

Eating can be fun and enjoyable, but you must know the recipe...first!

If you are struggling with a thyroid gland disorder, especially if that disorder is called Hashimoto's Disease (make sure your doctors are running your thyroid antibodies to determine this), I can guarantee that certain foods will make your health condition worse.

I have put together some easy to make, tasty, breakfast recipes that my patients have enjoyed over the years. I always challenge my patients to buy a few cookbooks to help them with this journey of eating cleaner, as it can get old and tiring eating the same old meals, day in and day out.

So, here is my first challenge for you: print out these recipes, and then pick out one recipe each week, prepare and enjoy (hopefully). If you like the recipe, flag the recipe (I usually put a green sticky on the ones I like and a red sticky on the ones I don't like) so you can easily go back and pick out your favorite ones. By flagging the good and bad recipes, you will start accumulating several "go-to recipes" when you are thinking of preparing your meals for the week.

Keep in mind, when you are changing your lifestyle, you must begin by breaking old habits. Creating new habits take time, but eventually, those new habits turn into your new lifestyle.

I hope you enjoy these recipes as much as we have.

Yours in health,

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Sweet Potato Bowl

Ingredients:

- Sweet Potato
- Spinach
- Turkey Bacon or turkey/chicken sausage
- Balsamic Vinaigrette (optional)

Preparing your bowl:

The easiest and quickest way to prepare your sweet potatoes is to cut them up in little squares and store them in a larger Tupperware container.

- In the morning, place some in a quart pan of boiling water (I do NOT recommend using a microwave, for health reasons). Boil until the potatoes are soft (I don't like mine over cooked as they can become too mushy).
- On a separate skillet, cook your bacon/sausage. I like to cut my bacon into small pieces, as I find it's easier to cook that way, plus it makes sprinkling it on the sweet potato easier. If you choose a turkey/chicken sausage, I cook those first, and then chop them up to sprinkle on the sweet potatoes.
- On a separate skillet, sauté some spinach. I like to pour balsamic vinaigrette in with the spinach. Sauté the spinach to your desired consistency.
- I pour my spinach onto a plate, top with the sweet potatoes and sprinkle in the bacon or sausage that you prepared.

Enjoy!!!

Optional: You could cut up yellow squash and zucchini to add to the dish (this is similar to my Turkey Mash).

Spaghetti Squash with Sausage

This is a very simple recipe; you only have two main ingredients!!!

Ingredients:

- Spaghetti Squash
- Chicken/Turkey Sausage
- Olive oil
- Black pepper
- Pink Salt

I recommend preparing the spaghetti squash the night before (I typically do this on a Sunday evening, as Sunday afternoons/evenings are my days to prepare foods).

Prepare your spaghetti squash:

- Heat oven to 375 degrees Fahrenheit
- Cut the squash in half, length wise.
- Scrape out the seeds on the inside.
- Brush the inside of each half with olive oil and sprinkle with black pepper and pink salt (my favorite is Premier Research Lab's Pink Salt).
- Place the cut-sides down on a baking sheet and bake for 40-minutes, or until you can easily pierce the squash with a fork.
- Let the squash cool to the point you can safely (without burning your hands) scrape the spaghetti-like strands out.

Morning of breakfast:

- Simply heat your spaghetti squash in a skillet. I like to add water or olive oil to the skillet so the squash doesn't dry out.

Cooking your sausage:

- I love Applegate Farms Sausage (Gluten and Dairy free). However, you can use any sausage you prefer, as long as there are no added nitrites or nitrates.
- Cook your sausage as you normally would.

Once all ingredients are prepared, simply add your sausage to your "spaghetti", or serve your sausage on the side.

Enjoy!

Protein Zucchini Loaf

Ingredients:

- 3 eggs (brown or white; I personally, only buy free range eggs)
- ¼ almond meal
- 4 TBSP coconut flour
- ½ cup zucchini, shredded
- 1 scoop vanilla protein powder (PaleoPro Vanilla protein powder is the brand I use)
- 1 TSP vanilla extract
- 1 TSP baking powder
- Touch of cinnamon
- 2 TSP of coconut sugar (optional)

Preparing your loaf:

- Preheat oven to 350 degrees.
- Spray mini-loaf pan with non-stick spray (I use coconut oil spray).
- Mix all ingredients into a mixing bowl.
- Pour batter into loaf pan and place into the oven for 30-35 minutes, until golden brown and full cooked.
- Remove from oven and allow to cool before serving
- Slice in pieces and voila!

I like to prepare this on the weekends, so I can grab the sliced pieces straight from the refrigerator in the morning. I toast my pieces, and then put some Coconut Spread (Earth Balance makes this) on them.

You could put any type of nut butter or jam on them as well.

Enjoy!

Quinoa Breakfast Porridge

Ingredients:

- 1 ¼ cups cooked quinoa
- ¾ cup almond milk
- ½ TSP cinnamon
- Dash of Pink Salt
- Raw/unheated honey or a small amount of maple syrup

Preparing your porridge:

- Place cooked quinoa and almond meal in a saucepan and bring to a boil.
- Lower to a simmer and cook until the quinoa has absorbed the almond milk, and is creamy.
- Add cinnamon and salt, along with the sweetener, to taste.

Optional: You may add a scoop of protein powder to the porridge as well.

Enjoy!

Vanilla, Almond and Strawberry Granola/Cereal

This one take some time 😊

Ingredients:

- 2 cups of raw, shelled walnuts
- 1 ½ cups slivered almonds

Soak these in water for 8 hours

- 1-cup shredded, unsweetened coconut flakes
- ½ cup almond meal flour
- 1 cup applesauce
- 20 drops of Vanilla crème liquid stevia
- ¼ cup coconut sugar (low on the glycemic index)
- 16-oz fresh, finely chopped strawberries

Combine these ingredients, along with the walnuts and almonds.

In a separate bowl, mix the following:

- 2 TBSP ground flax seed
- 1 TSP cinnamon
- ½ TSP pink salt

Now, mix all ingredients together and dehydrate at 115 degrees overnight, or until its dry and crunchy.

Add to your favorite coconut or almond yogurt, or eat plain.

Enjoy!

Protein Shaky Shake

You may use your favorite protein powder. Personally, I use PaleoPro's Vanilla protein powder (it contains beef protein and egg protein...try before you knock it 😊).

Ingredients:

- 1 cup Coconut milk
- Banana (I like freezing my bananas as it thickens the shake...peeled of course)
- ¼ cup frozen blueberries
- 1 TBSP coconut manna (or, you may use coconut oil, or unsweetened coconut flakes). The coconut products add good fat.
- ½ avocado (more good fat)
- Scoop of your favorite protein powder

Preparing your Shake:

- Simply put in blender (Vitamix or Nutribullet) and blend to desired thickness

Optional: You may add some almond/sunflower butter to your taste.

Enjoy!

Nutty and Fruity Pancakes

Ingredients:

- 1 egg
- 1 cup almond/coconut milk
- 1 TBSP olive oil
- 1 cup gluten free pancake mix
- ½ cup finely chopped walnuts
- ½ cup finely chopped fresh cranberries

Preparing your pancakes:

- Mix all ingredients together
- Pour into a skillet (2-3 inch circles)
- Cook until dry bubbles form and then flip

Serve with your favorite jam, nut butter, or butter (Coconut Spread from Earth Balance)

Warning: Don't eat these every day...or you will add on some pounds (trust me, my wife put me on a pancake free diet to lose some of those very same pounds).

Optional: You may pour the batter into a waffle mix to make some fluffy waffles 😊

P.S. – If you prepare enough batter, you may save the unused portions and use it the next morning. This will cut down on your preparation time each morning.

Coconut/Almond and Granola-Free Yogurt

Perhaps the one easiest breakfast dish of all

Ingredients:

- Coconut or Almond yogurt. So Delicious makes a great coconut yogurt. I love Kite Hill almond yogurt. I recommend getting the plain yogurt, as it has less sugar per serving, versus the flavored yogurts.
- Paleonola – this is a granola-free granola. You may find this online or at Whole Foods. I recommend buying the original flavored, as the flavored Paleonola has more sugar.

Preparing your yogurt:

- Simply mix the yogurt and Paleonola together.

Optional: If you made the granola on page 7, you can use this in your yogurt.

Breakfast Quiche

Ingredients:

- 8-9 eggs
- Nitrate/Nitrite free ham
- Frozen, chopped spinach, or frozen broccoli
- Gluten-free pie crust
- Black pepper
- Pink Salt

Preparing your quiche:

- Pre-heat oven to 375 degrees
- Mix all ingredients in a large mixing bowl
- Sprinkle in pepper and salt
- Pour into pie crust
- Bake for approximately 40-45 minutes, or until golden on the surface and the consistency is not jello-like
- Let cool before cutting and serving

This makes for a great breakfast dish, but also for snacks, or...for dinner!

If you are from the South, you may enjoy a little Ketchup with the quiche, or hot sauce.

Enjoy!

Protein Yogurt

Ok, so...this may be the easiest breakfast to “prepare”.

Ingredients:

- Favorite dairy-free yogurt (plain flavor)
- Favorite protein powder

Preparing your yogurt:

- Mix ½ scoop of your favorite protein powder to the yogurt
- Stir and serve

Enjoy!!!