

## Thyroid Health: Week 1

### Vegetables

- 1 zucchini
- 9 large carrots\* (6 carrots are for fermented carrots)
- 3 onions
- 2 bell peppers
- 2 beets
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 5-6 oz. of spinach
- 3 avocados
- 2 sweet potatoes
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 bunch of swiss chard
- 1 butternut squash
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onion
- 1 red onion
- 1 bunch of broccoli
- 1 large handful of green beans
- 1 bag of string beans
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes
- 4 large parsnips
- 8 sunchokes

### Fruits

- 6 lemons
- 1 persimmon
- 1 orange

### Meat, Seafood & eggs

- 4 dozen eggs
- 2 lb. of bacon
- 1 lb. ground sausage
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 2 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 1 whole chicken

\*This meal plan also calls for raw fermented carrots (Recipe on page 238) this takes 2-3 weeks to ferment if you wish to begin this meal plan now you can sub out a jar of store bought fermented carrots or other non-goitrogenic vegetables if you can find them like beets.

*Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.*

## Thyroid Health: Week 2

### Vegetables

- 10-2 oz. of spinach
- 5-6 oz. of mixed greens
- 15 large carrots
- 4 small yellow squash
- 3 zucchinis
- 3 cucumbers
- 1 beet
- 3 bell peppers
- 1 package of artichoke hearts
- 1 head of red cabbage
- 2 heads of butter lettuce
- 1 bunch of broccoli
- 3 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of mushrooms
- 1 butternut squash
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

### Fruits

- 2 oranges
- 1 lime
- 4 lemons

### Meat, Seafood & eggs

- 2 lbs. ground turkey
- 4 dozen eggs
- 4 dozen large shrimp
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks

*Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.*

## Thyroid Health: Week 3

### Vegetables

- 4 avocados
- 1 bunch of Swiss chard
- 5-6 oz. of spinach
- 2 carrots
- 1 bunch of celery
- 10-12 oz. of mixed greens
- 1 head of romaine lettuce
- 2 bell peppers
- 3 onions
- 1 red onion
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 2 beets
- 1 pint of mushrooms
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 head of cauliflower
- 1 bunch of green onions
- 3 parsnips
- 1 large handful of green beans
- 2 cucumbers
- 1 pint of cherry tomatoes
- 1 package of toasted nori (seaweed)

### Fruits

- 1 blood orange
- 2 lemons
- 1 bag of frozen or fresh cherries

### Meat, Seafood & eggs

- 4 dozen eggs
- 1 ½ lb. ground beef
- 4 ½ lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 2 1/2 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops

*Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.*

## Thyroid Health: Week 4 + 2 days

**Vegetables**

- 1 zucchini
- 2 carrots
- 3 large sweet potatoes
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 2 butternut squash
- 2 onions
- 1 head Boston lettuce
- 2 pints of cherry tomatoes
- 2 bell peppers
- 5 avocados
- 1 shallot
- 1 acorn squash
- 1 head of romaine lettuce
- 5 shallots
- 1 bunch of green onions
- 10-12 tomatillos
- 1 jalapeno pepper
- 3 zucchinis
- 1 bunch of asparagus
- 1 bulb of fennel
- 1 dozen baby Portobello mushroom
- 1 lb. fresh green beans
- 2 large tomatoes
- 1 head of cauliflower
- 1 bunch of broccoli
- 1 package of artichoke hearts
- 3-4 inches of fresh saved horseradish

**Fruits**

- 3 oranges
- 2 limes
- 1 persimmon
- 3 lemons
- 1 large pineapple (save half for salsa on day 23)

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some, pick up around 3-4lbs of beef or other bones from the butcher. (Recipe on page 234)

**Meat, Seafood & eggs**

- 3 dozen eggs
- 3-4 6-ounce cans of wild salmon
- 2 lb. ground pork sausage
- 1 lb. ground lamb
- 2 lbs. beef marrow bones
- 2 lbs. bone-in, skin-on chicken
- 1 lb. ground bison
- 1 lb. large wild scallops
- 6 beef shanks
- 3 lbs. of bacon
- 2+ lbs. wild jumbo or colossal shrimp
- 1 ½ skirt steak
- 1 lb. ground beef

**+ 2 days****Vegetables**

- 2 zucchini
- 1 head of cauliflower
- 5-6 oz. of mixed greens
- 1 avocado
- 3 onions
- 4 carrots
- 1 32-ounce can whole peeled plum tomatoes
- 1 32-ounce can crushed or diced tomatoes

**Fruits**

- 3 green apples
- 15-16 ounces fresh cranberries
- 1 lemon

**Meat, Seafood & eggs**

- 1 dozen eggs
- 1 lb. of bacon
- 1 lb. ground pork
- 4 lbs. lamb roast
- 1 lb. ground beef

*Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.*

Additional **Practical Paleo** book resources can be found at [www.balancedbites.com/practicalpaleo](http://www.balancedbites.com/practicalpaleo)