

## Diet chart for hypothyroidism

### SUNDAY

<b>Breakfast (8:00-8:30AM)</b>	3 dosa+1/2 cup sambhar+1tsp methi chutney+1 glass milk/ 1 cup tea
<b>Mid-Meal (11:00-11:30AM)</b>	1 medium size fruit
<b>Lunch (2-2:30pm)</b>	1 cup rice+2 chapathi+1 portion (150gm) chicken curry+1 glass buttermilk
<b>Evening (4:00-4:30PM)</b>	3 Cracker biscuits+1 glass milk/ 1 cup tea
<b>Dinner (8:00-8:30PM)</b>	3 chapathi(multigrain-wheat;jowar;bajra)+lauki methi sabji+1/2 cup vegetable salad

### Monday

<b>Breakfast (8:00-8:30AM)</b>	1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea
<b>Mid-Meal (11:00-11:30AM)</b>	1 banana
<b>Lunch (2-2:30pm)</b>	4 chapathi+1/2 cup french beans curry+1/2 cup colocasia(arbi) sabji+ 1 glass buttermilk
<b>Evening (4:00-4:30PM)</b>	1 cup boiled green gram sprouts with lemon+1 glass milk/ 1 cup tea
<b>Dinner (8:00-8:30PM)</b>	3 chapathi+1/2 cup bitter gourd sabji+1/2 cup vegetable salad

### Tuesday

<b>Breakfast (8:00-8:30AM)</b>	1 cup broken wheat upma with vegetables+1 glass milk/1 cup tea
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<b>Mid-Meal (11:00-11:30AM)</b>	100gm musk melon
<b>Lunch (2-2:30pm)</b>	1 cup rice+2 chapathi+1 portion(100gm) grilled/stewed fish (tuna/salmon/sardine/black pomfret)+1/2 cup rajmah curry
<b>Evening (4:00-4:30PM)</b>	Bread omelette(eggs-2) (whole wheat bread-3 slices)+1 glass milk/ 1 cup tea
<b>Dinner (8:00-8:30PM)</b>	3 chapathi+ 1/2 cup ridge gourd(thori) sabji+1/2 cup vegetable salad

### Wednesday

<b>Breakfast (8:00-8:30AM)</b>	2 paratha(aloo/gobhi/methi) with 2 tsp green chutney+1 glass milk/ 1 cup tea
<b>Mid-Meal (11:00-11:30AM)</b>	100gm pomegranate
<b>Lunch (2-2:30pm)</b>	4 chapathi+1/2 cup cluster beans curry+1/2 cup capsicum sabji+ 1 glass buttermilk
<b>Evening (4:00-4:30PM)</b>	3 wheat rusk+ 1 glass milk/1 cup tea
<b>Dinner (8:00-8:30PM)</b>	3 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad

### Thursday

<b>Breakfast (8:00-8:30AM)</b>	4 Idly+1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea
<b>Mid-Meal (11:00-11:30AM)</b>	1 medium size apple
<b>Lunch (2-2:30pm)</b>	1 cup rice+2 chapathi+1 portion(100gm) fish(tuna/salmon/sardine/black pomfret) curry+green peas sabji
<b>Evening (4:00-4:30PM)</b>	1 roasted blackgram laddu+1 glass milk/ 1 cup tea

<b>Dinner (8:00-8:30PM)</b>	3 chapathi+1/2 cup aloo baingan sabji+1/2 cup vegetable salad
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## Friday

<b>Breakfast (8:00-8:30AM)</b>	1/2 cup Oats in 1 glass milk
<b>Mid-Meal (11:00-11:30AM)</b>	1 medium size guava
<b>Lunch (2-2:30pm)</b>	4 chapathi+1/2 cup chana dal+1/2 cup methi sabji+1 glass butter milk
<b>Evening (4:00-4:30PM)</b>	1 cup boiled bengalgram with lemon+1 glass milk/ 1 cup tea
<b>Dinner (8:00-8:30PM)</b>	3 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad

## Saturday

<b>Breakfast (8:00-8:30AM)</b>	Vegetable cheese sandwich with 3-4 whole wheat bread slices+cucumber,tomato, onion+1 glass milk/ 1 cup tea
<b>Mid-Meal (11:00-11:30AM)</b>	1 wedge(100gm) watermelon
<b>Lunch (2-2:30pm)</b>	1 cup rice+2 chapathi+1/2 cup skin out chicken(150gm) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk
<b>Evening (4:00-4:30PM)</b>	1 cup chiwda+1 glass milk/ 1 cup tea
<b>Dinner (8:00-8:30PM)</b>	3 chapathi(multigrain-wheat;jowar;bajra)+1/2 cup tinda sabji+ 1/2 cup vegetable salad