

CAPLAN HEALTH INSTITUTE

Personalized Care for Achieving Remission

recipes for HASHIMOTO'S

to Calm the Fires of Inflammation



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INTRODUCTION

Inflammation is a fancy word for stress and the main culprit of autoimmune symptoms, including those present in Hashimoto's Thyroiditis. The best way to help relieve the symptoms of Hashimoto's is to calm the fires of inflammation. This can be achieved naturally through diet and lifestyle changes that can help slow the progression and severity of Hashimoto's, so you can live a more vibrant life.

Diet is one part of controlling inflammation and it is frequently where many people choose to get started. We eat at least three times a day, therefore changing your diet can have the most significant impact on how you feel right away. The recipes included in this guide will give you a starting point towards a more anti-inflammatory diet.

With any way of eating, it is important to understand that the “ideal” diet is highly dependent upon the individual. A trained practitioner can take into account disease progress, overall health, preferences, sensitivities, and lifestyle to recommend the ideal diet for you.

Therefore, if you are looking to improve your symptoms by changing your diet, you should seek to work closely with a professional who can guide you in the discovery of what works best for you. Let this guide be your starting point as you learn about how food impacts your body.

THE ANTI-INFLAMMATORY DIET FOR HASHIMOTO'S HAS FIVE PRIMARY GOALS:

1 Reduce inflammation.

As previously mentioned, uncontrolled inflammation is the underlying cause of Hashimoto's symptoms, causing low thyroid function and a host of associated symptoms such as fatigue, weight gain, brain fog and hair loss. Controlling inflammation can help relieve and even reverse these symptoms, putting Hashimoto's into remission.

2 Eliminate common food sensitivities.

If you are regularly eating foods that you are sensitive to, this will also trigger inflammation. This diet eliminates the most common food sensitivities to help you see relief as soon as possible. You may or may not be sensitive to all the foods on the elimination list.

3 Restore gut health.

Poor gut health is a known trigger of autoimmune disease, including Hashimoto's. An imbalance of healthy gut bacteria, called dysbiosis, triggers inflammation and causes the immune system to overreact.

Leaky gut, or increased intestinal permeability, is associated with Hashimoto's. When the gut is permeable, or “leaky”, this allows food molecules and harmful microbes to pass through unchecked. When this happens, the immune system begins to attack these substances. The problem is that while doing so, since many of these substances are similar to our own tissues, the immune cells have also mounted an attack against the body's own cells. This is one of the triggers for autoimmune disease.

A primary goal of this anti-inflammatory diet is to provide foods that support gut health, particularly those high in pre- and probiotics. It also eliminates foods that are known triggers of leaky gut and inflammation of the digestive tract, such as gluten and dairy.

4 Balance hormones.

Hormones are chemical signals with multiple functions in the body, including keeping the immune system balanced. For this reason, hormones play a major complex role in the development of autoimmune disease, although this connection is not well understood. What we do know is that women are at much greater risk of developing Hashimoto's, particularly during the reproductive years.

It is likely related to the action of estrogen, a known trigger for inflammation. Balancing hormones, including estrogen, is one of the goals of this diet.

5 Increase nutrient density and correct deficiencies.

Your body needs a variety of critical nutrients to function at its best. Nutritional deficiencies can trigger inflammation and poor immune function. Therefore, this diet is of the highest nutritional quality to support optimal health and function.



Although this diet may seem strict at first, it is meant to get you the fastest results possible. As you begin to understand your own individual triggers and sensitivities, you can modify and expand the variety in your diet based on your personal needs and goals.



FOOD LIST

Now that you understand a bit about why certain foods are eliminated, here are the basics of what to eat.

FOODS TO INCLUDE

- Fish high in omega-3s (wild-caught salmon, sardines, mackerel, anchovies)
- Organic, hormone and antibiotic free poultry
- Organic, grass-fed beef
- Organic organ meats
- All vegetables except nightshades
- All fruit, in moderation (limit to two servings per day)
- Sweet potatoes and tubers, except white potatoes
- Fresh and dried herbs
- Coconut products (oil, butter, sugar, etc.)
- Avocados and avocado oil
- Olives and olive oil
- Fermented foods: kombucha, sauerkraut, coconut milk yogurt, non-dairy kefir
- Organic, raw honey and real maple syrup (in small quantities)
- Bone broth
- Green, black, or herbal tea
- Vinegar



FOODS TO AVOID

- All grains, including wheat, barley, rye, rice, quinoa, and oats
- Eggs
- Dairy
- Beans and legumes
- All soy, including tofu, edamame, tempeh and soy additives
- Nightshade vegetables: tomatoes, white potatoes, eggplants, and peppers, including pepper containing spices.
- Sugar and foods made with sugar
- Nuts and seeds
- Chocolate
- Alcohol
- Coffee
- Non-nutritive sweeteners (Splenda, Stevia, Equal, Aspartame)
- Food additives and thickeners (artificial colors and flavors, emulsifiers)
- All fats and oils except those listed under "Foods to Include"

Power Up Smoothie



Makes 1
serving



INGREDIENTS

- 1/2 avocado
- 1/2 cup coconut milk, full fat
- 1 cup frozen strawberries
- 1 cup of fresh spinach
- 1 scoop collagen protein powder

INSTRUCTIONS:

Put everything in the blender and blend until a smooth texture forms. Add ice if desired.

Calories: 510, Fat: 33g, Protein: 13,
Carbohydrates: 41 g,
Fiber: 10g



Makes 6 2-inch
pancakes

Coconut & Cassava Root Flour Pancakes

INGREDIENTS

- 1½ Tablespoons gelatin
- 3 Tablespoons boiling hot water
- ¾ cup coconut flour
- ½ cup cassava flour
- Dash of cinnamon, nutmeg, or other spice of choice
- ½ cup coconut milk, warmed
- 2 Tablespoons honey and more to drizzle if desired
- 2 Tablespoons coconut oil, to cook with
- Your choice of berries or coconut yogurt as toppings

For 2 pancakes: Calories: 314, Fat: 14g, Protein: 8g, Carbohydrates: 36g, Fiber: 11g

INSTRUCTIONS:

1. Follow the gelatin instructions, by adding boiling water, stirring, and allowing to cool.
2. In a separate bowl, mix both the coconut and cassava flours, the cinnamon, the coconut milk, honey, then 1½ Tablespoon of gelatin mixture together, whisking vigorously to combine and create a smooth texture. Keep this mixture warm by covering with a moist, hot towel, off to the side.
3. Add 2 Tablespoons of coconut oil to a small non-stick pan over medium heat. Spoon in roughly ¼ cup of the batter and let the pancake cook for 3-4 minutes, before turning the pancake over slowly. Cook on the underside for 2-3 minutes until a nice golden crust forms, then place onto a paper towel to gently absorb any extra oil. Repeat until all the batter is gone. Should make a total of 6 pancakes.
4. Serve drizzled with honey, coconut yogurt, and your favorite berries.

Beef Hash

INGREDIENTS

- 1 Tablespoon of avocado oil, to grease casserole baking dish
- 3 Tablespoons of avocado oil, to cook the ground beef and onions with 1.5 lbs. ground beef
- 1 medium onion, diced
- 1 cup of coconut cream
- 1/2 head of cauliflower, broken into florets
- 2 peaches (or apples), diced small
- 4 cups of spinach, chopped
- 2 Tablespoons of lemon juice
- 2 Tablespoons of fresh parsley, chopped
- Salt for taste



Makes 4 servings



For 1 serving: Calories: 379, Fat: 31g, Protein: 16g, Carbohydrates: 9g, Fiber: 3g

INSTRUCTIONS:

1. Preheat oven to 375°.
2. Grease a large casserole baking dish with the 1 tablespoon of avocado oil
3. Add the 3 tablespoons of avocado oil to a large frying pan and brown the beef and onions. Season with salt.
4. In a blender or chopper, blend the cauliflower florets with the coconut cream.
5. Mix the beef, onions, and the rest of the ingredients together in a large bowl. Season with some additional salt. Pour the mixture into the greased baking dish.
6. Bake for 45 minutes, then serve immediately.

Orange Zest Meatballs



Serving: 20
meatballs



INGREDIENTS

MEATBALLS

- 2 lbs. ground chicken
- 1/2 cup finely chopped green onions
- 2 teaspoons orange zest (2 oranges worth)
- pinch salt
- 1/3 cup of water

SAUCE

- 2/3 cup fresh orange juice of 2 oranges
- 2 teaspoons grated ginger
- 1/4 cup coconut aminos
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey

For 2 meatballs and sauce: Calories: 189, Fat: 9g, Protein: 16g, Carbohydrates: 11g, Fiber: 0.5g

INSTRUCTIONS:

1. In a bowl, mix ground chicken, orange zest, water, salt, and green onions. Line a cookie sheet with parchment paper or a silicon mat and roll the ground meat mixture into 2 1/2 inch sized meatballs. Bake at 350° until internal temperature of meatballs reaches 170°. Allow at
2. least 30 minutes of cook time.
In a medium pan, add coconut aminos, grated ginger, honey, vinegar, and orange juice. Bring to a
3. simmer and the heat reduce until sauce begins to thicken into a syrup-like texture, approximately 10 minutes.
Once the meatballs are done, remove, then place in a bowl and gently toss with
4. the sauce to coat the meatballs. Serve immediately.

Bacon-Wrapped Scallops (Served over Zucchini noodles)

INGREDIENTS

- 1 lb. of scallops, cleaned/dried
- (if they are large you will slice each in half)
- 1 package of no added sugar bacon (check for quality)
- 1 Tablespoon of coconut oil
- 1 packages of frozen spiral zucchini noodles (you can make these yourself)
- 1 Pinch of ground Thyme
- 1 Lemon, sliced for garnish
- Course sea salt for taste

For 2 scallops with zoodles: Calories: 311,
Fat: 19g, Protein:
28g, Carbohydrates: 5g
Fiber: 1.5g

INSTRUCTIONS:

1. Lay your bacon strips out on a foil-lined cookie sheet. Heat your oven to 350° and cook the bacon for about $\frac{3}{4}$ the time so it's not cooked fully. Once you have it $\frac{3}{4}$ of the way done, remove them and lay on a paper towel to absorb extra bacon fat and let cool until they are manageable with your hands.
2. Heat a frying pan to medium heat and allow the coconut oil to melt. While the pan is heating, wrap each scallop with a slice of bacon (once the bacon is cool enough to handle). Once they are all wrapped, add them to the frying pan, sprinkle on the thyme and cook for 2-4 mins per side.
3. Once all the scallops have been cooked, remove, place on a serving plate off to the side and add zucchini noodles to the frying pan, sprinkle on salt, then cover and allow to sauté and steam for 5 minutes until they are tender.
4. Dress each serving plate with zucchini noodles first, topped with scallops, and a lemon wedge on the side.



Makes 4
servings

Avocado Burgers



Serving: Makes
4 burgers



INGREDIENTS

FOR THE “BUNS”

- 2–3 large, round sweet potatoes
- 1 Tablespoon coconut oil
- 1/4 Teaspoon sea salt

FOR THE BURGERS

- 1 lb. ground beef
- 1 Teaspoon sea salt
- 1 Teaspoon onion powder

TOPPINGS

- 1 Medium avocado, sliced
- Sliced red onion
- Arugula

For 1 burger: Calories: 213, Fat: 10g, Protein: 23.9g,
Carbohydrates: 5.5g,
Fiber: 1g

INSTRUCTIONS:

1. Begin with the buns. You will want to clean, dry, and slice your sweet potato into 1/4-inch-thick slices, and place on a parchment paper lined cookie sheet. Coat them in the coconut oil and top with sea salt. Bake for 40 mins at 375°. Once they are tender, remove, and allow to cool
2. Fire up that grill! Over medium-high heat, add your burger patties (seasoned with salt and onion powder) and grill for 5 minutes each side. Once the internal temperature reaches 135° (for Medium temp) remove, place each patty on a “bun” and garnish with a few slices of avocado and red onion and a few sprigs of arugula.

SOUP

Anti-inflammatory Carrot and Lemongrass Soup



Makes
4 servings

For 1 serving: Cal: 195, Fat: 7g, Protein: 10g,
Carbohydrates: 22g, Fiber: 5g

INGREDIENTS

- 2 Tablespoons of coconut oil
- 1 ½ cup of peeled and diced onions
- 1 ½ lb. of carrots, peeled and sliced thin
- 2 Tablespoons of minced ginger
- 1 two-inch piece of pounded lemongrass
- 4 cups of chicken bone broth
- Dash of sea salt

INSTRUCTIONS:

1. In a pan, over medium heat, melt the coconut oil and add the onions. Cook until the onions are translucent then decrease the heat to medium-low.
2. Add the carrots, ginger, and lemongrass, stirring to coat all the ingredients in the oil. Cook uncovered for 10 minutes, then add the broth last.
3. Raise the temperature back to medium and simmer the soup for 20 more minutes.
4. Add the entire mixture to a blender and process down until your soup consistency is created. Serve immediately and garnish with salt if desired.

Mushroom Soup



Makes 4 servings



INGREDIENTS

- ½ cup olive oil
- 1 cup white onion, finely chopped
- 16 ounces wild mushroom blend
(portabellas, shiitakes, oyster, etc.)
- 3 Teaspoon fresh thyme leaves
- 6 Tablespoons arrowroot
- 2 Teaspoon coconut vinegar
- 8 cups chicken or beef bone broth
- 1 cup coconut cream
- Salt to taste

INSTRUCTIONS:

1. Add all the ingredients except the broth, to a slow cooker and stir so everything is evenly coated in oil. Then add the broth. Cover.
2. Set your slow cooker for 3 hours on low.
3. At the 3-hour mark, set aside 1/2 cup of the tender mushrooms (to use as garnish) and use your immersion blender to puree the rest of the mixture.
4. Serve immediately and garnish with extra salt and mushrooms that were set aside earlier.

For 2 meatballs and sauce:

Calories: 189, Fat: 9g, Protein: 16g,
Carbohydrates: 11g, Fiber: 0.5g

Slow Cooked Onion Soup

INGREDIENTS

- 2 Tablespoons of coconut oil
- 2 large yellow onions, cut into halves
- 1 Tablespoon of balsamic vinegar
- 6 cups of beef bone broth
- 1 Teaspoon of salt
- 2 Bay leaves
- 2 sprigs of fresh thyme



Makes 4 servings

INSTRUCTIONS:

1. Coat a slow cooker with the two tablespoons of coconut oil.
2. Add the onions, pork stock, salt, Bay leaves, and thyme to the slow cooker, and set to low for 2 hours. At the two-hour mark, separate the onions, add the balsamic, then cover for another hour.
3. Once the third hour is complete, set to warm, remove the sprigs of thyme and the Bay leaves and stir. Serve after 30 mins on warm.

For 1 serving: Calories: 140, Fat: 7.2g, Protein: 8g, Carbohydrates: 12g, Fiber: 1.3g



SNACK

Berry Bliss Trail Mix

INGREDIENTS

- 1.5 cups freeze dried cranberries (no sugar added)
- 1.5 cup freeze dried blueberries (no sugar added)
- 1/2 cup of coconut flakes (unsweetened)
- 1/2 Tablespoon of Cinnamon powder

For 1 serving: Calories: 53, Fat: 5g, Protein: .5g, Carbs: 10g, Fiber: 3g

INSTRUCTIONS:

1. Combine all the ingredients in a bowl and mix well.
2. Distribute evenly into 5 small individual to-go containers for your on-the-go snacking needs.



Makes 5 servings



Drs. Tiffany and Brent Caplan are the founders and co-creators of Caplan Health Institute and Central Coast Center for Integrative Health. They have successfully helped thousands of people all over the world regain their health and live more optimal and vibrant lives through their Functional Medicine approach, based on the concept of root cause resolution and a personalized, holistic care approach. They are the co-authors of the best-selling book *The Lupus Solution*. They are passionate about helping educate, inspire and coach people with chronic conditions such as autoimmunity to achieve remission. Visit our website www.centerforintegrativehealth.com or www.caplanhealthinstitute.com to find out more.

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