



7 DAY'S

**THYROID WEIGHT LOSS
MEAL PLAN**



NOTE - THE FIRST THING YOU HAVE TO TAKE IS YOUR MEDICINE WITH PLAIN WATER ON WAKING UP AFTER 30-45 MNTS ONLY U CAN HAVE YOUR FIRST MEAL

EARLY MNG-Alternative day -overnight soaked one tea spoon dhaniya water /plain Luke warm water

5 min breathing exercise+5 min meditation

PRE BREAKFAST overnight soaked 5 almonds + 2 walnuts

BREAKFAST

2 DAYS- chila oats/besan 2 small size with mint chutney

2DAYS- vegetable [dalia/oats] 1 medium bowl [30% dalia-70% vegetables]

vege - carrot ,beans, pea , onion, capsicum tomatoes

1DAY-1 stuffed parantha Seasonal veg / aloo with 1small bowl curd

2 DAYS-poha 30% -70% veggie same as in dalia

walk for 15 min

MID MNG

1seasonal fruit+1 tblspn seeds[pumpkin/sunflower/ 1 brazel nut]

Continue.....



LUNCH

1 MEDIUM Bowl of salad EVERYDAY [carrot , cucumber, onion with few lemon drops] avoid raddish

2 DAYS-1small bowl palak dal / giya dal+ dahi/ raita1 small bowl+2 roti wheat mix with[bran/bajra/ amranth/ragi]anyone of these in 50:50

1 DAY- paneer/ tofu sabji / aalo meethi sabji 1 small bowl+dahi/ raita1 small bowl+ 2 roti same as above

2DAYS- small bowl rajma/chole+1 roti+ 1 small bowl steamed rice/ brown rice

2 DAYS -mix vege 1 medium bowl + 2 roti+ dahi/raita

1 WALK FOR 15-20 MIN



EVENING SNACKS

1 CUP TEA with less milk / green tea/ hunja tea+1 small bowl [roasted chana/ makhana/ sprouts chaat]

OR A MIXTURE OF (makhana + roasted Flex seeds + puffed rice)

DINNER

5 DAYS 1 medium bowl soup[vegetable soup/brocauli soup/ tomato soup/ moringa soup]

2 days-1 medium bowl vegetable khichdi [not very thick]

walk for 30 min

POST DINNER

1cup cinnamon tea



Do's and don'ts

*Give 100% to get 100%

*Hunja tea (2 cup water + 2 Tulsi pata + 1/2 inch ginger + 1/2 lemon peel + 1 green cardimom + 1/2 organic honey/ jaggery powder) boil it make it 1 cup

*Consume soya products once in a week and in minimum quantity

*Walk is must

Strength Training is must for muscle building 3 days a week

*Cook food in 1 tablespoon of cold pressed oil/ mustard oil

*stay hydrated

With regards

Team healthywise

Sushila & Riya