

Thyroid (Especially Hypothyroidism) + Weight Loss

Morning (Empty Stomach) h

DISCLAIMER:-- Take thyroid medication (like levothyroxine) with plain water

Wait 30–60 minutes before eating

Avoid tea/coffee immediately after medicine

Breakfast (High Protein + Fiber)

1) PROTEIN NAME/MEAL REPLACEMENT SHAKE

2)Vegetable oats / vegetable poha (less oil)

3) 2 boiled eggs OR paneer bhurji

4) Greek yogurt with chia seeds

Slim tea (after 1 hour of medicine)

☞ Protein boosts metabolism and helps fat loss.

🍏 Mid-Morning Snack

1 fruit (apple, papaya, berries)

5–6 almonds + 2 walnuts

🍽️ Lunch (Balanced Plate Method)

Slim trim tablet before lunch

✓ 50% vegetables

✓ 25% protein (dal, chicken, fish, tofu, paneer)

✓ 25% complex carbs (brown rice / millet / 1–2 multigrain roti)

Good options:

Grilled chicken + salad + roti

Dal + sabzi + brown rice

Fish curry + vegetables

Evening Snack

- 1)Hunger Bar
- 2)Protein Bhujiya
- 3)Veg chips
- 4)Roasted chana OR sprouts chaat

Slim tea

Avoid biscuits, namkeen, fried snacks.

Dinner (Light & Early – before 8 pm)

Before Dinner slim trim tea

- 1)Vegetable soup + paneer/tofu
- 2)Stir-fried vegetables + grilled protein
- 3)Avoid rice at night (optional but helpful for weight loss)

Foods That Help Thyroid Function

✓ Include:

✱Iodine (iodized salt – don't overuse)

✱Selenium (Brazil nuts – 1–2 only)

- ☀️ Zinc (pumpkin seeds)
- ☀️ Protein (very important)
- ☀️ Omega-3 (fish, flaxseeds)

⚠️ Limit:

Excess soy

Highly processed foods

Sugary foods

Deep-fried food

About Cabbage, Broccoli

You can eat them cooked, not raw, and in moderate amounts.

🚶♀️ ☐ Best Exercise for Thyroid Weight Loss

☀️ 30–45 min brisk walking daily

☀️ Strength training 3–4 times/week (important!)

☀️ Yoga (Surya Namaskar, pranayama)

☀️ 8,000–10,000 steps daily

☀️ Muscle building improves slow thyroid metabolism.

⚖️ □ Realistic Weight Loss Expectation

With thyroid imbalance:

2–3 kg per month is healthy

Focus on consistency, not crash diets

● Extra Important Tips

✳️ Sleep 7–8 hours

✳️ Manage stress (high cortisol slows fat loss)

✳️ Check TSH every 3–6 months

✳️ Don't skip medication