

refresh



A seven day recipe plan to change up
your eating habits and help manage
Hashimoto's through metabolic balance

Food photography and book by Shirin Leung

Preface



Hello there!

Welcome to the diet that will revolutionise the way you eat and help you lose weight fast! After getting diagnosed with an underactive thyroid a number of years ago, I set out to discover a way to improve my health. This diet was developed using a blood test sent to Germany and metabolic coach. I hope that you will find these recipes easy as well as delicious! I have lost 20kg since starting this diet four months ago and I have never felt better! I wish you all the best with your health journey and hope you enjoy my book! All the food was photographed and cooked by me.

SHIRIN

Introduction

This diet was developed using a blood test relevant to the author's own body chemistry. This diet may not benefit you in the exact same ways it benefited the author of this book. Nevertheless, eating a healthy diet with less carbohydrates and more healthy fats and vegetables is beneficial and the metabolic diet in this book advocates this. In order to gain maximum benefits it is ideal to eat organic or wash your produce thoroughly before preparing your dishes. All portions are designed for one person.

It is important to alternate and only eat one type of protein at every meal as the body can better metabolise this. Try to eat vegetables in an array of colours to maximise vitamin absorption. This diet has a week of recipes, but should be adopted over the course of a two weeks to a month at least to see an effect. After the week has passed just change your proteins and continue to weigh your proteins and vegetables for every meal - 70g of protein and vegetables for breakfast, 115g each for lunch and 125g each for dinner. This diet is not meant to cure you of any disease but can aid you in losing weight if you follow it strictly and drink 35ml of water to every kg of body weight and follow a light daily exercise regime.



Day 1 - Breakfast

Raspberry Yoghurt 10 minutes

185g sheep's yoghurt

100g fresh raspberries

A few fresh mint leaves

1 vanilla pod (optional)

2 rice cakes (optional)

1. Put raspberries into a bowl and lightly crush them with a spoon to release the juices.
2. Finely chop or chiffonade your mint leaves and add to your raspberries.
3. Pour in your yoghurt.
4. Slice through your vanilla pod lengthways, being careful as to not completely cut through.
5. Open the pod and, using a spoon, scrape the vanilla pod seeds out of the pod.
6. Add the seeds to the yoghurt, mix until incorporated, and serve.

Day 1 - Lunch

Chicken Stir-Fry

25 minutes

115g of chicken breast

40g of red peppers

40g of green beans

40g of button mushrooms

1 tbsp of worcestershire sauce

1 tbsp of chilli sauce

1 tsp of onion & garlic powder

Thumb-sized piece of ginger

Pinch of salt and pepper

A few fresh coriander leaves

Pinch of sesame seeds

160g of fresh mango

1. Slice your chicken into thin strips about 1 cm thick.
2. Julienne your red peppers, green beans, and mushrooms
3. Heat a saucepan to medium high heat, add your ginger and sliced chicken and cook until halfway done.
4. Add your vegetables and seasonings and mix well.
5. Add your worcestershire sauce and a chilli sauce of your choice.
6. Garnish with sesame seeds.
7. Serve with fresh mango.



Day 1 - Dinner

Butter Bean Salad

10 minutes

70g of canned butter beans

63g of cherry tomatoes

63g of cucumber

1 tsp of dried thyme

2 tsp of vinegar

1 tsp of ground cumin

Few sprigs of parsley

Pinch of salt and pepper

1/2 tsp chilli flakes

1 apple

1. Drain your butter beans and set them aside.
2. Slice your cherry tomatoes in half and dice your cucumber
3. In a bowl, add your vinegar, ground cumin, dry herbs, and salt and pepper.
4. Add your butter beans and vegetables and mix until thoroughly coated.
5. Roughly chop your parsley and add to the bowl.
6. Serve with an apple.





Day 2 - Breakfast

Nuts & Seeds salad

10 minutes

70g of romanesco

25g of almonds

15g of sunflower seeds

Few sprigs of dill

1 small radish

2 tsp of vinegar

Pinch of salt and pepper

1 apple

1. Snap the romanesco florets off the head and rinse thoroughly.
2. Lightly crush or chop your almonds and sunflower seeds.
3. Heat a small saucepan on low-medium heat and add the crushed nuts. Toast them until brown.
4. Roast your romanesco over an open flame until a nice char develops on all sides.
5. Coarsely chop your sprigs of dill and very thinly slice your radish. Add all ingredients in to a bowl.
6. Add your vinegar and season with salt and pepper. Mix well and serve.

Day 2 - Lunch

Salmon and Squash Soup

30 minutes

115g of salmon fillet

115g of butternut squash

1 tsp of onion powder

1 tsp of garlic powder

200ml of chicken stock

Few fresh sage leaves

1 tsp of dried sage

Pinch of salt and pepper

1. Chop your squash in half lengthways and remove the outside skin with a peeler or knife. Use a spoon to remove the seeds.
2. Add your squash to a saucepan on medium-high heat and add all dry seasonings. Cook until easily mashable with a fork.
3. Add the stock and bring to a boil.
4. Put the heat on low and use a hand blender to blend to a soup.
5. Season your salmon fillet with salt and pepper and gently lay skin side down in a frying pan on medium-high heat. Leave it until it is 2/3 cooked and flip.
6. Using the oil from the fish, add your fresh sage leaves and fry until crispy.
7. Add the salmon to a soup bowl and pour the soup on both sides. Add the fried sage leaves on top and serve.



Day 2 - Dinner

Steak & Salad 15 Minutes

125g of beef filet steak
65g of red peppers
40g of avocado
10g of radicchio
10g of rocket
2 tsp of vinegar
Pinch of salt and pepper
1 tsp of garlic powder
100g of cherries

1. Pre-heat a saucepan on high heat until smoking.
2. Season your steak with salt, pepper, and garlic powder.
3. Gently lay the steak onto the saucepan and sear each side to preferred doneness. (Internal temperature; Med. Rare-60°C, Medium-65°C, Med. Well-70°C, Well Done-75°C).
4. Remove the steak and rest on the plate for approx. 1-2 minutes
5. Slice your radicchio, peppers, and avocado into thin strips.
6. Add the radicchio, red peppers, avocado and rocket to the plate and dress with vinegar, salt, and pepper.
7. Serve with cherries.





Day 3 - Breakfast

Poached Eggs 25 minutes

2 eggs
70g avocado
2 rice crackers
1 tsp of dried thyme
1 tsp of chilli flakes
Pinch of salt and pepper
1 fresh kiwi

1. Bring a pot of water to the boil and reduce the heat to a simmer.
2. Create a vortex in the pot with a whisk and gently crack your eggs into the centre. Let it sit for roughly 4 minutes.
3. Mash your avocado in a bowl and add your seasonings.
5. Remove your eggs and place them on a kitchen towel to soak up moisture.
6. Place your rice cracker on a plate, followed on top by your avocado and poached eggs. Add a sprinkle of seasonings.
7. Serve with freshly cut kiwi.

Day 3 - Lunch

Seabass Ratatouille

25 minutes

115 g of seabass fillet
40g of cherry tomatoes
40g of courgettes
40g of aubergines
1/2 an onion
1 tsp of garlic powder
1 tsp of smoked paprika
1 tsp of ground ginger
Pinch of salt and pepper
A couple sprigs of fresh dill
A few fresh basil leaves

1. Dice your cherry tomatoes, aubergine, and courgette.
2. Add to a saucepan on medium-high heat and add seasonings and half of the basil leaves.
3. Season your fish fillet and add to a separate pan on medium heat.
4. Cook vegetables and fish until vegetables have intensified their flavours and the fish turns opaque or flakes apart.
5. Add the cooked vegetables to a bowl or plate and place the fish on top.
6. Garnish with the remaining fresh basil.



Day 3 - Dinner

Halloumi Sizzler

10 minutes

80g of sheep/goat halloumi

65g of red peppers

65g of cherry tomatoes

Pinch of salt and pepper

1 tsp of garlic powder

1 tsp of onion powder

1 tsp of smoked paprika

1/2 tsp of chilli flakes

Pinch of black pepper

A few fresh basil leaves

160g of fresh mango

1. Cut your halloumi cheese into long and thick strips and coat with half the seasonings.
2. Place them in a frying pan on medium-high heat.
3. Julienne your red peppers and halve your cherry tomatoes.
4. Add to another pan on medium heat together with the rest of your seasonings.
5. Fry your halloumi on both sides, flipping until each side has browned nicely. Fry your vegetables until softened and the flavours have intensified.
6. Place your fried halloumi on the plate followed by your vegetables.
7. Serve with freshly cut mango.





Day 4 - Breakfast

Tuna salad 15 minutes

70g of drained tuna from brine

45g of avocado

25g of grilled artichokes

1 apple

Pinch of salt and pepper

Fresh mint and lemon juice

1. Drain half a can of tuna and put in a bowl.
2. Cut the apple and avocado into cubes.
3. Cut the stem and head of the artichoke and remove the furry choke from the inside.
4. Rub coconut oil, salt and pepper into each leaf and grill until soft.
5. Alternatively combine store bought grilled artichokes to add to the salad and tuna.
6. For the green smoothie, blend a thin slice of turmeric and ginger, kale, spinach, rocket, apple, basil.
7. Garnish with mint and enjoy!

Day 4 - Lunch

Vegetarian Omelette with nuts and berries 20 minutes

115g of assorted green leafy vegetables

3 eggs

1 diced onion

3 cloves minced garlic

Handful of chopped nuts

Handful of chopped berries

1 tbsp of almond flour

1 tsp of baking powder

1 tsp of dried thyme

Pinch of salt and pepper

A few sprigs of fresh parsley

1. Dice your onion and mince the garlic cloves and fry in coconut oil. Season well.
2. Wash and cut your assorted leafy green vegetables. Drain them and fry them with the garlic and onion.
3. Once the vegetables are cooked set them aside to cool.
4. Incorporate the three eggs, almond flour, baking powder, nuts and berries to the bowl of fried vegetables.
5. Heat up the frying pan and place on a low flame, empty the mixed content to the frying pan and cover for 5-7 minutes until brown.
6. Use a plate to turn the omelette upside down and return the omelette back into the pan to brown the other side for a further 3 minutes. Enjoy!



Day 4 - Dinner

Romanesco chicken salad with mint tea

30 minutes

1 apple, red or green

125g of chicken breast

70g mixed vegetables including spinach, rocket, radish, white cabbage, lollo rossa, cucumber, watercress, mint.

45g of romanesco

Pinch of salt and pepper

Pinch of black pepper

A tsp of olive oil & vinegar

1. Pan fry your chicken breast, seasoning with salt and pepper, cut into strips.
2. Grill the romanesco on the flame for a few minutes to give a roasted flavour and chop into smaller pieces
3. Julienne the apple
4. Julienne slice your white cabbage and your radish.
5. Wash and cut the rest of the leafy vegetables and mix into the salad.
6. Place the salad on top of the chicken strips and season the salad with salt pepper, olive oil and apple cider vinegar.
7. Add lollo rossa lettuce on top of the dish for a garnish.
8. For the mint tea, boil water and add fresh mint and a few drops of rose water to your glass.

Enjoy!





Day 5 - Breakfast

**Sheep cheese salad; Miracle Smoothie;
Turmeric drink
5 minutes**

1 green apple
1 pear
45g sheep cheese
1 small cucumber

1. Cube the apple, pear, cucumber and cheese and mix well.
 2. Add freshly torn herbs to taste. Here we added basil and mint.
 3. For the miracle smoothie blend a handful of spinach, kale, rocket, 1 pear, 1 slice of ginger.
1. For the turmeric drink add 1/2 teaspoon of turmeric, 1/4 teaspoon of black pepper, 1/4 teaspoon of coconut oil, 1/2 lemon juice to a cup of warm water and mix. Drink straight away to aid healthy digestion and use as an anti-inflammatory.

Day 5 - Lunch

**Salmon salad with
Persian black tea
25 minutes**

115 g of salmon fillet

115g of mixed vegetables including
white organic cabbag, fennel, spin-
ach, radish, and rocket.

1 apple

1 tsp of garlic powder

1 tsp of smoked paprika

1 tsp of ground ginger

Pinch of salt and pepper

A few fresh basil leaves

1. Dice your cherry tomatoes, auber-
gine, and courgette.
2. Add to a saucepan on medium-high
heat and add seasonings and half of
the basil leaves.
3. Season your fish fillet and add to a
separate pan on medium heat.
4. Cook vegetables and fish until vege-
tables have intensified their flavours
and the fish turns opaque or flakes
apart.
5. Add the cooked vegetables to a bowl
or plate and place the fish on top.
6. Garnish with the remaining fresh
basil.



Day 5 - Dinner

Salmon steak salad

10 minutes

80g of sheep/goat halloumi

65g of red peppers

65g of cherry tomatoes

Pinch of salt and pepper

1 tsp of garlic powder

1 tsp of onion powder

1 tsp of smoked paprika

1/2 tsp of chilli flakes

Pinch of black pepper

A few fresh basil leaves

160g of fresh mango

1. Cut your halloumi cheese into long and thick strips and coat with half the seasonings.
2. Place them in a frying pan on medium-high heat.
3. Julienne your red peppers and halve your cherry tomatoes.
4. Add to another pan on medium heat together with the rest of your seasonings.
5. Fry your halloumi on both sides, flipping until each side has browned nicely. Fry your vegetables until softened and the flavours have intensified.
6. Place your fried halloumi on the plate followed by your vegetables.
7. Serve with freshly cut mango.





Day 6 - Breakfast

Fried eggs;
Miracle Smoothie;
Turmeric drink
5 minutes

1 green apple
1 pear
45g sheep cheese
1 small cucumber

1. Cube the apple, pear, cucumber and cheese and mix well.
 2. Add freshly torn herbs to taste. Here we added basil and mint.
 3. For the miracle smoothie blend a handful of spinach, kale, rocket, 1 pear, 1 slice of ginger
1. For the turmeric drink add 1/2 teaspoon of turmeric, 1/4 teaspoon of black pepper, 1/4 teaspoon of coconut oil, 1/2 lemon juice to a cup of warm water and mix. Drink straight away to aid healthy digestion and use as an anti-inflammatory.

Day 6 - Lunch

Red lentils and cooked veggies with miracle smoothie

25 minutes

115 g of red lentils

115g of mixed vegetables including cherry tomatoes, courgettes, an onion, and aubergine.

1 tsp of cumin

Pinch of salt and pepper

A few fresh parsley leaves

1. Dice your cherry tomatoes, aubergine, and courgette.
2. Add to a saucepan on medium-high heat and add seasonings and half of the basil leaves.
3. Season your fish fillet and add to a separate pan on medium heat.
4. Cook vegetables and fish until vegetables have intensified their flavours and the fish turns opaque or flakes apart.
5. Add the cooked vegetables to a bowl or plate and place the fish on top.
6. Garnish with the remaining fresh basil.



Day 6 - Dinner

Salmon steak salad 10 minutes

125g of salmon fillet steak

125g mixed vegetables including onion, cherry tomato, carrot, cucumber, radish, kale, spinach and mixed lettuce.

A few fresh mint leaves

A pinch of pepper and salt

A dash of balsamic vinegar

1. Place your salmon fillet steak in a frying pan and fry on medium to low heat.
2. Turn your salmon once it is cooked a third through.
3. Wash and cut your vegetables and put them in a bowl.
4. Season your salad with salt, pepper and balsamic vinegar.
5. Plate your salmon once cooked and add your salad to the side of your plate.
6. Garnish with some mint.
7. Serve and enjoy





Day 7 - Breakfast

Feta cheese salad;
Miracle Smoothie;
Turmeric drink
5 minutes

1 green apple

1 pear

45g sheep cheese

1 small cucumber

1. Cube the apple, pear, cucumber and cheese and mix well.
2. Add freshly torn herbs to taste. Here we added basil and mint.
3. For the miracle smoothie blend a handful of spinach, kale, rocket, 1 pear, 1 slice of ginger
1. For the turmeric drink add 1/2 teaspoon of turmeric, 1/4 teaspoon of black pepper, 1/4 teaspoon of coconut oil, 1/2 lemon juice to a cup of warm water and mix. Drink straight away to aid healthy digestion and use as an anti-inflammatory.

Day 7 - Lunch

Chicken stir fry

25 minutes

115 g of chicken breast

115g of mixed vegetables including onion, carrot, mushrooms, green beans

1 tsp of curry powder

1 tsp of turmeric

1 tsp of ground garlic

Pinch of salt and pepper

A few fresh basil leaves

1. Slice your chicken breast into bite sized portions and dice your onion
2. Add onion to a frying pan on medium-high heat and add seasonings.
3. Once browned, add the chicken and the vegetables.
4. Cook vegetables and chicken until vegetables have intensified their flavours and the chicken turns opaque.
5. Add the cooked chicken and vegetables to a bowl or plate
6. Garnish with the remaining fresh basil.



Day 7 - Dinner

Seared cod and stir fried veggies 10 minutes

125g of cod fillet

125g of mixed vegetables including
onion, carrot, cabbage, broccoli,
edamame, and bean sprouts

Pinch of salt and pepper

1 tsp of garlic powder

1 tsp of onion powder

1 tsp of smoked paprika

1/2 tsp of chilli flakes

Pinch of black pepper

Apricot for dessert

1. Season your fish by coating it with the garlic, onion, salt and pepper, chili flakes and paprika.
2. Sear the fish in a frying pan on medium to low heat.
3. Slice your vegetables into bite sized portions
4. Add to another pan on medium heat together with the rest of your seasonings.
5. Fry your fish on both sides, flipping until each side has browned nicely. Fry your vegetables until softened and the flavours have intensified.
6. Place your cod on the plate followed by your vegetables.
7. Serve with fresh apricot.



the end

Shirin Leung
Graphic Design
accessshirin@gmail.com
www.accessshirin.wordpress.com

All Rights Reserved 2020