THYROID-SUPPORTING PLATE

Whole Lifecycle NUTRITION

HEALTHY FATS

Olive oil, grape seed oil, walnut oil, avocado oil, cod liver oil, grass-fed butter, ghee

VEGETABLES

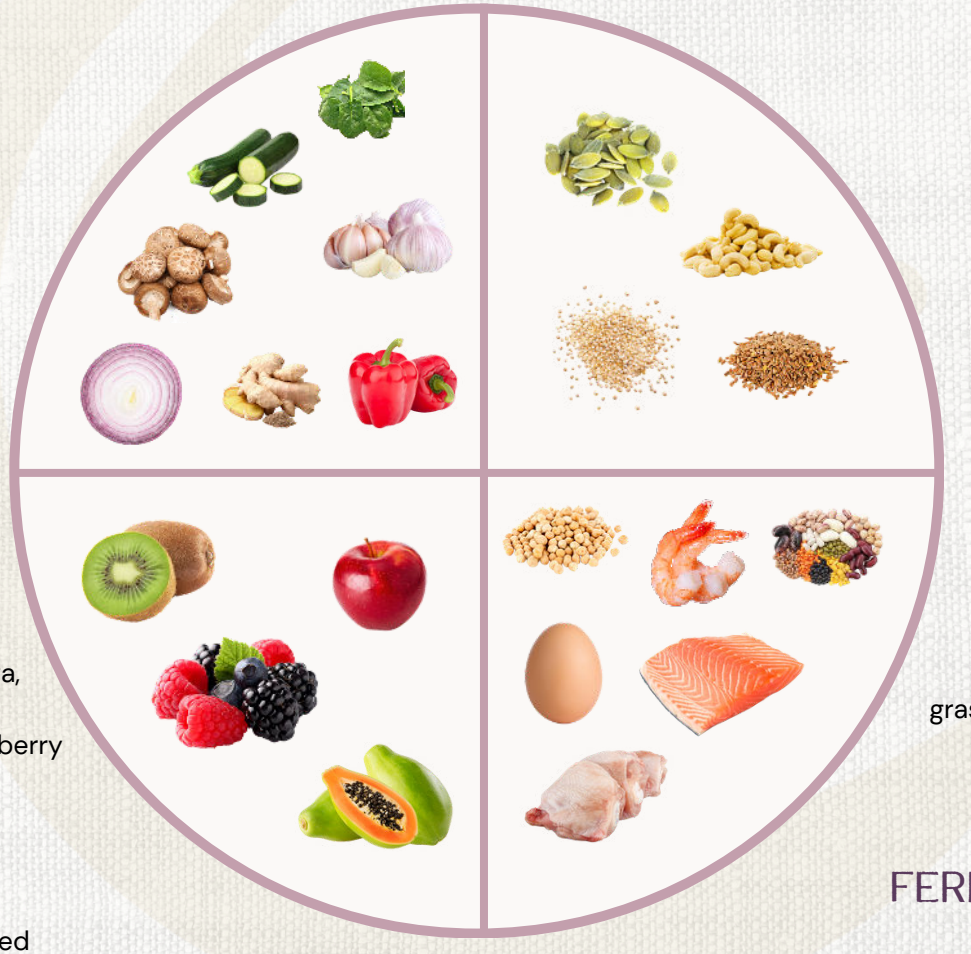
Seaweed [kelp, dulse], bell peppers [all colors], spinach, mushrooms, tomatoes, onions, garlic, ginger root, cucumber, asparagus, arugula, radishes, carrots, eggplants, green beans, snap peas, artichokes, zucchini

FRUITS

Citrus: orange, lemon, lime
Tropical fruits: kiwi, pineapple, guava, mango, papaya
Berries: strawberry, blueberry, raspberry
Other: grapes, apple

OTHERS

Vit D, Probiotics, Omega-3, & Iodized Salt



WATER & OTHER BEVERAGES

Water, kefir, kombucha, green and black teas

WHOLE GRAINS, SEEDS, & NUTS

Brazil nuts, cashews, almonds, pecans, pumpkin seeds, walnuts, quinoa, chia seeds, hemp seeds, flax meal, oats, barley, brown rice

PROTEIN

Wild salmon, fatty fish [canned light tuna, sardines], shellfish, grass-fed beef, lamb, legumes and beans, pastured eggs, organic chicken [thighs], yogurt

FERMENTED & PICKLED VEGETABLES

Kimchi, sauerkraut, unpasteurized pickled vegetables, capers