

Week 13

MealName / Days	Early Morning - 06:00 AM	BreakFast - 08:00 AM (take boitin supplement 1 tablet after breakfast)	Mid Morning - 10:30 AM	Lunch - 01:00 PM	Evening - 03:30 PM	Late Evening - 06:00 PM	Dinner - 07:30 PM	Post Dinner - 10:00 PM
7/28/2023	Thyroid Medicine	Vermicelli vegetables pancake 1 + milk	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp sesame seeds + 1 tbsp sunflower seeds	Dal + sabji + 1-2 roti + curd + salad	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	pumpkin soup - 1 bowl + sauted vegetables	Turmeric milk without sugar
7/29/2023	Thyroid Medicine	peanut butter - 1 slice of wheat bread + milk	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp sesame seeds + 1 tbsp sunflower seeds	dal + sabji + rice 8tbsp + curd/buttermilk + salad	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	paneer salad (80-100gms of paneer) + lemon coriander soup	Turmeric milk without sugar
7/30/2023	Thyroid Medicine	Besan vegetables chilla 1 + milk	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp flax seeds(roasted and ground) + 1 tbsp Pumpkin seeds (roasted and ground)	1-2 gobhi paratha + curd/mint raita + salad	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	Lentil soup - 1 bowl + sauted vegetables	Turmeric milk without sugar
7/31/2023	Thyroid Medicine	Jowar idli 1-2 + milk	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp flax seeds(roasted and ground) + 1 tbsp Pumpkin seeds (roasted and ground)	masurbean pulao 8 tbsp + salad + curd/mint raita	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	black chana chat 8 tbsp + curd	Turmeric milk without sugar
8/1/2023	Thyroid Medicine	Vegetable sprouts poha 8 tbsp + milk	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp flax seeds(roasted and ground) + 1 tbsp Pumpkin seeds (roasted and ground)	Dal + sabji + 1-2 roti + curd + salad	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	tomato beetroot soup - 1 bowl	Turmeric milk without sugar
8/2/2023	Thyroid Medicine	peanut butter - 1 slice of wheat bread + milk	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp flax seeds(roasted and ground) + 1 tbsp Pumpkin seeds (roasted and ground)	dosa 1 + green chutney + sambhar + salad	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	oats veggie tikki 3-4 medium piece + green chutney + mix vegetables soup	Turmeric milk without sugar

8/3/2023	Thyroid Medicine	ragi porridge in almond milk 8 tbsp + additional almond milk if needed	green tea / coconut water / lemon water without sugar/buttermilk + fruit from allowed list + Seed rotation - 1 tbsp flax seeds(roasted and ground) + 1 tbsp Pumpkin seeds (roasted and ground)	Dal + sabji + 1-2 roti + curd + salad	tea / coffee / green tea + fist full makhaana / mumra / half khakhara/ poha chevada	Soaked dry fruits - 4 almonds + 4 half walnut + 1 fig + 2 Brazil nut + 3-5 prunes	pumpkin soup - 1 bowl + sauted vegetables	Turmeric milk without sugar
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