



Dr. Deepika's
HOMEOPATHY
Restoring Health Naturally

Thyroid Diet Chart



Sunday

Breakfast
(8:00-8:30A
M)

Dosa+1/2 cup sambhar+1tsp methi chutney+1 glass milk/ 1 cup tea

Mid-Meal
(11:00-11:30
AM)

1 medium size apple

Lunch
(2:00-2:30P
M)

1 cup rice+2 chapathi+1 portion (150gm) chicken curry/paneer +1 glass buttermilk

Evening (4:00-4:30P M)	3 Cracker biscuits+1 glass milk/ 1 cup tea
Dinner (8:00-8:30P M)	2 chapathi(multigrain-wheat;jowar;bajra)+lauki methi sabji+1/2 cup vegetable salad

Monday

Breakfast (8:00-8:30A M)	1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea
Mid-Meal (11:00-11:30AM)	1 banana
Lunch (2:00-2:30P M)	4 chapathi+1/2 cup french beans curry+1/2 cup colocasia(arbi) sabji/seasonal vegetable+ 1 glass buttermilk
Evening (4:00-4:30P M)	1 cup boiled green gram sprouts with lemon+1 glass milk/ 1 cup tea
Dinner (8:00-8:30P M)	2 chapathi+1/2 cup bitter gourd sabji+1/2 cup vegetable salad

Tuesday

Breakfast (8:00-8:30A M)	1 cup broken wheat upma with vegetables+1 glass milk/1 cup tea
Mid-Meal (11:00-11:30AM)	100gm musk melon

Lunch (2:00-2:30P M)	1 cup rice+2 chapathi+1 portion(100gm) grilled/stewed fish (tuna/salmon/sardine/black pomfret)/paneer/soya chunks/daal+1/2 cup rajmah curry
Evening (4:00-4:30P M)	Bread omelette(eggs-2) (whole wheat bread-3 slices)+1 glass milk/ 1 cup tea
Dinner (8:00-8:30P M)	2 chapathi+ 1/2 cup ridge gourd(thori) sabji+1/2 cup vegetable salad

Wednesday

Breakfast (8:00-8:30A M)	2 paratha(aloo/gobhi/methi) with 2 tsp green chutney+1 glass milk/ 1 cup tea
Mid-Meal (11:00-11:30AM)	100gm pomegranate
Lunch (2:00-2:30P M)	3 chapathi+1/2 cup cluster beans curry+1/2 cup capsicum sabji+ 1 glass buttermilk
Evening (4:00-4:30P M)	3 wheat rusk+ 1 glass milk/1 cup tea
Dinner (8:00-8:30P M)	2 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad

Thursday

Breakfast (8:00-8:30A M)	4 Idly+ 1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea
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Mid-Meal (11:00-11:30AM)	1 medium size apple
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+1 portion(100gm) fish(tuna/salmon/sardine/black pomfret) curry+green peas sabji
Evening (4:00-4:30PM)	1 roasted blackgram laddu+1 glass milk/ 1 cup tea
Dinner (8:00-8:30PM)	2 chapathi+1/2 cup aloo baingan sabji+1/2 cup vegetable salad

Friday

Breakfast (8:00-8:30AM)	1/2 cup Oats in 1 glass milk
Mid-Meal (11:00-11:30AM)	1 medium size guava
Lunch (2:00-2:30PM)	4 chapathi+1/2 cup chana dal+1/2 cup methi sabji+1 glass butter milk
Evening (4:00-4:30PM)	1 cup boiled bengalgram with lemon+1 glass milk/ 1 cup tea
Dinner (8:00-8:30PM)	2 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad

Saturday

Breakfast (8:00-8:30AM)	Vegetable cheese sandwich with 3-4 whole wheat bread slices+cucumber,tomato, onion+1 glass milk/ 1 cup tea
Mid-Meal (11:00-11:30 AM)	1 wedge(100gm) watermelon
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+1/2 cup skin out the chicken(150gm) curry+1/2 cup ivy gourd(parmali) sabji+1 glass buttermilk
Evening (4:00-4:30PM)	1 cup chiwda+1 glass milk/ 1 cup tea
Dinner (8:00-8:30PM)	2 chapatis (multigrain-wheat;jowar;bajra)+1/2 cup tinda sabji+ 1/2 cup vegetable salad

Do's And Dont's

Do's

1. Include whole grain cereals and legumes.
2. Fruits and vegetables.
3. Fish
4. seaweeds.
5. Selenium rich foods(brazil nuts, yellow fin tuna, grass fed beef, egg, sardines, halibut, turkey, chicken, beef liver,white button mushrooms, lima/pinto beans, sunflower/chia/flax seeds, brown rice).
6. Tyrosine rich foods(cheese, fish, chicken and turkey, egg, lean beef and pork chops, nuts and seeds, wild rice)

Don'ts':

1. Cruciferous vegetables
2. Soy
3. Gluten
4. fatty foods
5. Surgery foods
6. Alcohol and caffeine

Please call us for any query or get more diet charts by visiting our website:

<https://drdeepikashomeopathy.com/all-diet-charts/>

Thanks & Regard

Dr. Deepika's Homeopathy

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