



# THE RADICAL TLC SOLUTION

7-DAY MEAL PLAN + RECIPES

Meals that heal—and make the whole family happy.



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# 7-DAY MENU PLAN



# WELCOME!



As a mom myself, I know how hard it can be not only to balance work and family but to get nourishing meals on the table quickly. Over the years, I've developed a plan to keep my family fed with quick and healthy meals while supporting my own healing *and* without getting frazzled or fed-up.

I hope you enjoy this family-friendly menu, grocery list and prep plan from [The Radical TLC Solution's Thyroid & Autoimmune Cookbook + Meal Plan](#). This plan provides both supportive foods for your health and will keep the kids happy too. You can learn more about reversing thyroid, autoimmune and inflammatory disease, eliminating symptoms, balancing the hubby, the kids, the job and more as well as my super, simple menu planning tricks with [The Radical TLC Solution Home Healing Program](#).

## How the Meal Plan Works:

I set up the meal plan so that you can do a day of prep on Sunday and have limited cooking/prep time throughout the week. However, you can start this on any day that works best for you and mix up the meals based on your personal schedule. I encourage you to try these meals even if they are new to you – it's a great example for the kids too. However, if there is an ingredient you just don't like, toss it and replace it with something you enjoy. This is just a rough guideline with recipes of the type of menu plan that will leave you feeling nourished and energized - and I hope it will inspire your love of cooking again with enticing new flavors and menu items the kids will love!

For ease of printing these recipes, instead of traditional recipe pages within the book, the recipes are included as clickable links within the weekly menu plan. This will allow you to easily bookmark the recipes, save them different recipe organizers or to print them out as needed

**Please note:** All recipes serve 4 people so adjust your grocery list accordingly. The dinner meal is designed to be large enough for your family with 1 extra serving for you for lunch the following day.

WEEK 1	BREAKFAST	LUNCH	DINNER
Monday	Paleo Carrot Muffins with Honey Butter	Tuna & Egg Salad over Romaine Lettuce	"Spaghetti" and Meatballs
Tuesday	Cherry Breakfast Pudding	Leftover "Spaghetti" and Meatballs	Chicken Tenders Sweet Potato Fries
Wednesday	Paleo Carrot Muffins with Honey Butter	Leftover Chicken Tenders Sweet Potato Fries	Shrimp Tacos with Mango Salsa
Thursday	Cherry Breakfast Pudding	Shrimp Tacos with Mango Salsa	Crock Pot Chili Dogs & French "Fries"
Friday	Southwest Omelet	Leftover Crock Pot Chili Dogs & French "Fries"	Pork Tenderloin Rosemary/Carrot Mash
Saturday	Almond Banana Pancakes + Sausage	Pork Tenderloin Rosemary/Carrot Mash	Fabulous Fish Stir Fry
Sunday	Almond Banana Pancakes + Sausage	Leftover Fabulous Fish Stir Fry	Chicken Piccata Balsamic Root Vegetables



# WEEKLY GROCERY LIST



## WEEK 1 – SHOPPING LIST

PRODUCE	MEAT/FISH/POULTRY
<ul style="list-style-type: none"><li>• Carrot – 10 (or large bag)</li><li>• Bell Peppers - 6 (assorted colors)</li><li>• Green Onions – 1 bunch</li><li>• Chard</li><li>• Cilantro</li><li>• Avocado - 4</li><li>• Bananas - 3</li><li>• Romaine Lettuce (2 heads)</li><li>• Garlic – 2 bulbs</li><li>• Ginger – 2 inches</li><li>• Rosemary, Fresh</li><li>• Zucchini – 2 medium</li><li>• Yellow Squash (Zucchini) – 2 medium</li><li>• Sweet Potatoes - 3</li><li>• Mango – 1</li><li>• Onion, Red – 1</li><li>• Onion, Yellow - 3</li><li>• Jalepeño chile – 1 (optional)</li><li>• Cucumber – 1</li><li>• Limes – 3</li><li>• Celery – 1 bunch</li><li>• Parsley, 1 tbsp chopped</li><li>• 2 Jicama or Potatoes (for French fries)</li><li>• Lemons – 4</li><li>• Shiitake Mushrooms – ½ cup worth to ¼ lb</li><li>• 1 Potato</li><li>• 1 Rutabaga</li><li>• 1 Parsnip</li><li>• Salad Ingredients:<ul style="list-style-type: none"><li>• Greens of your choice (I usually buy a giant pre-washed bin of greens to save time but it's cheaper to buy separate heads of lettuce)</li><li>• 5 of your favorite veggies</li><li>• Ingredients for dressing of your choice. I just do lemon and olive oil for ease</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Breakfast Sausage Links - 12 ounces</li><li>• 3 lbs grass-fed ground beef (One package of 1 lb, one package of 2 lbs)</li><li>• Organic, skinless, boneless chicken breast halves, cut into strips (or have the butcher pre-cut them into tenders) – 1 ½ lbs</li><li>• 4 skinless and boneless chicken breasts, split in half and pounded (the butcher can do this)</li><li>• Wild-caught shrimp, 1 ½ lbs. peeled and deveined</li><li>• Applegate or Fork in the Road uncured hot dogs from grass-fed beef</li><li>• Whole pork tenderloin, approximately 1 pound</li><li>• Wild-caught Mahi Mahi, 16 oz</li></ul>

CANNED/PANTRY GOODS/OILS/ VINEGARS	SPICES/BAKING
<ul style="list-style-type: none"> <li>• Native Forest Whole Fat Coconut Milk</li> <li>• Coconut Oil, raw</li> <li>• Pickle Relish</li> <li>• Mayonnaise</li> <li>• Mustard</li> <li>• Low-mercury tuna, 2 6-oz cans, drained</li> <li>• Jar of Organic, low-sugar Tomato Sauce or biodynamic pressed tomatoes (even better!)</li> <li>• 28-ounce can of crushed tomatoes</li> <li>• Bottle of Olive Oil</li> <li>• Capers</li> <li>• Balsamic Vinegar</li> <li>• 1 tbsp Coconut Vinegar</li> <li>• Jarred Minced Ginger</li> <li>• Jarred Garlic Paste</li> <li>• Water Chestnuts</li> <li>• Fish Sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Almond Flour – 4 cups</li> <li>• Baking Soda – aluminum Free</li> <li>• Celtic Sea Salt or Himalayan Salt</li> <li>• Cinnamon, ground</li> <li>• Nutmeg, ground</li> <li>• Allspice, ground</li> <li>• Cloves, ground</li> <li>• Honey, raw</li> <li>• Vanilla Extract</li> <li>• Raisins</li> <li>• Shredded Coconut</li> <li>• Cumin</li> <li>• Whole black pepper in a container which allows you to grind fresh (available at Trader Joe's for sure)</li> <li>• Oregano, dried</li> <li>• Paprika</li> <li>• Coriander</li> <li>• Chili Powder</li> <li>• Basil, dried</li> <li>• Crushed Red Pepper (optional)</li> <li>• Onion Powder</li> <li>• Cayenne</li> </ul>
EGGS/DAIRY	NUTS/SEEDS/DRIED FRUIT
<ul style="list-style-type: none"> <li>• 1 lb Pastured Butter</li> <li>• 2 doz. Pastured Eggs</li> <li>• 1 cup finely grated Parmesan cheese (optional &amp; only if you tolerate dairy)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup chopped soaked walnuts (optional)</li> <li>• 1/4 cup soaked walnuts, chopped</li> <li>• Brazil Nuts - 14</li> </ul>
FROZEN GOODS	OTHER
<ul style="list-style-type: none"> <li>• 1 bag of frozen dark cherries</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 cup white wine (optional)</li> </ul>

EXTRAS/HOME GOODS

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# WEEKLY PREP PLAN



## WEEK 1

## PREP LIST

## Sunday

\*The Sunday of the first week is tough because the prep cycle is just beginning. It's only this week though and it can be a fun activity to do with the kids if you want to include them.

1. Chop any ingredients you want for salad and put into individual containers (pyrex glass containers with lids keeps items fresh longer) This includes salad leaves and each vegetable and homemade dressing for salads through Wednesday. Target sells the containers
2. Make Tuna & Egg Salad for lunch Monday
3. Prep Big Batch of Green Juice to last for a couple of your lunches.
4. Make Paleo Carrot Muffins & Honey Butter (for everyone's breakfast M,W)
5. Make your broth.
6. Make any snacks you'd like for the next couple of days

## Monday

**AM:** Warm breakfast muffins, broth & eat your Brazil Nuts (only 2)

**PM:** Dinner Time

1. Start preparing dinner 30 mins before you'd like to eat.
2. Assemble salad (a great task for a child)
3. Make Cherry Breakfast Pudding (for everyone T, Th)
4. After dinner, pack lunch for you and your family for the next day so it's grab & go!

## Tuesday

**AM:** Warm broth, serve pudding & eat your Brazil Nuts (only 2)

**PM:** Dinner Time

1. Start preparing dinner 30 mins before you'd like to eat.
2. Assemble salad (a great task for a child)
3. After dinner, pack lunch for you and your family for the next day so it's grab & go!

## Wednesday

**AM:** Warm breakfast muffins, broth & eat your Brazil Nuts (only 2)

**PM:** Dinner Time

1. Start preparing dinner 30 mins before you'd like to eat.
2. Assemble salad (a great task for a child)
3. Get crockpot meal assembled and ingredients in crockpot. Put in fridge overnight.
4. After dinner, pack lunch for you and your family for the next day so it's grab & go!

## Thursday

**AM:** Warm broth, serve pudding & eat your Brazil Nuts (only 2)

\*Turn on crock pot for tonight's dinner.

**PM:** Dinner Time

1. Start preparing fries 30 mins before you'd like to eat.
2. Assemble salad (a great task for a child)
3. After dinner, pack lunch for you and your family for the next day so it's grab & go!

## Friday

**AM:** Warm broth, make omelet & eat your Brazil Nuts (only 2)

\*Turn on crock pot for tonight's dinner.

**PM:** Dinner Time

1. Start preparing dinner 35 mins before you'd like to eat.
2. Assemble salad (a great task for a child)

## Saturday

**AM:** Make Almond Banana Pancakes, warm broth, & eat your Brazil Nuts (only 2)

**PM:** Dinner Time

1. Start preparing dinner 35 mins before you'd like to eat.

# CONCLUSION



I hope this menu makes cooking exciting again for you. It is my personal mission to inspire, educate and empower our community to take back our health and our lives. And you are a part of this mission, because I hope every person I help will become an evangelist for this deep truth: Thyroid, autoimmune and inflammatory diseases can be reversed and symptoms can be eradicated. There's no reason for people to suffer as I did—lost in a sea of misinformation with nowhere to turn.

As I hope you've been able to see, nothing about this meal plan is that difficult. But it does take commitment—not commitment to the plan, but commitment to yourself and to finding the foods and lifestyle that best support your body, your health, and your healing. Healing your gut through your diet choices is a huge step in reversing thyroid, autoimmune or inflammatory diseases, but it's only one step in a greater dance of health and wellbeing. If you haven't already, I encourage you to check out [The Radical TLC Solution](#): Your simple, 6-week self-care strategy to turn around thyroid, autoimmune & inflammatory disease

and heal yourself from the inside out.

I am so honored to be a part of your healing journey and grateful for the opportunity to be of support to you.

If you find that you need to take your healing further, have specific questions about your health, or just need additional support on your journey, please reach out for group or personal 1-to-1 coaching.

I work with people as a coach, partner, physician liaison, patient advocate and health detective to ensure that we are doing everything possible to reach your optimal state of health.

Beyond personal coaching, I also host private and group healing retreats in California's beautiful wine country, Italy and other spectacular places around the globe, where we can commune with nature, with one another, and with ourselves on the road to better health.

If I can continue to be of service to you—or someone you know—in any way, please don't hesitate to reach out. Until then, I'll see you in our online community.

*Buon appetito!*

 Jen