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Hashimotos Meal Plan - Hedberg Institute

Back To Meal Schedule Serves 4 Prep Time: 10 Minutes Cook Time: 30 Minutes
Ingredients: 1 Pound Ground Beef Sea Salt/pink Himalayan Salt To Taste Pepper To Taste (if Tolerated) 1 Large Onion, Cut Into Thick Slices 2 Tablespoons Balsamic Vinegar 2 Teaspoons Olive Oil 1 Large Avocado, Peeled And Mashed Directions: Heat Grill To Medium High Heat. 1th, 2024

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