Thyroid Diet Sample Meal Plan

Breakfast:
• 2 egg white omelet with ½ cup spinach, ¼ cup tomatoes, and ¼ cup Swiss cheese
• 1 slice whole-wheat toast
• ½ cup plain, unsweetened yogurt with ½ cup sliced strawberries

Snack:
• 1 ounce unsalted almonds
• 1 medium pear

Lunch
• Turkey breast sandwich (2 ounces meat) on whole wheat bread with 2 tablespoons of pesto spread and a ½ cup bean sprouts
• 2 cups of mixed greens salad
• 1 medium apple

Snack:
• 1 ounce unsalted peanuts
• 1 cup cubed cantaloupe

Dinner:
• 3 ounces baked salmon
• ½ cup steamed brown rice, topped with ¼ cup roasted bell peppers and eggplant
• 1 cup mixed berries topped with ½ cup fresh milk and a sprinkling of cinnamon