THYROID REGENERATOR MEAL PLAN

WEEK ONE

- Helpful anti-viral supplements include Liquid Zinc Sulphate and Vitamin B12 to boost the thyroid & 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, canola oil and aim to reduce stress.
- ALL animal protein sources are a palm size serving PER DAY only, apart from cheat meals or “flat” days.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Banana/Mango Smoothie	¼ cup cooked Porridge w/dates & rice milk	Banana Mango Smoothie	Mango/Banana bowl with coconut milk	¼ cup cooked Porridge w/dates & rice milk	Mango/Banana fruit bowl with coconut milk	Optional fast after cheat meal
10:00 AM	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 & red apple
12:00 PM	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
3:00-4:00 PM	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
6:00-7:00 PM	Pear & Rocket Salad (plus optional potato)	Pear & Rocket Salad (plus optional potato)	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

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THYROID REGENERATOR MEAL PLAN

WEEK TWO

- 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
7.30 AM	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
10:00 AM	Red apple + vege sticks	Red apple + vege sticks	Palmful of dried papaya	Palmful of dried papaya	Celery & carrot Sticks & hummus	Banana Mango Smoothie	Thyroid tea + 1 pear
12:00 PM	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
3:00-4:00 PM	Cucumber Juice and a piece of fruit	Cucumber Juice and a piece of fruit	Red apple + cuccumber slices	Red apple & cuccumber slices	Palmful of chicken	Cucumber Juice and a piece of fruit	Cucumber juice and a piece of fruit
6:00-7:00 PM	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

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