

Meal Name	Early Morning		Breakfast	Mid morning	Lunch	Evening	Late Evening	Dinner	Post Dinner
Meal timings	05:45	07:15	08:00	10:30	01:00	04:00	06:00	08:30	11:00
27/7/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk +Ragi porridge 8 tbsp	Coconut water/green tea/Lemon water + fruit	1-2 roti + Dal + Sabji + salad + curd/buttermilk	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Jowar palak appam 3-4 medium pieces + green chutney	Chia seed water
28/7/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk + Besan chilla-1	Coconut water/green tea/Lemon water + fruit	Methi thepla 1-2 + vegetable raita	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Masala oats 8 tbsp + curd	Chia seed water
29/7/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk +Sprouts Upma (add 2-3 tbsp sprouts in it) - 8 tbsp	Coconut water/green tea/Lemon water + fruit	1-2 roti + Dal + Sabji + salad + curd/buttermilk	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Paneer kebab 3-4 medium size + green chutney + lemon coriander soup	Chia seed water
30/7/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk + Vegetable uttapam -1 + green chutney	Coconut water/green tea/Lemon water + fruit	Idli 2-3 + sambhar + green chutney	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Sauted tofu salad (100- 120g low fat paneer) + tomato soup	Chia seed water
31/7/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk + Coleslaw sandwich-1 slice of whole wheat bread	Coconut water/green tea/Lemon water + fruit	1-2 roti + Dal + Sabji + salad + curd/buttermilk	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Lobia chaat 8 tbsp + yoghurt	Chia seed water
1/8/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk +Sprouts sandwich-1 slice of bread	Coconut water/green tea/Lemon water + fruit	Dal fry + jeera rice 8 tbsp + sabji + curd/buttermilk	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Spicy black bean soup + sauted veggies	Chia seed water
2/8/23	Thyroid Medicne	Luke warm seed water + tea	soaked dry fruits + milk + Jowar upma 8 tbsp	Coconut water/green tea/Lemon water + fruit	1-2 roti + Dal + Sabji + salad + curd/buttermilk	Tea/coffe/green tea + makhana/mumr a/nylon chivdo	Fruit smoothie with proteinex- select fruit from the allowed list	Suji chilla-1 + curd	Chia seed water