# Volume 10 Thyroid Plan

*Helpful supplements include Liquid Zinc Sulphate and Vitamin B12 to boost liver function.
*500ml of Celery Juice is recommended first thing in the morning to boost the liver even on fast days (or lemon juice)
*Aim for 2.5ltrs of water during the day to stay hydrated, assist with elimination and manage portion sizes
*Drink Thyroid healing tea daily and add in the Thyroid juice as an optional for extra healing.
*Avoid eggs, cheese, dairy, wheat, tuna and aim to reduce stress.
*ALL animal protein sources are a palm size serving PER DAY only, apart from cheat meals or "flat" days.
*Above all – get in touch with me if you get stuck so I can adjust the program to suit you better

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 7.30AM | Banana/Mango Smoothie | ¼ cup cooked Porridge w/dates & rice milk | Banana Mango Smoothie | Mango/Banana fruit bowl with coconut milk | ¼ cup cooked Porridge w/dates & rice milk | Mango/Banana fruit bowl with coconut milk | Optional fast after cheat meal |
| 10am | ½ Red apple + Cauliflower Florets | ½ Red apple + Cauliflower Florets | Handful of Wild Blueberries | Handful of Wild Blueberries & Papaya | Celery & Dates | Celery & Dates | Thyroid Healing Tea |
| 12PM | Kumara Broth/Soup | Kumara Broth/Soup | Tomato & Spinach Salad + ½ palmful chicken | Tomato & Spinach Salad | Bowl of Kale & Mango pieces | Bowl of Orange & Raspberries | Banana Mango Smoothie |
| 3-4PM | Handful of Wild Blueberries & Papaya | Handful of Wild Blueberries & Papaya | Palmful Papaya | Kale & Mango pieces | ½ Red apple + Cauliflower Florets | ½ Red apple + Cauliflower Florets | Palmful of skinless chicken |
| 6-7PM | Pear & Rocket Salad (plus optional chicken) | Pear & Rocket Salad (plus optional chicken) | ½ palm of roast chicken with roast veges & greens | ½ palm of roast chicken with roast veges & greens | Pear & Rocket Salad + ½ palmful of chicken | Cheat Meal | Wild Blueberry Banana Ice Cream |

# Volume 10 Thyroid Plan (Week 2)

*Feel free to adjust fast days and meal times to suit your schedule.
Got questions? Get in touch.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 7.30AM | Banana Mango smoothie | Banana Mango smoothie | Heavy Metal Cleanse Smoothie | Heavy Metal Cleanse Smoothie | Mango/Banana fruit bowl with coconut milk | Wild Blueberry Pancakes | Fast |
| 10am | Red apple + vege sticks | Red apple + vege sticks | Palmful of dried papaya | Palmful of dried papaya | Celery & carrot Sticks & hummus | Banana Mango Smoothie | Fast + Thyroid tea |
| 12PM | Fruit Salad w/leafy greens | Fruit Salad w/leafy greens | Mixed Vegetable Salad + Optional chicken | Mixed Vegetable Salad + Optional chicken | Pear & Rocket Salad (plus optional chicken) | Pear & Rocket Salad + ½ palmful chicken | Wild Blueberry Pancakes |
| 3-4PM | Cucumber Juice and a piece of fruit | Cucumber Juice and a piece of fruit | Red apple | Red apple | Palmful of chicken | Cucumber Juice and a piece of fruit | Cucumber juice and a piece of fruit |
| 6-7PM | Potato Nachos + ½ palmful chicken | Potato Nachos + ½ palmful of chicken | Cauliflower Fried Rice + ½ palmful of chicken | Cauliflower Fried Rice + ½ palmful of chicken | Banana Blueberry ice cream | Cheat Meal | Spinach Soup |