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Week 3: Thyroid

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## Slow Cooker Cod & Sea Veggie Soup

4 servings

6 hours

### Ingredients

- 3 tbsps Coconut Oil
- 1 Yellow Onion (medium, diced)
- 4 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 40 grams Dulse (torn apart into small pieces)
- 2 Sweet Potato (medium, diced)
- 4 Cod Fillet (cubed)
- 8 cups Vegetable Broth (or bone broth)

### Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	28g
Fiber	6g
Protein	49g
Calcium	107mg

### Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

### Notes

**Leftovers:** Store in an airtight container up to 3 days or freeze.

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.



## Carrot Cake Chia Pudding

2 servings

3 hours

### Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	402
Fat	30g
Carbs	30g
Fiber	20g
Protein	12g
Calcium	790mg

### Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 3 to 4 days.

**Extra Creamy:** Replace half of the almond milk with full-fat canned coconut milk.



## Zucchini Alfredo with Turmeric Chicken

2 servings  
20 minutes

### Ingredients

2 Zucchini  
1 tbsp Extra Virgin Olive Oil  
227 grams Chicken Breast (sliced)  
1 tsp Turmeric  
1 tsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1 Avocado (peeled and pit removed)  
1 cup Canned Coconut Milk (full fat)  
1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	609
Fat	46g
Carbs	20g
Fiber	9g
Protein	32g
Calcium	57mg

### Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

### Notes

**More Carbs:** Use brown rice pasta instead of zucchini noodles.

**Vegan or Vegetarian:** Use chickpeas or white beans instead of chicken.



## Beef & Tomato Stuffed Sweet Potato

4 servings

50 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Sweet Potato (medium, cut in half lengthwise)
- 1 Yellow Onion (small, diced)
- 454 grams Lean Ground Beef
- 2 tbsps Italian Seasoning
- 1 Tomato (medium, diced)
- 1 Red Bell Pepper (medium, diced)
- 1/2 cup Salsa
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	438
Fat	30g
Carbs	21g
Fiber	4g
Protein	22g
Calcium	69mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Rub half of the oil all over the potato halves and place them face down on the baking sheet. Cook for 35 to 40 minutes or until they are fork tender. Flip them halfway through.
- 3 While the sweet potatoes are cooking, heat the remaining oil in a pan over medium heat. Add the onions and sauté for two to three minutes. Add the ground beef, breaking it up as it cooks. Mix in the Italian seasoning. Cook the beef for seven to eight minutes or until cooked through.
- 4 Remove the potatoes from the oven and use a fork to mash the inside to make room for the toppings.
- 5 Top each potato evenly with the beef mixture, tomato, bell peppers, salsa, and parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is one stuffed sweet potato half.

**Additional Toppings:** Cheese, avocado, and/or hot sauce.



## Chickpea, Tomato & Feta Salad

4 servings

10 minutes

### Ingredients

- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (medium, chopped)
- 1/2 cup Feta Cheese (crumbled)
- 3/4 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Lemon Juice
- 1/2 tsp Greek Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	352
Fat	23g
Carbs	29g
Fiber	8g
Protein	11g
Calcium	172mg

### Directions

- 1 Add all of the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about one cup.