

**TWO WEEK  
LOW IODINE DIET  
MEAL PLAN**

Day	Breakfast	Lunch	Dinner
1	Cream of Wheat & banana	Hummus, Veggies, Crackers	Pork Roast, Garlic and Chive Mashed Potatoes, Corn, Salad
2	Homemade Blueberry Muffins	PBJ, Chips, Veggies	BBQ Pork Sandwiches, Coleslaw, Sweet Potato Fries
3	Pancakes, scrambled egg white with peppers and onions	Chef Salad with hard boiled egg whites, ham, homemade croutons, and Catalina dressing	Meatloaf, Baked Beans, Baked Potatoes with chives
4	Homemade Cherry Turnovers	Lunch Meat Sandwich with Veggies and Chips	Beef Stew with Potatoes, Carrots, Salad, Homemade Bread
5	Crockpot Steel Cut Oats	Earth Balance Mac & Cheese, Pea	Spaghetti & Meatballs, Salad, Garlic Bread
6	Breakfast Burritos	Chicken Nuggets, Fresh Fruit	Taco Soup with Ritz Crackers/Tortilla Chips
7	Cream of Wheat	Hummus, Veggies, Crackers	Burgers with Caramelized Onions, French Fries, Grilled Zucchini and Yellow Squash
8	Homemade Cinnamon Bread, scrambled egg whites, & hashbrown	PBJ, Chips, Veggies	Honey Glazed Chicken, Stir Fry Veggies, and Rice
9	Homemade Banana Muffins& fruit	Lunch Meat Sandwich with Veggies and Chips	French Toast, Potatoes O'Brien, Scrambled Egg Whites, Chocolate Banana PB Smoothies
10	Pancakes, scrambled egg white with peppers and onions	Chef Salad with hard boiled egg whites, ham, homemade croutons, and Catalina dressing	BLT's, Chips, Pasta Salad
11	Waffles with blueberry compote	Earth Balance Mac & Cheese, Pea	Chili, Macaroni Noodles, Crackers
12	Baked Oatmeal with Blueberries	Chicken Nuggets, Fresh Fruit	Tacos/Taco Salad with Spanish Rice
13	Baked Oatmeal Bars	Lunch Meat Sandwich with Veggies and Chips	Chicken Fried Chicken, Mashed Potatoes, Gravy, Green Beans, Crescent Roll
14	Pumpkin Muffins and fruit	PBJ, Chips, Veggies	Marinated Grilled Chicken, Coleslaw, Baked Beans, Roasted Potatoes

## BREAKFAST RECIPES

### Baked Oatmeal Bars

3 c. old fashioned oats  
1½ c. brown sugar  
5½ c. LID safe milk  
½ c. peanut butter  
6 egg whites, beaten  
1 c. chocolate chips

In a large pot, combine oats, milk, brown sugar, peanut butter, and eggs.

Mix well and simmer over medium heat, stirring regularly, 20 minutes or until thickened.

Pour into greased 9x13 inch pan and top with chocolate chips. Bake at 350 degrees for 30 minutes or until oatmeal is set. Let stand 5 minutes. Serve warm; top with milk or additional brown sugar if desired.

### Baked Oatmeal with Blueberries

1/2 cup LID safe milk  
1/2 teaspoon salt  
1 teaspoon baking powder  
1/2 cup sugar  
2 egg whites  
1/4 cup LID safe butter, softened  
1 teaspoon vanilla extract  
2 tablespoons oil  
1 3/4 cups rolled oats  
1 cup blueberries (fresh or frozen)

In a medium sized mixing bowl, beat egg. Add rest of ingredients except oats and mix thoroughly until well combined. Add oats and stir. Pour into a greased 8x8 baking dish. Sprinkle with blueberries. Bake at 350 for 35 minutes.

## Banana Muffins

1 1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
3 bananas, mashed  
3/4 cup white sugar  
2 egg whites  
1/3 cup LID butter, melted  
1/3 cup packed brown sugar  
2 tablespoons all-purpose flour  
1/8 teaspoon ground cinnamon  
1 tablespoon LID butter

Preheat oven to 375 degrees F (190 degrees C). Lightly grease 10 muffin cups, or line with muffin papers.

In a large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt. In another bowl, beat together bananas, sugar, egg and melted butter. Stir the banana mixture into the flour mixture just until moistened.

Spoon batter into prepared muffin cups.

In a small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.

Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

## Blueberry Muffins

2 cups all-purpose flour  
2 teaspoons baking powder  
3/4 teaspoon salt  
1 stick (1/2 cup) LID safe butter, softened  
1 cup granulated sugar  
2 large eggs  
1-1/2 teaspoons vanilla extract  
1/4 teaspoon almond extract  
1/2 cup milk  
2-1/4 cups fresh blueberries  
2 tablespoons raw sugar

Preheat the oven to 375°F. Line a 12-cup muffin tin with paper liners. Spray the pan and the liners with non-stick cooking spray.

In a medium bowl, whisk together the flour, baking powder and salt. In the bowl of an electric mixer, beat the butter and granulated sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and almond extract. (The batter may look a little grainy -- that's okay). Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. Add the berries to the batter and fold gently with a spatula until evenly distributed. Do not overmix. Scoop the batter into the prepared muffin tin (an ice-cream scoop with a wire scraper works well here); they will be very full. Sprinkle the turbinado sugar evenly on top of the muffins.

Bake for about 30 minutes, until lightly golden and a cake tester comes out clean. Let the muffins cool in the pan for about 10 minutes. Run a knife around the edge of each muffin to free it from the pan if necessary (the blueberries can stick), then transfer the muffins to a rack to cool completely.

### **Breakfast Burritos**

Scrambled Egg Whites (with peppers and onions)  
Fried diced potatoes  
Browned ground sausage  
Salsa

Assemble all in tortillas and serve.

### **Bread Machine Cinnamon Bread**

1 cup LID "milk"  
1/4 cup LID butter, softened  
2 egg whites  
3 cups bread flour  
1/2 cup sugar  
1/2 teaspoon salt  
1 1/4 teaspoons cinnamon  
2 teaspoons yeast

Put in bread machine pan in this order and set on sweet bread setting.

### **Cherry Turnovers**

1 box puff pastry dough (thawed)  
1 can cherry pie filling  
1 egg white, beaten  
1 1/2 c powdered sugar  
2 T LID safe "milk"  
1 t. vanilla

Preheat oven to 375 degrees F.

Unwrap both of the puff pastry doughs and cut into 8 squares (4 from each dough).

Place a heaping tablespoon or two of cherry pie filling in the center of each square. Brush the edges of the squares with the egg white and fold over to enclose the pie filling.

Bake on an un-greased baking sheet for 20 to 25 minutes, or until puff pastry is golden brown. Let cool on a wire rack.

To make vanilla glaze:

Combine the powdered sugar, milk and vanilla extract in a bowl and whisk until smooth. Pour in a frosting bag or zip close bag then snip off the tip or corner to pipe on the cooled turnovers.

## Crockpot Steel Cut Oats

1 cup steel cut oats  
2 med apples, peeled & diced (about 2 1/2 c.)  
2 cups apple juice  
2 cups LID milk  
1/4 to 1/2 cup maple syrup  
2 teaspoons pure vanilla extract  
1 tablespoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon salt

Optional garnishes: cream, maple syrup,  
cinnamon, chopped nuts

Locate an oven-safe, not-too-shallow baking dish (such as Corningware or Pyrex) that will fit in your slow cooker. In the baking dish, place oats, diced apples, apple juice, milk, maple syrup, vanilla, cinnamon, nutmeg, and salt; stir to combine. Carefully place baking dish down in slow cooker and slowly pour water into the bottom of the slow cooker until its level is about 1 inch below the top of the baking dish. Cover and cook on LOW for 8 hours. Stir before serving.

I use a 2.5-liter round Corningware baking dish in a 6.5-quart slow cooker. It's okay if your baking dish is suspended by its sides on the edges of the slow cooker and doesn't touch the bottom...the lid of the slow cooker just needs to be able to close securely.

## Pancakes

3/4 cup LID "milk"  
2 tablespoons white vinegar  
1 cup all-purpose flour  
2 tablespoons white sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 egg whites  
2 tablespoons LID safe butter, melted  
cooking spray

Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour".

Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl. Whisk egg and butter into "soured" milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone.

Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

## Pumpkin Muffins

3 cups canned pumpkin puree  
1 1/2 cups vegetable oil  
4 cups white sugar  
12 egg whites  
4 3/4 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons baking soda  
1 1/2 teaspoons salt  
1 1/2 teaspoons ground cinnamon  
1 1/2 teaspoons ground nutmeg  
1 1/2 teaspoons ground cloves

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour three 9x5 inch loaf pans (or you can put in muffin form).

In a large bowl, mix together the pumpkin, oil, sugar, and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans.

Bake in preheated oven for 45 minutes to 1 hour. (25-30 min for muffins) The top of the loaf should spring back when lightly pressed.

## Waffles

2 cups all-purpose flour  
1 teaspoon salt  
4 teaspoons baking powder  
2 tablespoons white sugar  
4 egg whites  
1 1/2 cups warm LID milk  
1/3 cup LID butter, melted  
1 teaspoon vanilla extract

In a large bowl, mix together flour, salt, baking powder and sugar; set aside. Preheat waffle iron to desired temperature.

In a separate bowl, beat the eggs. Stir in the milk, butter and vanilla. Pour the milk mixture into the flour mixture; beat until blended.

Ladle the batter into a preheated waffle iron. Cook the waffles until golden and crisp. Serve immediately.

## DINNER RECIPES

### Beef Stew

2 pounds beef stew meat, cut into 1 inch cubes  
1/4 cup all-purpose flour  
1/2 t. salt  
1/2 t. ground black pepper  
1 clove garlic, minced  
1 bay leaf  
1 t. paprika  
1 t. Worcestershire sauce (homemade)  
1 onion, chopped  
1 1/2 cups beef broth  
3 potatoes peeled and diced  
4 carrots, sliced  
1 stalk celery, chopped

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

### Chili

1 pounds ground beef chuck  
3 (15 ounce) cans chili beans, drained  
2 (28 ounce) cans diced tomatoes with juice  
1 (6 ounce) can tomato paste  
1 large yellow onion, chopped  
3 stalks celery, chopped

1 green bell pepper, seeded and chopped  
1 red bell pepper, seeded and chopped  
1 tablespoon bacon bits  
4 cubes beef bouillon  
1/4 cup chili powder  
1T Worcestershire sauce (homemade)  
1 tablespoon minced garlic  
1 tablespoon dried oregano  
2 teaspoons ground cumin  
1 teaspoon dried basil  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 teaspoon cayenne pepper  
1 teaspoon paprika  
1 teaspoon white sugar

Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease. Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, bell peppers, bacon bits, and bouillon. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally. After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste.



### Country Fried Chicken

30 saltine crackers  
2 tablespoons all-purpose flour  
2 tablespoons dry potato flakes  
1 teaspoon seasoned salt  
1 teaspoon paprika  
1 t. pepper  
2 egg whites  
6 skinless, boneless chicken breast halves  
2 cups vegetable oil for frying

Place crackers in a large resealable plastic bag; seal bag and crush crackers with a rolling pin until they are coarse crumbs. Add the flour, potato flakes, seasoned salt, paprika and pepper and mix well.

Beat egg in a shallow dish or bowl. One by one, dredge chicken pieces in egg, then place in bag with crumb mixture. Seal bag and shake to coat.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry chicken, turning frequently, until golden brown and juices run clear, 15 to 20 minutes.

### Crockpot Pork Roast

Pork Shoulder Roast  
2-3 T Dry Rub  
2 T Worcestershire Sauce (use homemade)

Cover in Dry Rub, put in crockpot and add a few dashes of Worcestershire sauce and cook on low for 8-10 hours.

### Honey Glazed Chicken

1/2 cup honey  
4 tablespoons soy sauce (homemade)  
1/8 teaspoon red pepper flakes  
1 1/2 tablespoons olive oil  
2 skinless, boneless chicken breast halves, cut into bite-size pieces, seasoned with salt, pepper, and paprika  
Stir fry veggies

Whisk honey, soy sauce, and red pepper flakes in a bowl.

Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes. Remove. Cook stir fry veggies in oil for about 5 minutes. Add chicken back in with veggies and then pour honey mixture into skillet and continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more.

Serve with rice.

## Marinated Grilled Chicken

1/3 c. olive oil  
1/4 c. soy sauce (homemade)  
3 T Worcestershire sauce (homemade)  
2 T. dried minced onion  
2 T honey  
2 T garlic  
1 t. salt  
1 t. pepper  
3 T lemon juice  
Mix together and put into Ziploc bag and add 4-6 chicken breasts to bag. Marinade for 24 hours and then grill or bake.

## Meatballs for Spaghetti

1lb ground beef  
1 c. bread crumbs  
1 t. parsley  
1/2 c. LID safe milk  
4 egg whites  
Salt  
Pepper

Mix all ingredients until well combined. Form into small balls and put on greased baking sheet. Bake in oven at 375 for 30 minutes or until done. Serve in spaghetti sauce with noodles.

## Meatloaf

1 1/2 pounds ground beef  
2 egg whites  
1 onion, chopped and sautéed slightly  
1 cup LID safe milk  
1 cup dried seasoned bread crumbs  
1 T Worcestershire sauce  
1/2 c. ketchup  
salt and pepper to taste  
2 tablespoons brown sugar  
1 tablespoons Worcestershire sauce  
1/3 cup ketchup

Preheat oven to 350 degrees F. In a large bowl, combine the beef, egg, onion, milk Worcestershire sauce, 1/2 c. ketchup and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.

In a separate small bowl, combine the brown sugar, Worcestershire sauce and ketchup. Mix well and pour over the meatloaf.

Bake for 1 hour. Let rest before slicing.

## Taco Salad

Lettuce

Tomato

Tortilla Chips/Doritos

Ground Beef and Chili Beans with Taco

Seasoning

Black Beans

Corn

Green Pepper

Salsa

Catalina Dressing

## Taco Soup

1 onion, chopped

1 can black beans

1 can corn, drained

1 can tomato sauce

1 can diced tomatoes

1 can Rotel

1 can chili beans

4 chicken breasts

3 T taco seasoning

2 c chicken broth.

Put all ingredients in crockpot and cook on low for 6-8 hours or high for 3-4. Take chicken out to shred, then add back in and serve with tortilla chips and fresh onion.

## SIDES RECIPES

### Coleslaw

1 (16 ounce) bag coleslaw mix (or one head cabbage and 2 carrots, shredded)  
2 tablespoons diced onion  
1/2 cup mayo  
¼ cup LID safe milk  
1/2 cup white sugar  
1 tablespoon white vinegar  
1/2 teaspoon salt  
1/8 t pepper

Combine the coleslaw mix and onion in a large bowl. Whisk together the mayo, buttermilk, sugar, vinegar, salt, and pepper in a medium bowl; blend thoroughly. Pour dressing mixture over coleslaw mix and toss to coat. Chill at least 2 hours before serving.

### Homemade Bread

1 cup warm water (110 degrees F)  
2 tablespoons white sugar  
1 (.25 ounce) package bread machine yeast  
1/4 cup vegetable oil  
3 cups bread flour  
1 teaspoon salt

Place the water, sugar and yeast in the pan of the bread machine. Let the yeast dissolve and foam for 10 minutes. Add the oil, flour and salt to the yeast. Select Basic or White Bread setting, and press Start.

### Pasta Salad

Tricolor Rotini, cooked, drained and cooled  
10 slices bacon, cooked and crumbled  
Cucumbers, diced  
Grape tomatoes, halved  
Ham, cut into bite sized pieces  
LID safe ranch dressing

Mix ingredients together to your taste and add enough ranch to coat to your liking.

### Roasted Red Potatoes

Peel and cube red potatoes and put into bowl. Coat with olive oil. Sprinkle with garlic, chives, and salt. Roast at 450 for 30-40 minutes until browned. Stir halfway through.

## CONDIMENTS AND SEASONINGS

### Dry Rub recipe

¼ cup smoked paprika  
2 teaspoons chili powder  
1 tablespoon cumin  
1 pinch cayenne pepper  
3 tablespoons packed brown sugar  
2 tablespoons granulated sugar  
1 tablespoon kosher  
1 tablespoon ground black pepper

### Worcestershire Sauce

½ cup apple cider vinegar  
2 tablespoons low sodium soy sauce (use homemade alternative)  
2 tablespoons water  
1 tablespoon brown sugar  
¼ teaspoon ground ginger  
¼ teaspoon mustard powder  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
⅛ teaspoon cinnamon  
⅛ teaspoon black pepper  
Bring all to a boil and simmer for 1 minute.  
Cool and store

### Soy Sauce

4 tablespoons beef bouillon  
4 teaspoons balsamic vinegar  
2 teaspoons molasses  
¼ teaspoon ground ginger  
1 pinch white pepper  
1 pinch garlic powder  
1 ½ cups water

In a saucepan over medium heat, stir together the beef bouillon, balsamic vinegar, molasses, ginger, white pepper, garlic powder and water. Boil gently until liquid is reduced to about 1 cup, about 15 minutes.

### Ranch Dressing

1 cup LID safe mayonnaise  
1 ½ teaspoons lemon juice  
½ c. LID safe "milk"  
½ teaspoon dried chives  
½ teaspoon dried parsley  
½ teaspoon dried dill weed  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
⅛ teaspoon salt  
⅛ teaspoon ground black pepper

Mix "milk" and lemon juice together and let sit for 5 minutes. Then add remaining ingredients and whisk until combined. Let chill for 1-2 hours before using.

## Homemade THICK Almond Milk

1.5 cups almonds

6 cups water

Pinch of kosher salt

½ t. vanilla extract (optional)

Pinch of cinnamon (optional)

Honey, Sugar, Maple Syrup, or Dates

(optional – if you want it sweetened)

Place almonds in a bowl and cover with a couple inches of water. Soak the almonds in water overnight (about 8 to 10 hours). Rinse and drain well. Place drained almonds into a blender along with the 6 c. water, salt, and other optional ingredients (if desired).

Blend on the highest speed for 2-3 minutes.

Place a nut milk bag or cheese cloth over a large bowl and slowly pour the almond milk mixture into the bag. Gently squeeze the bottom of the bag to release the milk.

Reserve about half of the thin almond milk in a pitcher and add the other half to a large saucepan. Cook on medium high and stir almost constantly until it reaches a high temperature – you're basically "scalding" this almond milk. At a certain point, right before it reaches a boil, you will notice that the hot liquid almost immediately goes from watery to slightly creamy when you run a spoon through it. Quickly remove from the heat before it boils and simply pour back in the pitcher with the

other half of the milk and allow the whole mixture to cool in the refrigerator before serving.

# INGREDIENT LIST

## PRODUCE

Broccoli  
Cabbage/Coleslaw Mix  
Carrots  
Celery  
Cucumbers  
Grape Tomatoes  
Green Peppers  
Green Beans  
Lettuce  
Onions  
Peas  
Potatoes (Red and Russet)  
Tomatoes  
Zucchini  
Apples  
Bananas  
Grapes  
Oranges  
Plums  
Watermelon

## CANNED

Pasta Sauce (Ragu or Prego)  
Refried Beans (Old El Paso)  
Salsa (Pace)  
Pumpkin  
Cherry Pie Filling  
Diced Tomatoes (Aldi's organic)  
Rotel  
Baked Beans (Bush)  
Tomato Paste (Hunts)  
Pickles (Mt. Olive)

## BAKING/COOKING

Beef Bouillon (Knorr)  
Bread Crumbs (Progresso)  
Kosher Salt  
Seasoned Salt (Lawry's)  
Chocolate Chips (Ghirardelli Semi Sweet)  
Molasses  
Apple Cider Vinegar  
Balsamic Vinegar

## GROCERY

Syrup (Aunt Jemima)  
Chips (Salsa Verde Doritos, Lays BBQ, Baked Lays, Ruffles, Tostitos Tortilla Chips)  
Pop Tarts (Strawberry, Brown Sugar)  
Oreos  
Graham Crackers (Nabisco)  
Crackers (Ritz, Club, Saltines – Zesta)  
Spanish Rice (Knorr)  
Rice A Roni (chicken & garlic)  
White Rice  
Pasta (Tricolor Rotini, Elbows, Spaghetti - Barilla)  
Mac N Cheese (Earth Balance)  
Beef Broth (Swanson)  
Chicken Broth (Swanson)  
Cream of Wheat  
Almonds

## CONDIMENTS

Mayonnaise (Just Mayo or Hellmann's No Egg)  
Ranch Dressing (Walden Farms)  
Catalina Dressing (Kraft)  
BBQ Sauce (Sweet Baby Ray's)  
Ketchup (Heinz)  
Taco Sauce (Ortega)  
Chocolate Syrup (Hershey's)  
Peanut Butter (Peter Pan Honey Roast Creamy)  
Jelly (Smucker's)

## BREAD

Buns (Cobblestone Bread Co. Sesame Twist)  
Bread (Cobblestone Bread Co. Complete Wheat)

## REFRIGERATED

Egg Whites (Sam's Club)  
Eggs (to separate)  
Hummus (Sabra)  
Crescent Rolls (Pillsbury)  
Butter (Earth Balance)

