

7 day Thyroid Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Egg & Kimchi Scramble Fruit	Quinoa Salad	Carrots & Hummus	Shrimp & Sauteed Veggies
TUESDAY	Cauliflower Breakfast Muffin Fruit	Greek salad & pear	Carrots & Guacamole	Turkey Meatballs & Sweet potato fries
WEDNESDAY	Egg with avocado & orange	Turkey Meatballs & sweet potato fries	Fruit & Chia Pudding	Kimchi Rice bowl
THURSDAY	Egg Muffins Fruit	Kimchi Rice Bowl	Carrots & Hummus	Quinoa Salad
FRIDAY	Southwest Breakfast scramble	Tuna Salad on tomato	Chia pudding with, Strawberries	Mexican Zucchini boats
SATURDAY	Cauliflower breakfast muffins Fruit	Mexican Zucchini Boats	Celery & Sunflower seed butter	Cheesy Taco Skillet
SUNDAY	Eggs Mushrooms & asparagus	Cranberry Chicken Salad	Carrots & Guacamole	Shrimp & Sauteed Veggies