

5-day Sample Menu for Hypothyroidism

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	-Eggs, boiled or fried in EVO -Toast* with Sliced Avocado	-Apple & Raisin Overnight Oats -Fruit* Smoothies	-Mushroom* and Spinach Omelet -Fresh Fruit* Bowl	-Eggs, boiled or fried in EVO -Toast* with Almond Butter or Apple Butter	-Apple & Raisin Overnight Oats -Fruit* Smoothies
Lunch	-Baked Chicken Parmesan -Oven-roasted Root Vegetables*	-Hamburger Steaks w/ Sauerkraut -Oven-roasted Potato -Salad	-Chicken Fajita on Lettuce Wrap -Baked Sweet Potato Fries	-Spaghetti Squash Meatballs -Buttered Toast*	-Salmon in Garlic Butter Sauce -Steamed Wild Rice -Oven-roasted Vegetables*
Dinner	-Tuna Salad on Toast* -Soup -Salad	-Zucchini Pizza Boats -Soup	-Cajun Shrimp -Quinoa Rice -Steamed Green Beans	-Tuna Melt on Sourdough Bread -Sweet Pepper Slaw	-Egg Salad on Toast* -Soup -Salad
Drinks	Fruit Juices*, Almond Milk, Chamomile Tea, Coffee or Black Tea - To be consumed 1 hour after taking thyroid medications or as advised by physicians.				
Salad	Garden Tossed Salad (Lettuce, Tomato, Onion, Cucumber, Carrots) (Lunch or Dinner)				
Soup	-Bone Broth, -Vegetable Beef Soup (Lunch or Dinner)				
Desserts	-Berry Yogurt Pops, Yogurt Ice Cream, Fresh Fruit* Bowl (Lunch or Dinner)				
Snacks	Brazil nuts, Macadamia, Hazelnuts, Fruit Smoothies*, Fresh Fruit* Bowl (Anytime of the Day)				

* Only a selected kind. For a more detailed Menu and Meal Plan, download the **FULL COPY: 5-day Meal Plan for Hypothyroidism**.