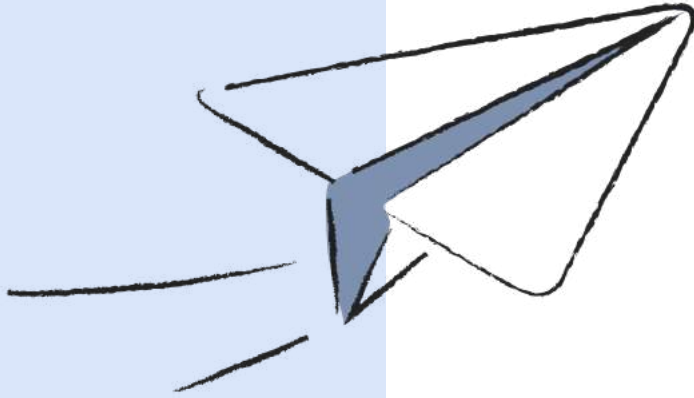




Paloma

5-Day Thyroid Meal Plan

A 5-day thyroid-healthy meal plan, grocery list, and step-by-step recipe instructions.



A note from Paloma Health

Your thyroid gland, weighing in at less than an ounce, impacts every cell in the body. What you eat—and what you don't eat—profoundly affects your thyroid health.

This meal plan is meant to be an educational tool for developing your own way of eating, and it is not a substitute for nutritional counseling.

Key Nutrients For Your Thyroid Health

IRON

Red meat, organ meats, nutritional yeast, dark leafy greens, lentils, pumpkin seeds

IODINE

Sea vegetables like nori, kelp, and dulse; shrimp, eggs, seafood, cannellini beans, strawberries

VITAMIN A

Sweet potatoes, carrots, dark leafy greens, squash, red peppers

VITAMIN D

Salmon, egg yolks, mushrooms, and most importantly, the sun!

TYROSINE

Meat, fish, shellfish, poultry, egg whites, pumpkin seeds, avocado

VITAMIN C

Papaya, bell peppers, broccoli, Brussels sprouts, oranges, pineapple

ZINC

Oysters, red meat, organ meats, pumpkin seeds

MAGNESIUM

Dark leafy greens, legumes, nuts, seeds, whole grains.

SELENIUM

Brazil nuts, meat, fish, shellfish, and poultry

RIBOFLAVIN

Dark leafy greens, crimini mushrooms, asparagus

Meal Plan Tips & Tricks



GROCERY LIST TIPS

This guide includes a full grocery list. Save time and money by checking off any items you already have at home.



SHOPPING TIPS

The grocery list is organized into categories to help you shop in an organized order starting with fruits, then veggies, etc.



RECIPE TIPS

Each recipe includes the # of servings and the prep time. Before you start cooking, assemble all ingredients and prep them according to the list. Unless otherwise indicated, you'll eat one serving of each meal. So if a recipe serves four, prepare it, divide it into even portions and enjoy one portion.



LEFTOVERS

You'll notice some meals on the meal plan are repeats so you only need to cook once but eat multiple times! Leftovers are a great way to save you money and time in the kitchen.



MEAL PREP TIPS

The day before you start this meal plan, prepare the Mediterranean frittata, nori seed crackers, & chia pudding. On day 3, prepare the apple cinnamon overnight oats. Prep work helps you stick to the plan!

5-Day Meal Plan Overview



	MON	TUES	WED	THUR	FRI
BFAST	Breaky frittata	Breaky frittata	Breaky frittata	Overnite oats	Overnite oats
SNACK	———— Nori & seed crackers ————				
LUNCH	Lettuce wraps	Chicken chili	One pan salmon	Caesar Salad	Lettuce wraps
SNACK	Snack box	Snack box	Snack box	Fruit & seeds	Fruit & seeds
DINNER	Chicken chili	One pan salmon	Caesar salad	Chicken thighs	Chicken thighs
DESSERT	———— Chocolate strawberry chia pudding ————				



MEAL PLAN BY SARAH STEBBINS

Sarah is a Certified Functional Nutrition Counselor who specializes in functional health education to empower thyroid patients.

[!\[\]\(0aff635c4179ba9e710b00f4b01d3b20_img.jpg\) Learn more >>](#)

Grocery List



FRUIT

- 1 Apple
- 4 Avocado
- ½ Cantaloupe
- 6 Lemons
- 1 carton Strawberries



VEGETABLES

- 32 oz Baby Spinach
- 1 bunch Basil
- 2 bunches Broccoli
- 1 large Carrot
- 4 stalks Celery
- 1 small carton Cremini Mushrooms
- 1 large Cucumber
- ¼ cup Fresh Dill
- 6 Garlic Cloves
- 1 Green Chili Pepper
- 4 stalks Green Onion
- 1 bunch Kale
- 1 tbsp Parsley
- 1 small Red Onion
- 2 Heads Romaine Lettuce (need 12 leaves)
- 1 Small Sweet Onion
- 2 Sweet Potatoes



MEAT

- 1 lb Chicken Breast
- 1 lb Chicken Thighs w/ Skin
- 1 lb Lean Ground Chicken
- 12 oz Salmon Filet
- 6 oz Turkey Breast



SEEDS, NUTS, SPICES

- 1/8 tsp Black Pepper
- ¾ cup Cashews
- ¾ cup Chia Seeds
- ½ tsp Chili Powder
- ½ tsp Cinnamon
- ¾ tsp Cumin
- ⅛ tsp Nutmeg
- ⅔ cup Pumpkin Seeds
- 1 tsp Sea Salt
- 3 tbsp Sesame Seeds
- 3 tbsp Sliced Almonds
- 2 tbsp Sunflower Seeds
- ½ cup Walnuts
- 1 tbsp Whole Flax Seeds



BAKING

- 3 tbsp Cacao Powder
- 1 cup Gluten-Free Oats

Grocery List, Con't.



CONDIMENTS

- 4 oz Artichoke Hearts
- 3 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 4 tbsp Olive Oil
- 4 oz Pitted Kalamata Olives



BOXED & CANNED

- 1 Anchovy
- 1 lb Canned Wild Salmon
- 16 oz Chicken Broth
- 12 oz White Navy Beans



COLD

- 7 Eggs
- 2 tbsp Ghee
- 24 oz Plain Unsweetened Coconut Milk
- 8 oz Unsweetened Almond Milk



OTHER

- 14 Nori Sheets
- 1 Cup (8 oz) Vanilla Protein Powder



Mediterranean Breakfast Frittata

🕒 1 hour 🧑 3 servings

INGREDIENTS

- 2 1/4 tsp Ghee
- 6 3/4 Eggs
- 1 1/2 tbsp plain coconut milk
- 6 oz extra lean ground chicken
- 3/4 cup baby spinach, roughly chopped
- 3 tbsp red onion, diced
- 1/3 cup pitted Kalamata olives
- 1/3 cup artichoke hearts
- 3 tbsp basil leaves, sliced
- Sea salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375° F and coat medium baking dish w/ ghee.
2. In a large saute pan, cook ground chicken. Add in salt and pepper to taste. Once done, drain liquid and set aside.
3. In a large bowl, scramble the eggs and coconut milk well.
4. As noted, cut up spinach, onion, olives, artichoke hearts, & basil. Add chopped veggies to the bowl and the ground chicken to the eggs and mix. Sprinkle in salt and pepper to taste (about 1/2 tsp each) and mix again.
5. Pour the mixture into the baking dish. Bake in the oven for 40-45 mins, until the eggs are cooked all the way through in the middle. Cooking time will vary depending on the size of the baking dish, so check the eggs after 30 minutes and adjust cook time as needed.

Apple Cinnamon Overnight Oats With Protein

🕒 8 hours 🧑 2 servings

INGREDIENTS

- 3/4 cup oats sprouted
- 3/4 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 1/2 tsp maple syrup
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 cup vanilla protein. powder
- 1/4 cup water
- 1/2 apple, cored and diced
- 1/2 cup walnuts, chopped

INSTRUCTIONS

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla protein, and water in a large glass container. Stir well to mix evenly. Cover and store in the fridge overnight.
2. Remove from fridge. Place a few spoonfuls of the oat mixture in a bowl. Then add a quarter of a diced apple and top with chopped walnuts.
3. Store in the fridge for up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).
4. Add hemp seeds or a spoonful of nut butter.
5. Heat in the microwave for 30 to 60 seconds before eating. Use honey to sweeten instead.
6. Refrigerate in an airtight container for up to four days.



Nori & Seed Crackers

🕒 1 hour 🧑 5 servings

INGREDIENTS

- 2 nori sheets, raw or roasted, crushed
- 2 tbsp raw pumpkin seeds
- 2 tbsp raw sunflower seeds
- 1 tbsp whole flax seeds
- 1 tbsp chia seeds
- 2 tbsp sesame seeds
- 2 tbsp maple syrup

INSTRUCTIONS

1. Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
2. Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
3. Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!
4. Refrigerate in an airtight container for up to 5 days, or freeze if longer. One serving is equal to one 1" x 3" cracker.



Simple Salmon Salad Lettuce Wraps

🕒 5 minutes 🧑 2 servings

INGREDIENTS

- 8 oz canned wild salmon, drained
- 1 avocado
- 3 tbsp lemon juice
- 2 tbsp fresh dill, de-stemmed and chopped
- 2 stalks celery, finely chopping (optional)
- 2 stalks green onion, chopped (optional)
- Sea salt and black pepper to taste
- 6 leaves romaine hearts, peel and wash leaves

INSTRUCTIONS

1. Add the salmon, avocado, and lemon juice to a bowl and mash with a fork until well combined. Stir in the celery, dill, and green onion (if using).
2. Season with salt and pepper and additional lemon juice if needed.
3. Scoop salmon salad into romaine leaves and enjoy like a taco.

NOTES

1. **Leftovers:** Refrigerate in an airtight container for up to 3 days.
2. **More flavor:** Add fresh or dried herbs, mustard, chopped pickles, or garlic.
3. **Serve it with:** Use as a filling for sandwiches or wraps, on top of salad greens, or on top of crackers or cucumber slices.
4. **No mayonnaise:** Use mashed avocado instead.



Avocado, Cucumber & Nori Snack Box

🕒 5 minutes 👤 1 serving

INGREDIENTS

- 1/2 avocado, sliced
- 1/4 cucumber, sliced
- 1/4 cup cashews
- 4 nori sheets
- 1/2 tsp sesame seeds, optional

INSTRUCTIONS

1. Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

NOTES

- **Storage:** The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.
- **Nut-free:** Use pumpkin seeds instead of cashews.
- **More flavor:** Season the avocado with chili flakes, cayenne, or everything bagel seasoning.

A top-down photograph of a white ceramic plate. On the left side of the plate are several triangular slices of cantaloupe, showing the orange flesh and green rind. On the right side is a pile of green pumpkin seeds. The plate is set on a light-colored, textured surface.

Cantaloupe & Pumpkin Seeds

🕒 5 minutes 🧑 1 serving

INGREDIENTS

- 1/4 cantaloupe, chopped
- 1/4 cup pumpkin seeds

INSTRUCTIONS

1. Serve the cantaloupe with the pumpkin seeds and enjoy!

NOTES

- **Leftovers:** Refrigerate the melon in an airtight container for up to three days. Store melon and pumpkin seeds separately until ready to serve.
- **Additional toppings:** Drizzle with a bit of raw honey for extra sweetness.
- **No pumpkin seeds:** Use another nut or seed instead.



Chicken & White Bean Chili

🕒 45 minutes 🧑 3 servings

INGREDIENTS

- 2 1/4 tsps avocado oil
- 1/3 sweet onion, medium, chopped
- 1 1/2 garlic cloves, minced
- 1 1/2 cups chicken broth
- 3/4 tsp ground cumin
- 1/2 tsp chili powder
- 1 1/8 green chili pepper, seeds removed
- 9 oz chicken breast
- 1 1/8 carrot, peeled, diced
- 1 1/2 cups white navy beans, cooked
- 3/4 avocado
- Sea salt and black pepper to taste

INSTRUCTIONS

1. Heat oil in a large pot on stove. Cook the onions & garlic until soft.
2. Add in chicken. Season with cumin, chili powder, salt & pepper.
3. Add about 2 cups of broth to the pot. Cover pot and low simmer for 15-20 mins or until chicken is cooked thoroughly.
4. Remove chicken & move to bowl.
5. Add the remaining broth, green peppers (optional), diced carrots, and white beans. Boil ingredients until easily piercable.
6. While the vegetables are cooking, shred the chicken with two forks or chop it into bitesize pieces.
7. Once veggies & beans are done cooking, add half the mixture to the blender and blend on high until smooth. Add blended mix back to the pot and add shredded chicken. Stir together, then divide into bowls and enjoy!



One Pan Salmon, Broccoli & Sweet Potatoes

🕒 30 minutes 🧑 2 servings

INGREDIENTS

- 2 sweet potatoes, small, cubed
- 2 cups broccoli florets
- 1 1/2 tbsps avocado oil, divided
- 1/4 tsp sea salt
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp parsley, finely chopped
- 12 oz salmon fillet

INSTRUCTIONS

1. Preheat oven to 375°F & line baking sheet w/ parchment.
2. Add the sweet potato and broccoli to the pan, drizzle with 2/3 of the oil, and season with half salt. Stir to evenly coat the vegetables and bake for 10 minutes.
3. Meanwhile, combine the remaining oil, lemon juice, garlic, and parsley in a small bowl.
4. Remove the pan from the oven. Stir the vegetables and make room for the salmon in the center of the pan.
5. Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!



Whole30 Kale Chicken Caesar Salad

🕒 17 minutes 👥 2 servings

INGREDIENTS

- 2 1/3 cups kale leaves, no stems
- 6 1/3 oz turkey breast, cooked and shredded
- 3 1/4 tbsp EVOO
- Pinch of sea salt
- 1 2/3 tbsp red onion, thinly sliced
- 3 1/4 tbsp sliced almonds
- 1 1/4 tbsp avocado oil
- Sea salt & black pepper to taste
- 1 garlic clove, minced
- 2/3 cup lemon juice
- 3/4 tsp dijon mustard
- 1 tsp anchovy paste

INSTRUCTIONS

1. Whisk together extra virgin olive oil, lemon juice, minced garlic, sea salt & black pepper, anchovy paste & dijon mustard. Set aside.
2. Bunch up the kale leaves together and slice them into thin strands. Transfer to a big bowl.
3. Add avocado oil and 1/8 tsp sea salt to the kale leaves and massage with your hands until they start to soften and wilt.
4. Add red onion slices to the kale and toss together. Set aside.
5. Heat a dry skillet over medium heat and add the almonds.
6. Stir frequently and toast for 4-5 minutes until golden and fragrant.
7. Remove from heat and cool.
8. Combine kale, onion slices, almonds, & chicken in large bowl.
9. Drizzle with dressing (you'll only need about half) and toss together before serving.



Garlic Chicken Thighs

🕒 40 minutes 🧑 2 servings

INGREDIENTS

- 8 oz chicken thighs with skin
- 1/2 tsp extra virgin olive oil
- Sea salt and black pepper to taste
- 6 cremini mushrooms, roughly torn
- 1 1/2 garlic cloves, smashed and roughly chopped
- 1 1/2 tsp ghee
- 1/3 cup chicken broth
- 1 1/2 tsp lemon juice
- 2 1/2 cup baby spinach

INSTRUCTIONS

1. Preheat oven to 425°F. Dry chicken and rub oil, salt, pepper on skin.
2. Heat cast-iron skillet over med-low heat & once hot, add chicken skin-side down—Cook for 5 mins. Increase heat to medium and continue cooking skin side down for 8 mins, until browned, flip & cook for 2 mins. Transfer to plate skin side up and set aside, leaving the oil from the chicken in skillet.
3. Toss mushrooms in the skillet and cook undisturbed for 3 mins, over med heat. Lower heat & add garlic & ghee. Cook 2-3 more mins.
4. Pour in chicken broth & lemon juice. Place chicken on top & transfer to oven for 17-20 mins.
5. Remove chicken & set aside. Return to med heat & whisk until sauce thickens. Add spinach to the skillet to wilt.
6. Divide onto plates, drizzling the sauce over everything. Enjoy!

Chocolate Strawberry Chia Pudding

🕒 30 minutes 🧑 5 servings

INGREDIENTS

- 2/3 cup chia seeds
- 2 1/2 cups plain coconut milk, unsweetened from the carton
- 2/3 cup vanilla protein powder
- 1 1/4 cups strawberries, halved
- 2 1/2 tbsp cacao powder

INSTRUCTIONS

1. In a large bowl, combine the chia seeds with coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top with strawberries and enjoy!

NOTES

- **Leftovers:** Refrigerate in an airtight container for up to 5 days.
- **No protein powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.
- **Like it sweet:** Add a drizzle of maple syrup or honey.
- **Like it thicker:** Use full-fat coconut milk instead.
- **Extra toppings:** add granola or cacao nibs on top for crunch.



You deserve better care.

[Schedule a free call](#) with a care advisor to determine if Paloma can help you manage your condition.

