



# **Cooking Well: Thyroid Health: Over 100 Easy & Delicious Recipes for Nutritional Well-Being**

*Marie-Annick Courtier*

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**Enjoy Delicious Recipes Specially Designed for Hypothyroidism and Hyperthyroidism Patients**

While diet alone cannot cure thyroid disease, the proper foods can play an important role in your body's health and wellness. *Cooking Well: Thyroid Health* features over 100 recipes developed to support your thyroid treatment plan.

*Cooking Well: Thyroid Health* provides recipe varieties to keep your appetite satisfied while considering the impact of food ingredients on thyroid health and medication compliance.


Whether you're looking for brunch, lunch, a snack, a breakfast shake, or a hearty dinner, there is a wide variety of healthy and balanced meal choices for you to follow.

*Cooking Well: Thyroid Health* also includes:

- An overview on hypothyroidism and hyperthyroidism and the impact of proper nutrition
- Guidelines on foods to choose and foods to avoid to improve thyroid function
- A meal diary and helpful tips to make it easy to create your own customized diet plan

Just a few of the scrumptious and healthy recipes to be found inside this book include Mediterranean Portobello Burger, Onion Soup, Lamb Chops with Herbs, Roasted Chicken Breast with Sweet Potatoes, Stuffed Turkey Breast Italian-Style, Butternut Squash with Cinnamon, Strawberries with Spicy Red Wine, and Winter Fruit Salad.

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