

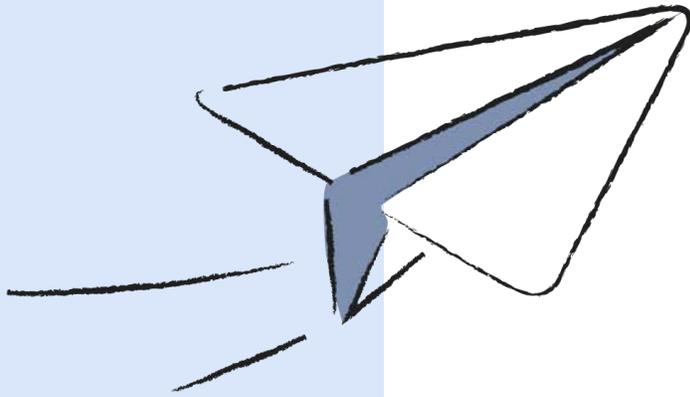


Paloma

Sample Thyroid Meal Plan

Inspiration for a healthy
way to support your thyroid





A note from Paloma Health

This meal plan is meant to be an educational tool for you to develop your own way of eating. It is not a substitute for nutritional counseling. We hope that you find inspiration & motivation.

If you're trying to lose weight, we recommend that you work with a Registered Nutritionist Dietitian.

What you eat can affect your thyroid

NUTRIENT RICH FOODS

Those with thyroid conditions often need foods that are more nutrient-rich like plenty of fresh vegetables, fruits, other plant foods and, lean meats and fish. These foods supply plenty of energy-rich B-vitamins, trace minerals like zinc that are helpful for thyroid function, and vitamin C for antioxidant support.

HEALTHY FATS

In addition, those with a thyroid condition may need adequate healthy fats and moderate carbohydrates. Foods like quinoa, sweet potatoes, winter squashes, and fruits are encouraged as healthy carbohydrate sources. For the healthy fats, foods like olive oil, avocado, fatty fish (salmon), and a few nuts and seeds are encouraged.

LIMIT GRAINS, SUGARS, AND PROCESSED FOODS

Our patients with Hashimoto's should limit grains and consume fewer common allergen foods (eggs, shellfish, corn, dairy, soy, wheat). We have also chosen to limit added sugars and processed foods. This meal plan accounts for these considerations as well.

GOITROGENS, SOY, AND LEGUMES

The term goitrogen describes any food that interferes with iodine uptake by the thyroid, and thus, interferes with thyroid hormone production. We do not recommend avoiding all goitrogens due to the high nutrient and antioxidant content of these foods. Instead, we recommend monitoring & limiting raw cruciferous vegetables like broccoli, kale, brussels sprouts, cauliflower, & cabbage. We chose to remove soy from this sample eating plan due to potential health effects. Legumes may be consumed on this plan, but if you notice digestive discomforts, you may prefer to avoid legumes.





Lunch

MON

MIXED GREENS SALAD

Topped with cooked quinoa, lemon juice, pinch of salt, olive oil, balsamic glaze drizzle on top. Add baked or grilled meat of choice.

TUES

LETTUCE WRAP

Fill with ground turkey sauteed with ginger, coconut aminos (as alternative to soy sauce), garlic, and shredded carrots. Side of fresh fruit.

WED

COCONUT WRAP

Fill with tuna salad (chunk light tuna mixed with mashed avocado, pinch of salt, lemon juice). Side of fresh fruit. Chunk light tuna is an excellent source of protein and lower in mercury than white albacore tuna.

THU

SMOOTHIE BOWL

Blend handful of organic spinach, frozen mango, ½ avocado, and splash of lemon juice. Top with unsweetened flaked coconut, chia seeds, or hemp seeds, and fruit of choice. This lunch is loaded with antioxidants, and trace minerals for thyroid support.

FRI

FRIDAY FIESTA!

Cheesy, delicious and low carb. This protein-packed meal from Sweet C's Designs [[click for link](#)] will keep you satisfied and fueled with energy. Use non-dairy cheese if you prefer.

SAT

PUMPKIN SOUP

Pumpkins and especially their seeds are rich in iron, which supports the thyroid. We like this savory 7-ingredient pumpkin soup from Minimalist Baker [[click for link](#)].

SUN

LEFTOVER BROTH SOUP

Friday's dinner leftovers are Sunday's lunch treasure! Serve with sweet potato "toasts:" Slice raw sweet potato thin (length-wise), drizzle coconut oil, and broil for 5-10 mins. Top with mashed avocado or olive oil & lemon juice.



Dinner

MON

OPEN FACE BURGER

Grass-fed ground beef burger served open-face on grilled portobello "bun." Serve w/ steamed vegetables & baked sweet potato fries.

TUES

TACO BOWL

Sprouted brown rice or quinoa topped w/ fresh cilantro, seasoned ground turkey (cumin, coriander, garlic, pinch of salt), salsa, & avocado. Aids in digestion.

WED

GRILLED/BAKED WILD SALMON

Cooked with broccoli or asparagus and side of sweet potato wedges. Season with lemon juice, pinch of salt, olive oil, and garlic.

THU

PESTO CHICKEN

Chicken topped with basil pesto and baked with vegetable of choice and cubed winter squash (bake everything in the same pan). Salt and pepper, to taste. Basil is a natural antibacterial and anti-inflammatory!

FRI

BONE BROTH SOUP

Begin with whole chicken to prepare bone broth, or use store-bought bone broth as base. Add sweet onion, sliced carrots, chopped organic celery, and slow cook for 4-8 hours after bone broth has been prepared. Serve with sprouted crackers of choices.

SAT

SHRIMP, ZUCCHINI, & PESTO ANGEL HAIR PASTA

Choose gluten-free pasta for this recipe by Kath Eats [[click for link](#)]. Or make your noodles out of spirals of squash or sweet potato! Shrimp is a good source of iodine.

SUN

QUINOA CRUSTED CHICKEN PARMESAN

Make use of any leftover vegetables and cheese with this delicious chicken & veggie recipe from Kate Scarlata [[click for link](#)].



Other

BREAKFAST IDEAS

SWEET POTATO SAUTE

Diced sweet potato sauteed in avocado oil with sliced turkey sausage. Season to taste.

QUINOA HOT CEREAL

Cook quinoa as directed on package with apples and cinnamon, topped with chopped nuts. Drizzle with 1 tsp of maple syrup.

SNACK ATTACK

CUP OF FRESH BERRIES

Topped with coconut cream and 1 teaspoon drizzle of honey.

BAKED APPLE OR PEAR

Baked with sliver of real butter, pinch of salt, drizzle of maple syrup or stevia, & cinnamon. Top with heaping spoonful of chopped nuts or nut butter.

SEED CRACKERS

With nut butter or hummus or fresh avocado.

RAW VEGGIES & HUMMUS

Look for hummus made with olive oil.

TURKEY ROLL UPS

Natural deli turkey rolled around natural pickle.

SUGGESTED DRINKS

WATER, UNSWEETENED SPARKLING WATER, OR UNSWEETENED TEA

If you do choose coffee, drink it black or with minimal added sugar and no processed creamers that contain trans fats. Excessive caffeine may negatively affect thyroid health.



You deserve better care.

[Schedule a free call](#) with a care advisor to determine if Paloma can help you manage your condition.

