



HYPOTHYROIDISM DIET PLAN

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Thyroid Med	Thyroid Med	Thyroid Med	Thyroid Med	Thyroid Med	Thyroid Med	Thyroid Med
After 30. min	Methi water -1 Glass	Methi water -1 Glass	Methi water -1 Glass	Methi water -1 Glass	Methi water 1 Glass	Methi water -1 Glass	Methi water -1 Glass
After reaching school	Tea – 1 cup Suji rusk - 1	Tea – 1 cup Suji rusk - 1	Tea – 1 cup Suji rusk - 1	Tea – 1 cup Suji rusk - 1	Tea – 1 cup Suji rusk - 1	Tea – 1 cup Suji rusk - 1	Tea – 1 cup Suji rusk - 1
Mid-Morning 10:00 – 10:30 AM	Poha-1 k	Vermacalli-1 k	Besan chilla -1	Sandwich -1	Poha -1 k	Suji Chilla -1	Masala Dalia -1 k

Lunch 1:30-2:00 PM	Salad-1 Bowl Rajma – 1 bowl Brown Rice – 1 k Raita -1 k	Salad-1 Bowl Multigrain Roti-1 Pumpkin Veg-1 K Palak Raita -1 k	Salad-1 Bowl Chhole – 1 bowl Brown Rice – 1k Beetroot Raita 1 k	Salad-1 Bowl Multigrain Roti1 Paneer Veg-1 K Palak Raita -1 k	Salad-1 Bowl Multigrain Roti-1 Bhindi Veg-1 K Methi Raita -1 k	Salad-1 Bowl Multigrain Roti-1 Baingan Veg-1 K Carrot Raita -1 k	Salad-1 Bowl Multigrain Roti1 Brown Rice paneer Pulao – 1 bowl Carrot Raita -1 k
4:00 PM	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k	Tea-1 Cup Makhana OR Roasted Peanuts – 1 k
6:00 PM	Almonds-8 Walnuts-2 Pista – 8	Almonds-8 Walnuts-2 Pista – 8	Almonds-8 Walnuts-2 Pista – 8	Almonds-8 Walnuts-2 Pista – 8	Almonds-8 Walnuts-2 Pista – 8	Almonds-8 Walnuts-2 Pista – 8	Almonds-8 Walnuts-2 Pista – 8
Dinner 8:30PM	Salad -1 Bowl Dal-1 Bowl Roasted paneer – 100 gms	Salad -1 Bowl Khichadi -1 k Buttermilk-1 glass	Salad-1 Bowl sambhar-1k paneer dosa - 1	Boiled chana chaat-1 Bowl Buttermilk-1 glass	Salad -1 Bowl Masala Oats - 1 Bowl Buttermilk-1 glass	Salad -1 Bowl Dal Chilla -1 Buttermilk-1 glass	Salad-1 Bowl Dalia-1 k Buttermilk-1 glass