

# The Thyroid Kitchen

7 days of thyroid-supportive meals, from your own kitchen

By Dr. Deepshikha Gaur, BNYS — naturopathy physician, founder of Prahana Health. Written for people managing hypothyroidism or hyperthyroidism who are tired of being told their TSH is 'normal' while they still feel drained.

**Read this first.** This guide supports your thyroid care; it does not replace it. Keep taking your thyroid medication exactly as prescribed. Never stop, skip or change a dose on your own — dose decisions belong to your treating doctor, based on fresh reports. If you are pregnant, have a thyroid nodule, or take other regular medicines, show this plan to your doctor before starting.

## What's inside

- Five kitchen rules that matter more than any superfood
- The 7-day meal plan (Gujarati-friendly, vegetarian, no exotic ingredients)
- The morning tablet routine most people get slightly wrong
- A one-page daily rhythm checklist
- When to message us

## Five kitchen rules that matter more than any superfood

**1. Protein at breakfast, every day.** A thyroid that is under-fuelled in the morning sets a slow pace for the whole day. Moong chilla, sprouts, curd with fruit, besan, paneer or eggs if you take them — before 9 am, most days.

**2. Cook your greens and cruciferous vegetables.** Cabbage, cauliflower, broccoli and methi are excellent foods. Raw, in large daily amounts, they can interfere with iodine use in some people; cooked and eaten in normal portions they are fine. Cook them.

**3. Keep the tablet and food four hours apart from calcium, iron and soy.** Levothyroxine is absorbed best on an empty stomach with water, 30–60 minutes before breakfast, and away from milk, curd, calcium or iron tablets and soy for about four hours. This is standard medical guidance, not naturopathy — and it is the single most common reason a 'normal' dose under-performs.

**4. Selenium and zinc from ordinary food.** Two Brazil nuts a week (not more), pumpkin seeds, sunflower seeds, whole dals, whole grains, curd. No mega-dose supplements without your doctor.

**5. An early, lighter dinner.** Finish eating 2–3 hours before you lie down. Deep sleep is when repair happens, and a full stomach at bedtime steals it.

What we deliberately leave out: iodine supplements and seaweed (too easy to overshoot — only under supervision), 'thyroid detox' teas, and anything that promises to replace your medicine.

## The 7-day plan

Portions are normal family portions. Swap any item for something similar from your own kitchen — the pattern (protein early, cooked vegetables, whole grains, early dinner) matters more than the exact dish. Drink water through the day; tea or coffee only after breakfast.

| Day | Breakfast (by 9 am)                                                    | Lunch (12:30–1:30)                                                  | Evening (4–5 pm)                        | Dinner (by 7:30)                               |
|-----|------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------|------------------------------------------------|
| Mon | Moong dal chilla ×2 with green chutney; 1 fruit                        | Bajra rotla, cooked cabbage-peas sabzi, dal, salad, small bowl curd | Roasted chana + coconut water           | Vegetable khichdi with ghee, kadhi             |
| Tue | Sprouts (moong/matki) with lemon, cucumber, tomato; 6 soaked almonds   | Rice, tuvar dal, cooked methi-aloo, buttermilk                      | Fruit + 1 tbsp pumpkin seeds            | Dudhi-chana dal soup, 1 jowar roti             |
| Wed | Besan-vegetable pancake; papaya                                        | Roti, rajma, cooked cauliflower sabzi, salad, curd                  | Makhana roasted in ghee                 | Paneer-vegetable bhurji, 1 roti                |
| Thu | Curd with pomegranate, chia, 1 tsp flax powder; 2 Brazil nuts (weekly) | Bajra rotla, palak-dal, cooked lauki, buttermilk                    | Roasted peanuts (small handful) + fruit | Moong dal soup, steamed vegetables, small rice |
| Fri | Vegetable poha with peanuts and lemon                                  | Rice, chana dal, cooked bhindi, salad, curd                         | Sunflower seeds + fruit                 | Bajra khichdi, cooked tinda                    |
| Sat | Oats-vegetable upma with curd                                          | Roti, mixed dal, cooked cabbage-carrot sabzi, buttermilk            | Roasted chana + lemon water             | Vegetable dal soup, 1 roti                     |
| Sun | Moong sprouts dhokla; guava                                            | Rice, kadhi, cooked green beans, salad, curd                        | Fruit + 1 tbsp pumpkin seeds            | Light khichdi, lauki-tomato soup               |

Hyperthyroid? Same pattern, but no seaweed, no iodised-salt overuse, and go gentle on caffeine. Vegetarian by design; if you eat eggs or fish, they fit at breakfast and lunch.

## The morning tablet routine

- Wake → tablet with a full glass of plain water → wait 30–60 minutes → breakfast.
- Tea, coffee, milk, curd, calcium and iron tablets: after breakfast, not with the tablet.
- Same time every day. If you miss a dose, follow your doctor's instruction — don't double up on your own.
- Re-test when your doctor schedules it; bring TSH, T3 and T4 together, not TSH alone.

## Daily rhythm checklist

Tick these most days. Patients who manage five out of six consistently are the ones who tell us their energy came back first.

☐ Tablet on empty stomach, 30–60 min before food

☐ Protein breakfast before 9 am

☐ 10 minutes of morning daylight

☐ Cruciferous vegetables cooked, not raw

☐ Dinner finished by 7:30–8 pm

☐ Screens off 30 min before bed; asleep by 10:30

## When to message us

If after 3–4 weeks of this pattern you are still waking exhausted, losing hair or unable to move the scale, the pattern usually has more threads — gut, stress hormones, sleep, or an overlapping PCOD or autoimmune picture. That is what a consultation is for. Share your latest TSH report and your three biggest symptoms on WhatsApp **+91 97735 53799**; Dr. Deepshikha reads every message personally. Clinic in Patel Colony, Jamnagar (Mon–Sat, 4–8 pm) or Google Meet from anywhere.

Read more: [prahanahealth.com/thyroid](https://prahanahealth.com/thyroid) · [prahanahealth.com/how-it-works](https://prahanahealth.com/how-it-works)

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