quarters, cauliflower, red pepper, and pine nuts.

Kale Salad with Lime Sesame Marinade

Ingredients:

- 1 head kale, shredded or chopped into small pieces
- 1 teaspoon sea salt
- 1 teaspoon sesame oil
- 1 lime, juiced
- 2 tablespoon sesame seeds
- 1 medium red bell pepper, diced
- 1 clove garlic
- 1/4 cup leeks or green onions, finely diced

Directions:

1. Rinse kale and place in a bowl.
2. Cover kale with salt and massage until kale wilts. Continue until the kale has shrunk in size and there is green water in the bowl. Drain the liquid, reserving for later.
3. Add lime juice and massage again.
4. In a separate bowl, combine sesame oil with a few teaspoons of the reserved liquid.
5. Press garlic into the juice/oil mixture and stir or shake well.
6. Chop bell peppers and leeks or onions. Add to kale.
7. Pour dressing over salad and toss well, squeezing with hands so that the marinade penetrates the kale. Allow to sit at room temperature for 15 minutes or longer before serving.
8. Sprinkle with sesame seeds and toss once again right before serving.

Personal Note: To further soften the kale, place another bowl on top of the salad and place something heavy in the bowl to press the salad down. Or use a salad press or sauerkraut crock, if you have one. Chopped up fresh herbs can enhance the flavors of this salad (e.g., cilantro, basil, dill).

Kitchen Sink Super Salad

Ingredients:

- 2 handfuls kale, chopped
- 1 handful baby arugula
- 1 handful baby spinach
- 1 handful Spring mix greens
- 1 handful shredded romaine lettuce
- 1 handful sunflower seed sprouts
- 1 handful broccoli sprouts
- 1 handful alfalfa sprouts
- 1 red bell pepper, chopped
- 1 tomato, chopped
- 1 cucumber, cut into quarters and sliced
- 1 stalk celery, cut in half and sliced
- 2-3 tablespoons *Sauerkraut*
- 1 avocado, cubed
- 1/4 teaspoon sea salt

Directions:

1. Put all ingredients except kale and salt in a bowl.
2. Put kale in a separate bowl and sprinkle with salt.
3. Massage kale well until wilted.
4. Add kale and toss salad well.

Green Slaw with Thai Dressing

Ingredients:

- 4 cups shredded raw greens: cabbage, kale, chard, collard, baby bok choy, any combination
- 1 teaspoon sea salt
- 1 medium red onion, thinly sliced
- 1 - 2 large carrots, shredded (substitute daikon radish if your blood sugars are sensitive to carrots)
- 2-inch piece of lemongrass
- 2 - 3 limes, juiced
- 2 tablespoons coconut butter
- 1/2 - 1 jalapeño pepper
- 1 bunch fresh cilantro

Directions:

1. Put greens in a large bowl and sprinkle with salt.
2. Massage greens until they are wilted.
3. Put lemongrass in blender with 1/2 cup water and blend until liquefied.
4. Strain through cheese cloth, a fine mesh strainer, or a nut milk bag.
5. Combine liquid from lemongrass with lime juice, coconut butter, and jalapeño in the blender and blend until smooth. Add water, if needed.
6. Pulse in jalapeño and cilantro.
7. Shred carrots or daikon and thinly slice the red onion. Add to bowl with greens.
8. Pour dressing over the vegetables and massage in well. The greens should be wilted.
9. If possible, allow to sit for an hour before serving. Place a second bowl over the salad and put something heavy in it to press the dressing into the salad and allow the vegetables to fully absorb the flavors.

Sandwiches, Wraps, and Rolls

** Basic and Balanced Raw Food Sandwich

If you need a quick and satisfying lunch, it's easy to make a raw food version of any traditional sandwich. You can build any number of living food delights when you mix and match wholesome ingredients.

Traditionally, sandwiches are built around the following ideas:

- Wrapper – bread, taco shell, burrito shell, or some sort of crust
- Filling – meat, cheese, tuna, or some sort of spread
- Sauce or topping – typically mayonnaise, mustard, ketchup
- Garnishes – tomato, lettuce, sprouts, relish and the like

Wrapper Ideas:

- **“Bread”:** dehydrated crackers, jicama slices, tomato slices, turnip or rutabaga slices, sweet potato or winter squash slices
- **Roll-ups:** romaine lettuce leaves, collard greens, kale, chard leaves, cabbage, thinly sliced zucchini or summer squash, nori sheets
- **Boats:** hollowed out cucumbers, zucchini, or winter squash; romaine hearts; celery; red, yellow, or orange bell peppers

Filling Ideas:

- Nut or seed patés, guacamole, nut or seed cheeses, ground up nut or vegetable burgers (taco “meat”)

Topping Ideas:

- Nut or seed based sour cream, sauces and creamy dips, avocado based dips and sauces, grated or finely ground seeds

Garnish Ideas:

- Grated, chopped, julienned or spiralized vegetables like carrots, celery, squash, beets, jicama, etc.

Collard Roll-Ups

Ingredients:

- 2 - 3 collard green leaves, raw, blanched or lightly steamed
- 2 - 3 handfuls arugula (1 handful for each collard leaf)
- 2 - 3 small handfuls broccoli sprouts (1 handful for each collard leaf)
- 2 tablespoons *Sauerkraut* for each collard leaf
- 2 tablespoons *Creamy Nut Cheese* for each collard leaf, or you can substitute the nut cheese with any other raw dip or spread you have on hand

Directions:

1. Lay out your collard leaf and fill with amazing and body-healing ingredients!
2. Essentially, you'll want to layer your ingredients, roll them up tight, and cut into chunks.

Spring Rolls

Wrapper Ingredient Variations:

- cabbage
- collard greens
- kale
- chard leaves

Filling Ingredient Variations:

- thinly sliced, chopped or julienned vegetables such as carrot, celery, cucumber, jicama
- marinated mushrooms and/or marinated onions
- parsley, basil, cilantro or other fresh herbs, finely chopped
- any seasoned cream-type sauce or paté

Directions:

1. Lay the leaf horizontally on the cutting board with the inside facing up.
2. Cut off the thickest part of the stem.
3. Layer the vegetables and fillings on the leaf.
4. Roll the leaf around the filling, tucking in the edges as you go.
5. Serve whole or slice in half.
6. For an added elegant touch, spiralize a carrot, sweet potato, or beet and “tie” a strand around the roll.

Personal Note: If you have time and want a really soft wrapper, cover the leaves with salt and water and place in a bowl. Knead gently to work the salt into the vegetables. Place another bowl or a plate over them and put something heavy on the top plate (e.g. a jar of beans, a brick, or a bag of nuts). Let it sit for 10 minutes while you prepare the other ingredients. Alternatively, you can use a salad press or a sauerkraut crock.

Tacos

Taco Shells:

- romaine lettuce hearts

“Meat” (optional):

- ground nut or veggie burgers (e.g. *Sweet and Savory Veggie Nut Burgers*)

Beans (optional):

- “Refried Beans” Spread
- sprouted lentils
- sprouted garbanzo beans
- pulse-chopped soaked almonds

Toppings:

- *Creamy Nut Cheese* optionally with garlic and/or chives
- *Guacamole*
- *Salsa: Tomato* (red) or *Tomatillo* (green)

Garnishes:

- sprouts: alfalfa, daikon, radish, broccoli, mixed
- microgreens
- shredded carrots
- shredded lettuce or cabbage

Directions:

1. Hold romaine heart in your hand or place on plate, concave side up.
2. Layer “meat”, “beans”, and garnishes.
3. Top with salsa, guacamole, and cheese.

Personal Note: If serving a family or group, put each ingredient in a separate bowl and let everyone create their own.

Veggies and Sides

“Braised” Garlic Greens

Ingredients:

- 1 head kale, de-stemmed, and shredded or chopped into small pieces
- 1 head collard greens, de-stemmed, and shredded or chopped into small pieces
- 4 cups baby spinach, washed and drained
- 2 lemons, juice of
- 3 cloves garlic
- 1 teaspoon turmeric or 1 1/2-inch piece of turmeric
- 1 teaspoon sea salt

Directions:

1. Rinse and chop greens and place in a bowl.
2. Cover greens with salt and massage until they wilt. Continue until the greens have shrunk in size and there is green water in the bowl.
3. Drain the liquid, reserving for later.
4. Add 1/2 the lemon juice and massage again.
5. In a separate bowl, combine remaining lemon juice and oil with a few teaspoons of the reserved liquid.
6. Press garlic and turmeric into the juice/oil mixture and stir or shake well.
7. Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.
8. Allow to sit at room temperature for 15 minutes or longer, preferably in a salad press, or warm in dehydrator at 140°F for 15 - 30 minutes before serving.

Pasta and Noodles

"Noodles"

Ingredient Variations:

- zucchini or yellow squash, peeled if desired
- jicama
- winter squash
- carrots
- daikon radish
- yams or sweet potatoes
- turnips
- rutabagas

Directions:

1. Use any combination of firm vegetables or tubers.
2. Using a spiral vegetable slicer, create noodles.
3. A mandolin or food processor can be used to create thin strips, but they will be only as long as the vegetables used, so zucchini and yellow squash are the best choices.
4. Using a variety of vegetables creates a pretty rainbow of color.
5. If the "noodles" are too hard, pour a little salt over them and allow them to sit at room temperature for a few minutes until softened.
6. Cabbage can be cut into 1-inch by 1/4-inch pieces and used in place of small "macaroni" shaped pasta. Be sure to cover with salt to soften before using cabbage.
7. Top with a favorite sauce.

Personal Note: The *Saladacco Spiralizer* creates angel hair-like noodles while the *Spirooli Spiral Slicer* makes fettuccini-like noodles. A hand cranked potato peeler can accomplish similar results, although the results are not as uniform.

Energy Jumpstart Noodle Dish

Ingredients:

- 1 cup arame sea vegetable
- 1 package konjac noodles
- big bowl of veggies – steamed, wilted (marinated), or finely chopped raw
- 1 tablespoon tahini
- 1 teaspoon cordyceps mushroom powder
- 1 lemon, juice of
- 1/2 teaspoon kelp powder
- 1/2 teaspoon sea salt
- 1 pinch cayenne
- 1-inch piece ginger
- 1 clove garlic
- 1 cup water or steam water from making veggies or vegetable juice

Directions:

1. Set first 3 ingredients aside. Blend all remaining ingredients together.
2. Soak arame in enough water or steam water to completely cover. Soak for 15 minutes.
3. Rinse and drain, reserving the soak water.
4. Rinse and drain the konjac noodles.
5. Combine veggies and noodles then pour sauce over and mix well.

Personal Note: This dish is delicious, energizing, and filling!

Rawvioli

Ingredients:

- 1 daikon, turnip, or rutabaga
- 1 recipe *Creamy Nut Cheese* (or other 'cheese' variation)
- 1/4 cup basil, minced
- 1 clove garlic, minced
- 1 recipe *Marinara Sauce*

Directions:

1. Using mandolin or spiralizer on slicing setting, thinly-slice the turnip, daikon, or rutabaga into rounds.
2. Stir basil and crushed garlic into the cheese.
3. Place a teaspoonful of the cheese onto each disc. Fold in half.
4. Top with sauce of your choice (e.g., *Marinara*, *Deep Green Pesto*, etc.)
5. Eat as is or dehydrate until it is warm (a couple of hours).

Sea Vegetable Dish

Arame Konjac Noodles with Energy Recharge Sauce

Ingredients:

- 1 cup arame
- 2 packages of konjac noodles (these have calcium)
- Soak water – enough to cover arame twice

Sauce Ingredients:

- 2 tablespoons almond butter (you can make it with tahini, cashew butter, coconut butter, etc.)
- 1 lemon, juice of
- 1/2 - 3/4 cup of the arame soak water (it's full of minerals)
- 1 pinch of sea salt
- 1/2 teaspoon kelp powder
- 1 tablespoon **HealthForce Nutritionals Warrior Food** protein powder
- 1 tablespoon shiitake mushroom powder
- 1/4 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (plain, unflavored)
- 1 tablespoon Thai seasoning
- 1/2 teaspoon **Thai Kitchen Green Curry Paste**
- 1/2-inch piece of ginger

Directions:

1. Soak arame in a large bowl in enough water to cover it twice for 15 minutes.
2. Drain arame, retaining the water.
3. Rinse and drain the konjac noodles (discard the rinse water).
4. Mix konjac noodles and arame in a large bowl.
5. Make sauce.
6. Pour sauce over arame and noodles and stir.

Personal Note: You can also add extra veggies if desired, i.e., red peppers, green onions, shredded carrots, etc.

Wakame Cucumber Salad

Ingredients:

- 1 cup wakame seaweed, soaked
- 2 large cucumbers, quartered and sliced
- 1 medium tomato, chopped
- 1/2 cup basil, fresh, finely chopped
- 1/2 medium lemon, juiced
- 1/2 medium lime, juiced
- 2 cloves garlic, minced
- 1 tablespoon flax oil
- 1/8 teaspoon toasted sesame oil (for strong flavor, omit if you prefer)
- 1 teaspoon sea salt

Directions:

1. Soak wakame for 5 to 15 minutes in pure water.
2. Chop the tomato and quarter and slice the cucumber thinly.
3. Slice the wakame.
4. Place cucumber, wakame, and tomato in a bowl.
5. In a separate small bowl, combine the basil, lemon and lime juice, garlic, flax and sesame oils.
6. Toss with the vegetables, sprinkle with salt to taste, and serve.

Cooked Meals

Creamy Green Soup

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 - 1 medium sized onion
- 1 avocado or 1/4 cup coconut meat (fresh or from jar)
- choice of thyroid and/or adrenal herbs – my favorite is to add mushroom powder – i.e., reishi, cordyceps, shiitake, maitake, and/or chaga
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale, or dandelion greens
- water for steaming

Directions:

1. Steam veggies until just tender and place in blender along with steaming water. Be careful not to burn yourself.
2. Blend until creamy.
3. Add avocado and herbs; blend again.
4. Add additional water if too thick.
5. Add a pinch of sea salt and a tablespoon of flax oil. Season to taste with basil, cilantro, or other favorite herbs.

Indian Stir Fried Vegetables

Ingredients:

- 1 cup organic cauliflower
- 1 cup organic broccoli
- 2 cups shredded cabbage
- 1 shredded carrot (omit if your blood sugars are affected)
- 1 stalk celery
- 1 small onion, finely chopped
- 1 clove garlic
- 2 teaspoon cumin
- 1 teaspoon turmeric
- 1 tablespoon brown mustard seed
- 2 - 3 curry leaves (available from **Mountain Rose Herbs**) or 2 teaspoons curry powder
- 1/4 – 1/2 teaspoon turmeric powder
- 1 tablespoon fresh grated ginger
- 1/4 teaspoon sea salt
- 1/4 cup steam water from vegetables
- 1 teaspoon olive oil (optional)

Directions:

1. Cut first 4 vegetables into bite-sized pieces and steam with chopped onions for 5 minutes.
2. Put 1/4 cup water in a skillet and add spices. Simmer until the spices have absorbed the water.
3. Put the steamed vegetables in a pan with remaining ingredients (except olive oil) and sauté for a few minutes until everything is tender. Add more steam/water if needed to keep moist.
4. Turn off flame and stir in olive oil, if using.
5. Salt to taste.

Paté, Dips, and Dressings:

** Basic Guidelines

Nut dips are not only very filling, satisfying, and nutritious, but they're also rich in antioxidants, minerals and fatty acids. They make excellent sandwich fillings and dips. Patés and sauces are usually made in a food processor from soaked nuts and/or seeds, a variety of vegetables, and a variety of herbs and spices. The consistency of paté is similar to tuna salad and can be used the same way while dips, sauces, and dressings are thinner and creamier.

Once you've made the very specific recipes a few times, you can begin to experiment. I encourage you to take the basic recipe guidelines and run with them to create your own unique variations. Try different varieties of herbs and spices. Don't be afraid to try something new; some of my best recipes have been discovered that way.

Ingredients for Creating Ethnic Variations:

- **Indian:** cumin, turmeric, ginger, coriander, garam masala and curry powder
- **Thai:** lime juice, cilantro, ginger, galangal, lemongrass, and coconut, or even a pre-mixed Thai curry spice mix. **Note:** If you're gluten or MSG sensitive, make sure you read the labels of your seasonings before you put them in your shopping basket and recipes.
- **Italian:** garlic, basil, oregano, rosemary, thyme, or a pre-mixed package
- **Mexican:** chili powder, cilantro, jalapeño, cumin, and oregano

Adjusting for Calories and Texture:

The proportion of nuts and seeds to vegetables can be varied from recipe to recipe. Adjust the quantity of nuts and seeds based on your caloric needs and the texture you're trying to achieve.

- **Thin and active and need more calories:** Lean more towards using a greater portion of nuts and seeds.
- **Wanting to shed unwanted extra weight:** Lean towards more vegetables.
- **Texture:** Creamier results require a higher proportion of nuts. Almonds are denser and grittier than macadamia nuts and cashew nuts, and thus yield a less creamy consistency.

** Preparing Nuts and Seeds for Recipes

Nuts and seeds are easier to digest and more nutritious if you activate them first. When you cover them in water and let them soak, the germination process begins. The enzyme inhibitors, which keep the nut or seed from sprouting, are deactivated and the proteins and fats begin to break down into smaller molecules. The nuts and seeds are then easier to digest.

To Activate Nuts and Seeds:

- Place them in a glass jar or ceramic bowl, and completely cover with enough water to allow for doubling in size.
- Soak on kitchen counter or in the refrigerator for 4 hours or up to 8 hours. Harder nuts like almonds and hazelnuts require longer soaking time while softer and more delicate nuts and seeds require less time.
- Rinse and drain.
- You can use them immediately, or you can leave them in the strainer and allow them to begin to sprout.
 - Sunflower seeds sprout in 4 - 6 hours.
 - Almonds don't fully sprout, but develop a short tail.
 - Macadamia nuts don't sprout at all. They turn mushy if left in water too long. It's less important to soak the nuts that don't have skins like macadamia nuts and cashews. In fact, soaking either of these for too long causes them to get really mushy and lose their taste.

Activated nuts can be stored in the refrigerator for up to 4 days. After that, they begin to get moldy. If you have a dehydrator, you can dehydrate the activated nuts for a couple of days, then store in the freezer. This way, you can just use what you need without having to soak in advance. Some people soak a pound or two of nuts for 4 - 8 hours then dehydrate so they always have a handy supply of activated nuts.

Once you get the hang of the basic recipe, you can whip out a dip, sauce, or dressing in a matter of minutes. I taught it to my son when he was 11. He makes the *Basic Creamy Dip Base* as a dip and a cheese for a quick pizza.

Basic Creamy Dip Base

Ingredients:

- 1 cup soaked nuts (cashews and macadamia nuts make the creamiest dips and sauces. My favorite is 1/2 and 1/2 macadamia and cashew. Almonds have a nice flavor but are not quite as creamy. Mixing them half and half with cashews or macadamia nuts works well, but changes the color from white to purplish).
- 1 lemon or lime, juice of, or to taste
- 1/4 teaspoon sea salt, or to taste
- 1/3 - 1/2 cup water - depending on thickness desired
- Thyroid and adrenal support herbs or medicinal mushroom powders to taste (start with 1/2 teaspoon and work your way up)

Directions:

1. Place nuts in blender with lemon or lime juice, 1/3 cup of water, and sea salt.
2. Blend until creamy.
3. Add water slowly, if needed, to create the desired consistency. This should have the consistency of sour cream, yogurt, or mayonnaise.
4. Stir in thyroid or adrenal support herbs to taste.
5. Vitamix and Blendtec blenders create the creamiest results, but most good blenders will do a good job if you process them long enough. If the blender starts to heat the ingredients too much, turn it off and let it rest for a little while before continuing.

Variations:

- For a cheddar cheese-like sauce, cut a red bell pepper into chunks and put in blender. Blend until it liquefies. Add the nuts, salt, and lemon juice and omit the water. Add more nuts to thicken if the result is too thin. Add water if it's too thick.
- Peel and cut a cucumber and blend until liquefied. Omit or reduce the water.
- Increase or decrease the lemon or lime juice according to taste.
- Finely chop an onion for a traditional onion dip flavor. Stir in the onions a small amount at a time to prevent the onions from overpowering the dip.
- Add herbs after making the sauce: garlic, chives, dill, and basil are just a few ideas. Garlic dill and garlic chive are amongst my favorites.
- Add ethnic-themed spices or a packaged pre-mix (read the ingredient label first).

Basic Paté Base

Ingredients:

- 1 - 2 cups nuts or seeds*, either a combination or a single type
- 1 - 4 cups vegetables (e.g. carrots, celery, cabbage, tomatoes, onions)
- A few tablespoons to a cup or more of fresh herbs
- A few teaspoons to a couple of tablespoons dried herbs and spices
- 1 - 2 teaspoons or to taste of unrefined sea salt (good choices are Celtic or Himalayan salt, pink salt, Hawaiian sea salt, or sea salt water)
- 1- 2 tablespoons or up to 1/3 cup cold processed unrefined oil** (optional)
- 1 - 2 tablespoons your choice thyroid or adrenal supporting herbs or mushroom powders

Direction Variations (Depending on desired texture):

- **Option 1:** Cut vegetables into 1-inch pieces. Place all ingredients into food processor and process to desired consistency. Season to taste.
- **Option 2:** Pulse-chop vegetables to small pieces (minced). Pulse-chop herbs to mince. Put nuts and/or seeds into food processor and process to desired consistency. Add vegetables and herbs, and season to taste.
- **Option 3:** Put all ingredients through a juicer with the blank screen in place, or blend and strain through a nut milk bag. Season to taste.

Personal Notes:

*Nuts and seeds are usually soaked 6 hours or overnight, and then rinsed, with a few exceptions. To achieve a rich creamy consistency, as in walnut or pine nut pesto, the nuts may be used unsoaked. Sesame seeds and hemp seeds are usually not soaked, but may be if desired. Flax seeds generally don't make good patés because of their tendency to soak up water and create a sticky or gummy consistency.

**Your choice of oil depends on the taste desired. Olive oil, coconut oil, macadamia nut oil, pumpkin seed oil, and sesame oil are all good choices, as long as they are cold pressed and kept protected from high heat, light, and air. I do not use flax oil in patés because it is extremely sensitive to temperature and air exposure; I use it only when I'm going to eat immediately. This may be a good tip for you to follow as well.

Spreads and Pâté

Boost Your Energy Vegetable Spread

Ingredients:

- 1 zucchini
- 1 stalk broccoli
- 1 handful dandelion greens or arugula
- 1 scoop ***Sunwarrior Warrior Blend Protein Powder***
- 2 carrots (optional)
- 4 tablespoons tahini
- 2 tablespoons hemp seeds
- 1/2 cup sunflower seeds, soaked for 4 - 6 hours
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon kelp powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon curry powder
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Place all ingredients in food processor and process until smooth.
2. Adjust seasonings to taste.

Broccoli Hummus

Ingredients:

- 2 cups broccoli, stalks or florets, or both may be used
- 6 tablespoons tahini
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt

Directions:

1. Peel the outer skin of the broccoli stems, if using them.
2. Place all ingredients in food processor and process until smooth.

‘Refried Beans’ Spread

Ingredients:

- 2 cups sunflower seeds, soaked 6 hours or overnight
- 1 cup cauliflower florets
- 1 cup sun-dried tomatoes, soaked to soften
- 2 tablespoons Mexican seasoning or chili powder
- 1/4 teaspoon cayenne pepper, or more to taste

Directions:

1. Pulse-chop the cauliflower and sunflower seeds in a food processor.
2. Add the remaining ingredients and pulse-chop until smooth and creamy.
3. Adjust seasonings to taste.

Personal Note: Process or chop the ingredients less for more of a side dish.

Dip

Guacamole

Ingredients:

- 3 medium avocados
- 1 lemon, juice of
- 1/2 teaspoon sea salt
- 1/4 cup cilantro, finely minced

Directions:

1. Put avocado and lemon juice in a bowl and mash with a potato masher or fork until smooth.
2. Add salt, cilantro, and stir well.
3. Adjust lemon and salt to taste.

Sour 'Cream' and Onion Dip

Ingredients:

- 1/2 cup cashews or macadamia nuts, or a combination
- 1/2 cup hemp seeds (or additional macadamia and cashew nuts)
- 1/4 cup lemon juice, or more for a more 'sour' cream
- 1/4 - 1/2 cup water
- 1/4 teaspoon Himalayan salt, or other whole, unrefined salt
- 1 cup onions, minced or 1 teaspoons dried granulated onions

Directions:

1. Place nuts in blender and grind to powder on high speed. If nuts are soaked, or if you are using a Vitamix or other high speed blender, skip this step.
2. Add 1/4 cup of water, salt, and lemon juice.
3. Blend on high speed for several minutes. Mixture should be thick and creamy.
4. Adjust amount of water to achieve desired consistency. You can add more lemon if a more sour cream consistency and taste is desired.
5. Stir in onions.

Spinach Dip

Ingredients:

- 3 cups spinach
- 1 medium avocado
- 1/2 tablespoon lemon juice
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Place all ingredients in food processor.
2. Process until smooth.

Tomatillo Salsa

Ingredients:

- 2 tomatillos, diced
- 2 teaspoons cilantro, minced
- 1 - 2 teaspoons green onion, minced
- 1/2 cup lime juice
- 1 clove garlic, crushed
- 1/4 teaspoon jalapeño, minced (or a dash of cayenne)
- 1/8 teaspoon sea salt

Directions (Option 1):

1. Stir all ingredients together in a bowl.
2. Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.

Directions (Option 2):

1. Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse-chop until it reaches the desired consistency. Do not over process.
2. Stir in lime juice and let salsa sit for 10 minutes before serving to allow the flavors to mingle.

Personal Note: Using the food processor makes preparation quicker. The ingredients are not as uniformly cut, but it saves time and tastes great!

Tomato Salsa

Ingredients:

- 2 tomatoes, diced
- 2 teaspoon cilantro, minced
- 1 - 2 teaspoon green onion, minced
- 1/2 cup lime juice
- 1 clove garlic, crushed
- 1/4 teaspoon jalapeño, minced (or a dash of cayenne)
- 1/8 teaspoon sea salt

Directions (Option 1):

1. Stir all ingredients together in a bowl.
2. Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.

Directions (Option 2):

1. Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse-chop until it reaches the desired consistency. Do not over process.
2. Stir in lime juice and let salsa sit for 10 minutes before serving to allow the flavors to mingle.

Dressings

Creamy Garlic Salad Dressing

Ingredients:

- 1/2 cup sunflower seeds soaked 6 hours or overnight
- 1/4 cup flax oil
- 1/4 cup lemon juice
- 1 teaspoon dried mustard
- 1 teaspoon turmeric
- 1/2 cup *Chia Gel*
- 1 clove garlic
- water, to desired consistency

Directions:

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Start with 1/2 cup water and adjust to taste.
3. Add additional seasonings if desired.

Variations:

- **Italian:** Add 1/2 teaspoon each dried basil, oregano, and thyme, and a clove of garlic.
- **Asian:** Use sesame oil, some miso, ginger, and some tamari if, desired.
- **Mexican:** Use lime juice instead of lemon, and add cilantro, cayenne, and cumin.
- **Thai:** Substitute lime juice, and add coconut, lemongrass, cilantro, ginger, garlic, and a dash of cayenne.

Ranch Avocado Dressing

Ingredients:

- 1 cucumber
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon dried garlic granules
- 1 teaspoon onion powder
- 3/4 teaspoon sea salt
- 1/2 avocado
- 1 teaspoon dill, dried
- 1 teaspoon basil, dried

Directions:

1. Blend everything except avocado and herbs until smooth.
2. Add avocado and blend until smooth.
3. Add dill and basil and quick pulse to blend.

Pesto, Sauce, and “Cheese”

Pesto

Deep Green Pesto

Ingredients:

- 3 cloves raw garlic, raw
- 1/4 cup pine nuts
- 2 cups kale
- 1/3 pound spinach
- 1/8 cup olive oil
- 1 cup fresh basil or 1/4 cup dried basil
- 1 cup kelp or other sea vegetable, soaked in water until soft
- 1/2 teaspoon unrefined Celtic, Himalayan, or pink sea salt

Directions:

1. Soak kelp in water while preparing the remainder of the ingredients.
2. Put the remaining ingredients in the food processor (add in small batches if necessary, depending on the capacity of the food processor).
3. Squeeze the liquid out of the kelp and add to food processor.
4. Process until smooth.
5. Adjust salt and basil to desired taste.

Nutrition-Packing Pesto Sauce

Ingredients:

- 1 cup fresh basil, packed or 1/4 cup dried
- 1 cup raw kale, chopped
- 2 cups raw spinach
- 1 tablespoon kelp powder (optional)
- 1/3 cup walnuts
- 1/3 cup pumpkin seeds or hemp seeds
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil

Directions:

1. If you have a food processor: Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. If you don't have a food processor yet: Put everything except the greens in the blender and add enough water to keep it moving. Blend until smooth. Finely mince the greens and stir in.
3. Adjust salt and basil to taste.

Personal Note: This pesto sauce is great served over gluten-free brown rice or quinoa noodles. You can serve the gluten-free brown rice or noodles to the rest of the family while you keep your blood sugar steady with konjac, kelp, or zucchini noodles.

Sauce

Marinara Sauce

Ingredients:

- 1 cup sun-dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 - 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- 2 teaspoons sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- 1 tablespoon olive oil (optional)
- Italian seasoning to taste (optional)

Directions:

1. Blend all ingredients except the fresh basil, until thick and smooth.
2. Adjust liquid and seasonings to taste.
3. Stir in basil.

Tahini Coconut Curry Sauce

Ingredients:

- 2 tablespoons coconut butter
- 1/4 cup macadamia nuts
- 1 cup water
- 1 tablespoon tahini
- 1/2-inch sliver of ginger (or more if you like a lot of ginger)
- 1/2 teaspoon turmeric
- 1/2 teaspoon cordyceps mushroom powder
- 1/2 teaspoon maca powder
- 1 clove garlic
- 1/4 teaspoon kelp powder (optional)
- 1 small lime or lemon, juice of
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric

Directions:

1. Place ingredients in blender and process until smooth and creamy.
2. If the sauce is too thick, add extra water. If too thin, add a few more macadamia nuts.

“Cheese”

Creamy Nut Cheese

Ingredients:

- 1 cup cashews, macadamia nuts, or a combination, soaked 4 - 6 hours, if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor and adds B-Vitamins

Directions:

1. Put all ingredients into blender or Vitamix.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

Other Variations:

- Other nuts, like pine nuts, Brazil nuts, or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.

Dessert (Low-Glycemic)

** Basic Guidelines: Thyroid and Adrenal Energizing Candy

Ingredients:

- 2 heaping tablespoons nut butter
- 1 scoop protein powder
- 1 tablespoon green powder
- 2-3 teaspoons of a variety of herbs and medicinal mushroom powders
- 2 tablespoons coconut oil
- 1 teaspoon flavor extract (vanilla, almond, etc.)
- 2 tablespoons finely shredded coconut
- 4 drops essential oil, or to taste (cinnamon, peppermint, lemon, orange, etc.)
- Low-glycemic sweetener: stevia drops or powder, erythritol, lo han

Directions:

1. Put all ingredients except coconut oil in a bowl, and stir until well combined.
2. Add coconut oil and stir until smooth.
3. Add shredded coconut and stir well (if desired).
4. Add stevia or other sweetener if desired for extra sweetness.
5. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
6. Freeze until solid, about half an hour.

Green Protein Energy Candy

Ingredients:

- 2 tablespoons almond butter
- 1 scoop ***Immortal Machine Superfood Drink Powder*** (or your choice of protein powder)
- 1 tablespoon green powder
- 1 teaspoon ashwagandha powder
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons chaga mushroom powder
- 1 tablespoon coconut oil
- 1 teaspoon almond extract
- 2 tablespoons finely shredded coconut
- 4 drops cinnamon essential oil

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays, or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Green Sorbet or Popsicle

Ingredients:

- your favorite green smoothie recipe

Directions and Variations:

1. Put smoothie mixture into the container of an ice cream maker and follow manufacturer's instructions. Enjoy the refreshingly delicious and nutritious sorbet.
2. Freeze smoothie in ice cube trays. When frozen, remove from ice cube trays and process in food processor or Vitamix until smooth. You may need to add a small amount of liquid to help it process.
3. Get a snow cone maker and freeze smoothie into either ice cube trays or the special containers recommended for your unit. Make snow cones as directed.
4. Freeze smoothies into popsicle molds.

Personal Note: Almost any green smoothie recipe can be turned into a delicious frozen dessert. What an incredibly tasty and satisfying way to add more greens to your diet!

If you have thyroid imbalances or your goals include weight loss, choose a recipe that says it is low-glycemic.

Mint Chocolates

Ingredients:

- 1 tablespoon tahini
- 1 tablespoon coconut butter
- 1 tablespoon carob powder
- 1 teaspoon green powder
- 1 teaspoon protein powder
- 1/2 teaspoon cordyceps mushroom powder
- 2 drops peppermint essential oil
- 6 drops **Medicine Flower Chocolate Flavor Extract** plus 3 drops stevia OR 3 drops chocolate stevia (optional)

Directions:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Add a tablespoon of chopped nuts for a crunchy candy (optional).
4. Spoon into candy molds or ice cube trays, or spread into a baking dish lined with wax paper.
5. Freeze until solid, about half an hour.

Scrumptious Energy Candy

Ingredients:

- 2 tablespoons almond butter
- 2 tablespoons coconut oil
- 1 tablespoon green powder
- 1 teaspoon astragalus powder
- 1 teaspoon cordyceps mushroom powder
- 1 teaspoon chaga mushroom powder
- 2 tablespoons cacao powder (or carob)
- 1 teaspoon almond extract
- 4 drops peppermint essential oil or cinnamon essential oil (or your favorite)

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays, or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Thyroid and Adrenal Support Chocolate Mints

Ingredients:

- 3 - 4 tablespoons almond butter
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons maca powder
- 1 teaspoon astragalus powder
- 1/4 teaspoon licorice root
- 1 heaping teaspoon **HealthForce Nutritionals Elite Green Protein Cool Green**
- 1 teaspoon **HealthForce Nutritionals Warrior Core Foundation**
- 1 pinch of salt
- 2 tablespoons coconut oil
- 1 pinch of **Ultimate Superfoods Raw Shilajit Powder**
- 2 teaspoons carob powder
- 1 teaspoon cacao powder
- 6 drops liquid chocolate stevia
- 4 drops peppermint essential oil

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Spoon into candy molds or ice cube trays, or spread into a baking dish lined with wax paper.
3. Freeze until solid, about half an hour.

Personal Note: If you are a hyperadrenal person, it's probably not a great idea to use too much chocolate because it's going to make you more hyper. If you tend to have sluggish adrenals, a little bit of chocolate is not going to hurt you. It will give you a little bit of a boost, but don't get addicted to it. You can switch off a coffee addiction to a chocolate addiction. That's still a stress on your adrenals. It's better to use carob and chocolate extract or chocolate stevia. Then you get the chocolate flavor without the stimulating effects. You could put a little bit of chocolate because it's a great source of magnesium.

Astragalus is really supportive to your immune system! It is a bit bitter, so use according to taste.

Thyroid and Adrenal Tonic Chocolate Mints

Ingredients:

- 2 tablespoons almond butter
- 1 scoop ***Immortal Machine Superfood Drink Powder*** (or your choice of protein powder)
- 1 tablespoon green powder
- 1 teaspoon ashwagandha powder
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons chaga mushroom powder
- 1 tablespoon coconut oil
- 1 teaspoon almond extract
- 2 tablespoons finely shredded coconut
- 4 drops peppermint essential oil

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Dehydrator Recipes

Sweet and Savory Veggie Nut Burgers

Ingredients:

- 1 1/2 cup walnuts, Brazil nuts, or almonds, soaked, rinsed and drained or dehydrated
- 2 cup shredded zucchini
- 2 tablespoons chickpea miso (**South River Miso**)
- 2 tablespoons water
- 1 1/2 cup carrots, finely minced
- 2/3 cup minced celery
- 1/2 cup minced green onion
- 1/4 cup golden flax meal,
- 3 tablespoons minced fresh parsley
- 1 tablespoons minced fresh sage or thyme
- 1 teaspoon whole unrefined sea salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon crushed garlic

Directions:

5. Place 1/2 cup of the walnuts in a food processor outfitted with the 'S' blade, and process to a powder. Add the miso and water. Pulse until it is mixed in well. Add the zucchini and pulse to mix. Do not over process; the mixture should have a little texture.
6. Pulse the remaining walnuts in the food processor.
7. Place the zucchini-nut mixture in a large mixing bowl. Add all the remaining ingredients to the mixing bowl and stir well.
8. Using 1/2 cup of the mixture, form into patties approximately 1/4-inch thick.
9. Place on a mesh screen and dehydrate at 110°F for 6 - 12 hours or until the desired texture is achieved.
10. Store in an airtight container in the refrigerator for up to three days.

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo, the **founder of the Institute of Nutritional Endocrinology**, is fiercely committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential.

As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

A bestselling author, speaker, and internationally recognized nutrition and hormone health authority, Dr. Ritamarie combines the ancient healing wisdom of whole fresh foods and herbs with modern scientific research to inspire people everywhere to recharge their energy and reclaim their lives.

Dr. Ritamarie offers online courses, long distance coaching and counseling, as well as in-person classes and hands-on healing methodology.

To learn more and get started on **7 Simple Strategies to Jumpstart Your Energy Practically Overnight**, visit www.JumpstartYourEnergy.com or access Dr. Ritamarie's extensive collection of vibrant living health resources at www.DrRitamarie.com.

Index of Ingredients

A

alfalfa sprouts, 46
almond butter, 56, 78, 81, 82, 83
almond extract, 21, 35, 36, 78, 81, 83
almonds, 40, 51, 60, 62, 76, 84
apple
 green, 12, 13, 29
apple cider vinegar, 14, 16, 71
arame, 54, 56
arugula, 4, 7, 17, 46, 49, 64
ashwagandha powder, 9, 19, 20, 21, 22, 23, 24, 32, 78, 83
astragalus powder, 19, 21, 22, 23, 81, 82
avocado, 12, 13, 14, 16, 18, 37, 38, 40, 41, 42, 46, 58, 66, 67, 71

B

baby bok choy, 47
basil
 dried, 60, 62, 70, 71, 72, 73, 74
 fresh, 42, 50, 55, 57, 72, 73, 74
beans
 green, 6
beet, 48, 50
beet greens, 43
berries, 30, 31
bladderwrack powder, 22, 24
blueberries, 11, 13, 31, 32
Brazil nuts, 11, 19, 20, 22, 24, 29, 31, 35, 76, 84
broccoli, 41, 58, 59, 64, 65
broccoli sprouts, 46, 49
Brussels sprouts, 28
burdock root, 28

C

cabbage
 green, 2, 5, 28, 41, 47, 48, 50, 51, 59, 63
 Napa, 50
 purple, 50
cacao nibs, 29
cacao powder, 18, 19, 22, 24, 29, 81, 82
caraway seeds, 28
cardamom, 6, 23, 32, 34, 35
carob powder, 18, 19, 21, 22, 24, 80, 81, 82
carrot, 2, 37, 41, 43, 47, 48, 50, 51, 53, 59, 63, 64, 84
carrot greens, 43
cashew butter, 56
cashews, 26, 30, 60, 62, 66, 76
cauliflower, 40, 41, 44, 59, 65
cayenne, 4, 42, 44, 54, 65, 70
celery, 5, 6, 7, 15, 16, 17, 41, 43, 46, 48, 50, 58, 59, 63, 84
celery seeds, 28

chaga mushroom powder, 19, 58, 78, 81, 83
chard, 43, 47, 48, 50, 58
Chia Gel, 9, 11, 18, 20, 21, 25, 31, 32, 33, 70
chia seeds, 10, 25
chickweed powder, 10
chili powder, 41, 60, 65
chives, 62
cilantro, 7, 17, 38, 47, 50, 60, 66, 68, 69, 70
cinnamon, 6, 10, 11, 20, 23, 29, 31, 32, 34
cinnamon essential oil, 33, 78, 81
cloves, 23
coconut, 18, 26, 58, 60, 70
 dried, 19, 21, 22, 23, 24
 flaked, 29, 31
 powder, 20
 shredded, 32, 33, 36, 77, 78, 83
 young, 38
coconut butter, 11, 18, 19, 21, 22, 23, 24, 37, 39, 47, 56, 75, 80
coconut oil, 63, 77, 78, 81, 82, 83
coconut vinegar, 16
coconut water, 38
coleus powder, 24
collard greens, 43, 47, 48, 49, 50, 52, 58
cordyceps mushroom powder, 19, 20, 24, 33, 54, 56, 58, 75, 78, 80, 81, 82, 83
coriander, 60
cucumber, 4, 6, 14, 15, 16, 17, 37, 43, 46, 48, 50, 57, 62, 71
cumin, 40, 44, 59, 60, 64, 65, 70
curry leaves, 59
curry paste, 39
curry paste, green, 56
curry powder, 59, 60, 64, 75

D

daikon, 47, 53, 55
dandelion greens, 7, 58, 64
dill
 dried, 62, 71
dill seeds, 28
dulse, 14

E

eleuthero powder, 21
erythritol, 18, 77
essential oil, 10, 18, 31, 77
 cinnamon, 23, 33, 77, 78, 81
 lemon, 8, 77
 lemongrass, 8, 20, 38, 39
 lime, 8, 39
 mint, 5, 9
 orange, 77
 peppermint, 8, 10, 77, 80, 81, 82, 83
 rosemary, 8

extract, 18
almond, 21, 31, 34, 35, 36, 77, 78, 81, 83
cacao, 34
carob, 34
chocolate, 80
mint, 34
orange, 34
vanilla, 15, 30, 32, 34, 77

F

flavor, 31
flax crackers, dehydrated, 48
flax oil, 29, 31, 57, 70
flax seeds
golden, ground, 84
ground, 32
fruit
dried, 34

G

galangal, 60
garam masala, 60
garlic, 4, 17, 28, 38, 42, 44, 45, 52, 54, 55, 57, 59, 60, 62, 64, 65, 68, 69, 70, 72, 73, 74, 75, 84
garlic granules, dried, 71
ginger, 3, 7, 70
dried, 34
fresh, 2, 7, 15, 16, 17, 23, 28, 29, 38, 54, 56, 59, 60, 70, 75
ginseng
Siberian, 20, 23
goji berries, 29
gotu kola powder, 9
green powder, 9, 10, 18, 21, 77, 78, 80, 81, 82, 83
greens
arugula, 4, 7, 17, 46, 49, 64
baby bok choy, 47
beet greens, 43
cabbage, green, 48, 50, 51, 59
cabbage, Napa, 50
cabbage, purple, 50
carrot greens (tops), 43
chard, 43, 47, 48, 50, 58
cilantro, 7, 17, 38, 47, 50, 60, 66, 68, 69, 70
collard greens, 43, 47, 48, 49, 50, 52, 58
dandelion, 7, 58, 64
green leaf lettuce, 3
kale, 2, 3, 41, 43, 44, 45, 46, 47, 48, 50, 52, 58, 72, 73
mixed, 12, 13, 37, 43, 46
mustard greens, 43
parsley, 3, 5, 15, 16, 17, 50, 84
powdered, 9, 10, 18, 21, 77, 78, 80, 81, 82, 83
red leaf lettuce, 3
romaine lettuce, 12, 13, 46, 48, 51
spinach, 3, 11, 17, 38, 42, 46, 52, 58, 72, 73
sunflower greens, 17
turnip greens, 43

wild greens, 43

H

hemp protein powder, 10, 33
hemp seeds, 19, 21, 22, 24, 29, 31, 32, 64, 66, 73
herbal tea, 18, 19, 20, 21, 22

I

Irish moss, 25
Italian seasoning, 44, 74

J

jalapeño, 16, 17, 38, 47
jicama, 40, 48, 50, 53

K

kale, 2, 3, 41, 43, 45, 46, 47, 48, 50, 52, 58, 72, 73
curly green, 44
Lacinato/dinosaur, 44
kefir culture, 26
kelp, 72
kelp flakes, 39
kelp noodles, 39
kelp powder, 7, 16, 17, 18, 24, 41, 54, 56, 64, 73, 75
konjac noodles, 39, 54, 56

L

Lakanto, 18, 19, 24
lemon, 3, 4, 5, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17, 29, 30, 31, 32, 37, 42, 44, 52, 54, 56, 57, 62, 64, 65, 66, 67, 70, 71, 75, 76
lemongrass
dried, 39, 60, 70
fresh, 47, 60, 70
lemongrass essential oil, 38, 39
lettuce, 43, 51
green leaf, 3
red leaf, 3
licorice root, 82
lime, 7, 10, 13, 15, 16, 37, 38, 41, 45, 47, 57, 60, 62, 68, 69, 70, 75
lime essential oil, 39
lo han, 77

M

maca powder, 19, 20, 33, 56, 75, 82
macadamia nut oil, 63
macadamia nuts, 20, 30, 32, 60, 62, 66, 75, 76
maitake mushroom powder, 39, 58
Mexican seasoning, 65
milk
nut, 18, 32, 40
seed, 18

mint
dried, 12, 13, 34
fresh, 3, 5, 12, 13

miso, 70
chickpea, 84

mucuna pruriens powder, 21

mushroom
marinated, 50

mushroom powder, 9, 18, 58, 62, 63, 77
chaga, 19, 58, 78, 81, 83
cordyceps, 19, 20, 24, 33, 54, 56, 58, 75, 78, 80, 81, 82, 83
maitake, 39, 58
reishi, 19, 58
shiitake, 39, 56, 58

mustard
dried, 70
seed, brown, 59

mustard greens, 43

N

nettles powder, 15, 24, 42

nori, 48

nut butter, 18, 37, 77

nut milk, 18, 32, 40

nutritional yeast, 27, 76

nuts, 18, 27, 34, 37

almonds, 40, 51, 60, 62, 76, 84

Brazil nuts, 11, 19, 20, 22, 24, 29, 31, 35, 76, 84

cashews, 26, 30, 62, 66, 76

macadamia, 20, 30, 32, 60, 62, 66, 75, 76

pine nuts, 44, 72, 76

sunflower seeds, 44

walnuts, 19, 22, 24, 73, 84

O

olive oil, 41, 44, 59, 63, 72, 73, 74

onion, 28, 58, 59, 62, 63, 66

granulated - dried, 66

green, 4, 45, 68, 69, 84

marinated, 50

red, 44, 47

onion powder, 71

oregano

dried, 42, 44, 60, 70, 74

P

paprika, 65

parsley

fresh, 3, 5, 7, 15, 16, 17, 50, 84

pepper

bell - orange, 17, 43, 48

bell - red, 5, 7, 15, 16, 17, 37, 38, 42, 43, 44, 45, 46, 48, 62, 76

bell - yellow, 43, 48

jalapeño, 16, 17, 38, 47, 60, 68, 69

peppermint essential oil, 81, 82, 83
pine nuts, 44, 72, 76
probiotic powder, 26, 27
protein powder, 10, 23, 56, 64, 77, 78, 80, 83
psyllium powder, 27
pumpkin seed oil, 63
pumpkin seeds, 20, 33, 73

R

red bell pepper, 15
reishi mushroom powder, 19, 58
rhodiola powder, 20, 23
romaine lettuce, 12, 13, 46, 48, 51
rosemary
dried, 42, 60
fresh, 7, 17, 42
rutabaga, 48, 53, 55

S

sacha inchi, 10
sage
fresh, 84
sauerkraut, 49
scallions, 4, 42
schisandra berries, 20
seaweed, 28
seeds, 34, 37
chia seeds, 10, 25
flax seeds, 32
hemp, 19, 21, 22, 24, 29, 31, 32, 64, 66, 73
pumpkin, 20, 33, 73
sesame, 45
sunflower seeds, 64, 65, 70
sesame oil, 45, 57, 63, 70
sesame seeds, 45
shiitake mushroom powder, 39, 56, 58
shiitake mushrooms, 41, 44
shilajit powder, 24, 82
Siberian ginseng, 20, 23
spinach, 3, 11, 17, 38, 42, 46, 52, 58, 67, 72, 73
spirulina, 33
sprouts, 43, 51
alfalfa, 43, 46, 51
arugula, 43
broccoli, 4, 43, 46, 49, 51
clover, 43
daikon, 51
garbanzo beans, 51
hemp, 43
lentils, 51
microgreens, 51
mustard, 43
onion, 43
pumpkin, 43
radish, 43, 51
sunflower, 15, 16, 43, 46

(TRT) Thyroid Revive and Thrive - Recipe Collection

squash, 48
 summer, 48
 winter, 48, 53
 yellow, 53
stevia, 11, 15, 18, 21, 22, 23, 24, 29, 30, 31, 32, 33, 35, 36, 77
 butterscotch, 20
 chocolate, 82
 liquid, 19, 77, 80
 liquid, chocolate, 80
 powder, 19, 24
sun-dried tomato, 65, 74
sunflower greens, 17
sunflower seed sprouts, 46
sunflower seeds, 44, 64, 70
sweet potato, 48, 50, 53

turmeric
 dried, 4, 23, 35, 52, 59, 60, 64, 70, 75
 fresh, 4, 15, 52
turnip, 48, 53, 55
turnip greens, 43

U

ume, 16

V

vanilla, 10, 18
vanilla extract, 15, 30, 32
vanilla powder, 15

T

tahini, 37, 54, 56, 64, 65, 75, 80
tamari, 70
tarragon, 41
Thai seasoning, 56
thyme
 dried, 60, 70
 fresh, 84
tomatillo, 7, 68
tomato, 14, 37, 46, 48, 57, 63, 69, 74
 cherry, 44
 Roma, 42
 sun-dried, 65, 74
trace minerals, 33

wakame, 57
walnuts, 19, 22, 24, 73, 84

X

xylitol, 18

Z

Zero, 18, 21, 22, 23, 24
zinc, 33
zucchini, 14, 41, 42, 48, 53, 58, 64, 84