

**7-Day  
Healing Meal  
Plan +  
Complete  
Thyroid  
Support  
Guide**

**“If you’ve been feeling  
tired, frustrated, and  
stuck with  
Hashimoto’s... I  
understand. This guide  
is designed to simplify  
everything.”**

# Quick Start Plan

**Eat This** →

Protein

Vegetables

Healthy fats

**Avoid This** →

Sugar

Gluten

Processed foods

# What Is Hashimoto's?

- Autoimmune condition
- Slows metabolism
- Causes fatigue + weight gain

Keep it simple.

# Why Diet Changes Everything

- Break it down visually:
- Reduces inflammation
- Improves energy
- Supports weight balance

# Foods to Eat

- Protein
- Chicken, eggs, salmon
- Healthy fats
- Olive oil, avocado
- Selenium foods
- Brazil nuts (highlight this)
- Vegetables
- Spinach, broccoli
- Use icons + minimal text

# Foods to Avoid

- Split into clean boxes:
- Gluten
- Sugar
- Processed foods
- Dairy (optional)

**7-Day**

**Meal Plan**

# DAY 1

- **Breakfast:** Eggs + spinach
- **Lunch:** Chicken salad
- **Dinner:** Salmon + veggies
- **Snack:** Apple + nuts
- Keep it repeatable + realistic

# DAY 2

- **Breakfast**

- Berry smoothie (almond milk + protein + chia seeds)

- **Snack 1**

- 2 boiled eggs

- **Lunch**

- Turkey lettuce wraps + avocado

- **Snack 2**

- Carrot sticks + hummus

- **Dinner**

- Grilled chicken + sweet potato + green beans

- **Optional Drink**

- Green tea

# DAY 3

- **Breakfast**
- Gluten-free oatmeal + berries + flaxseeds
- **Snack 1**
- Handful of walnuts
- **Lunch**
- Quinoa bowl + grilled chicken + mixed veggies
- **Snack 2**
- Protein smoothie
- **Dinner**
- Baked fish + steamed broccoli + olive oil
- **Optional Drink**
- Chamomile tea

# DAY 4

- **Breakfast**

- Boiled eggs + apple slices

- Snack 1

- Almonds

- **Lunch**

- Chicken vegetable soup (clean, homemade style)

- Snack 2

- Cucumber + hummus

- **Dinner**

- Zucchini noodles + ground turkey  
+ olive oil

- Optional Drink

- Ginger tea

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# DAY 5

- **Breakfast**
- Dairy-free yogurt + berries + seeds
- Snack 1
- Boiled egg + nuts
- **Lunch**
- Tuna salad (olive oil + greens)
- Snack 2
- Protein shake
- **Dinner**
- Grilled chicken + roasted carrots + zucchini
- Optional Drink
- Peppermint tea

# DAY 6

- **Breakfast**
- Smoothie bowl (berries + almond milk + seeds)
- **Snack 1**
- 2 Brazil nuts + handful of almonds (selenium boost)
- **Lunch**
- Lentil salad + vegetables
- **Snack 2**
- Apple + peanut butter
- **Dinner**
- Baked salmon + asparagus + olive oil
- **Optional Drink**
- Herbal tea

# DAY 7

- **Breakfast**

- Scrambled eggs + avocado

- Snack 1

- Mixed nuts

- **Lunch**

- Leftover protein bowl (chicken or fish + veggies)

- Snack 2

- Carrots + hummus

- **Dinner**

- Light veggie stir-fry + grilled chicken

- Optional Drink

- Warm lemon water

# Emergency Plan

- For low-energy days:
- Eggs
- Chicken
- Simple meals

# Start Your 30-Day Transformation Today

- Follow the plan
- Stay consistent
- Track progress