

day	early morning		breakfast	mid morning	lunch	After lunch	snack	dinner	After Dinner	post dinner
	6:00	7:00	8:00	10:30	1:30		4:30	6:30		10:00
07/13/2023	Thyroid medicine	soaked dry fruits (as previous week) + warm water	Apple cinnamon Smoothie - 1 glass	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	rajgira roti 1-2 + potato sabji + curd + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana + fistful peanut	Fruit bowl (150-200gms of fruit:- fruit from allowed list- low GI) + yogurt	Betel lead - 1 soaked	milk without sugar
07/14/2023	Thyroid medicine	Seed water + soaked dry fruits (as previous week) + 1 tsp soaked methi seeds	moong dal chilla 1 + masala milk(without sugar;can add stevia)	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	Dal + sabji + 1-2 roti + curd + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam/boiled black chana /sauted sprouts	broccoli almond soup + sauted vegetables	Betel lead - 1 soaked	Turmeric and cinnamon milk without sugar
07/15/2023	Thyroid medicine	Seed water + soaked dry fruits (as previous week) + 1 tsp soaked methi seeds	oats upma 8 tbsp + masala milk(without sugar;can add stevia)	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	lauki masala roti 1-2 + moong sabji + curd + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam/boiled black chana /sauted sprouts	mix dal dhokla 3-4 medium piece + curd + green chutney	Betel lead - 1 soaked	Turmeric and cinnamon milk without sugar
07/16/2023	Thyroid medicine	Seed water + soaked dry fruits (as previous week) + 1 tsp soaked methi seeds	Besan chilla 1 + masala milk(without sugar;can add stevia)	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	dal + sabji + 1-2 roti + curd/buttermilk + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam/boiled black chana /sauted sprouts	paneer salad (80gms of paneer) + lemon coriander soup	Betel lead - 1 soaked	Turmeric and cinnamon milk without sugar
07/17/2023	Thyroid medicine	Seed water + soaked dry fruits (as previous week) + 1 tsp soaked methi seeds	vegetables poha 8 tbsp + masala milk (without sugar;can add stevia)	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	jowar moong dal khichadi 8 tbsp + sabji + curd/kadhi + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam/boiled black chana /sauted sprouts	bhaji (oil not more than 5-7.5ml) + 1 whole wheat bread	Betel lead - 1 soaked	Turmeric and cinnamon milk without sugar
07/18/2023	Thyroid medicine	Seed water + soaked dry fruits (as previous week) + 1 tsp soaked methi seeds	moong chat 8 tbsp + masala milk(without sugar;can add stevia)	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	dal + sabji + 1-2 roti + curd/buttermilk + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam/boiled black chana /sauted sprouts	oats chilla 1 + curd + green chutney	Betel lead - 1 soaked	Turmeric and cinnamon milk without sugar
07/19/2023	Thyroid medicine	Seed water + soaked dry fruits (as previous week) + 1 tsp soaked methi seeds	suji upma 8 tbsp + masala milk(without sugar;can add stevia)	lemon water without sugar / coconut water / gren tea / buttermilk + fruit from allowed list or fruit smoothie	dal + sabji + 1-2 roti + curd/buttermilk + salad	Betel lead - 1 soaked	Tea/coffee/green tea + fist full of makhaana / mumra / half khakhara / poha chevada + fistful channa / peanut / sprouts / chana jor garam/boiled black chana /sauted sprouts	sprouts appam 3-4 medium piece + curd + green chutney	Betel lead - 1 soaked	Turmeric and cinnamon milk without sugar