

Sample meal plan for thyroid issues

Here is a 7-day meal plan for those with hypothyroidism. It provides a healthy amount of protein, has a low to moderate amount of carbs, and should help you maintain a healthy weight.

Make sure you take your thyroid medication at least 1–2 hours before your first meal, or as your healthcare provider has advised. Nutrients like fiber, calcium, and iron may stop your body from absorbing thyroid medication properly.



Monday

Breakfast: Toast with eggs
Lunch: Chicken salad with 2–3 Brazil nuts
Dinner: Stir-fried chicken and vegetables served with rice

Tuesday

Breakfast: Oatmeal with 1/4 cup (31 grams) of berries
Lunch: Grilled salmon salad
Dinner: Fish baked with lemon, thyme, and black pepper served with steamed vegetables

Wednesday

Breakfast: Toast with eggs
Lunch: Leftovers from dinner
Dinner: Shrimp skewers served with a quinoa salad

Thursday

Breakfast: Overnight chia pudding: 2 tbsp (28 grams) of chia seeds, 1 cup (240 ml) of Greek yogurt, 1/2 tsp of vanilla extract, and sliced fruits of your choice. Let sit in a bowl overnight.
Lunch: Leftovers from dinner
Dinner: Roast lamb served with steamed vegetables

Friday

Breakfast: Banana-berry smoothie
Lunch: Chicken salad sandwich
Dinner: Pork fajitas — sliced lean pork, bell peppers, and salsa — served in corn tortillas

Saturday

Breakfast: Egg, mushroom, and zucchini frittata
Lunch: Tuna and boiled egg salad
Dinner: Homemade Mediterranean pizza topped with tomato paste, olives, and feta cheese

Sunday

Breakfast: Omelet with various vegetables
Lunch: Quinoa salad with green vegetables and nuts
Dinner: Grilled steak with a side salad