

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Day 1</b>	Oats with almonds and chia seeds, green tea	Grilled chicken salad with olive oil & lemon	Lentil soup with brown rice, steamed spinach	Roasted nuts, a glass of buttermilk
<b>Day 2</b>	Idli with sambar, herbal tea	Rajma with brown rice and a side of mixed vegetables	Grilled fish with quinoa and stir-fried broccoli	Fruit salad (papaya, apple, and banana)
<b>Day 3</b>	Poha with peanuts and green tea	Grilled paneer with whole wheat roti and mixed greens	Dal with brown rice, steamed veggies (carrots, beans)	Sprouts with a dash of lemon and salt
<b>Day 4</b>	Scrambled eggs with spinach and multigrain bread, green tea	Quinoa salad with chickpeas, cucumber, and olive oil dressing	Chicken curry with brown rice and a side of sautéed vegetables	Apple slices with peanut butter
<b>Day 5</b>	Moong dal chilla with mint chutney and green tea	Paneer bhurji with whole wheat roti and a green salad	Methi paratha with curd and a bowl of mixed dal	Mixed fruit salad with yogurt
<b>Day 6</b>	Upma with vegetables, herbal tea	Grilled chicken wrap with whole grain tortilla and salad	Grilled tofu with sautéed vegetables and quinoa	Handful of walnuts and raisins
<b>Day 7</b>	Smoothie with spinach, banana, and almond milk	Fish curry with brown rice and sautéed leafy greens	Paneer tikka with roti and a side of grilled vegetables	Roasted chickpeas

For ref. <https://ilastouchofhealth.com/7-day-thyroid-diet-chart-for-weight-loss/>

For a personalized thyroid diet plan, book an appointment <https://ilastouchofhealth.com/thyroid-disorder-diet-program/>