

Hypothyroid Meal Plan Shopping List – Week 1 (save or print)

Remember this list is to serve 3-4 people. Please adjust to your requirements.

** = one-off purchase that should last the entire 14 days*

Fruit & Vegetables

- 1 apple
- 1 lemon or lime (for juice)
- 4 bananas
- 3 carrots
- 1 large cucumber
- 6 small yellow onions
- 2 red onions
- 3 whole garlic
- 1 zucchini (courgette)
- 5 peppers (capsicum) any colour
- 3 chillis/jalapenos
- 7 medium sweet potatoes
- 1 extra large bag of baby spinach (used for many recipes)
- 1.1lb (500 g) Kent (Japanese) pumpkin

- 1 punnet cherry tomatoes (optional)
- 5-10 medjool dates (optional)

Nuts & Seeds

- 1 bag of chia seeds*
- Bag of Brazil nuts*
- 1 bag sunflower seeds (optional)*

Dairy Foods

- 1 tub of plain Greek or lactose-free yogurt
- 1 block/bag cheddar or mozzarella cheese*
- Milk or Almond milk (used for several recipes)
- 8oz feta cheese
- 1 tub cottage cheese (alternative for hummus)
- 1 small block of parmesan cheese (optional)*

Meat, Seafood, Eggs, Tofu

900g (2 lbs) Chicken breasts (about 5-7)

12 eggs

½ lb (220g) shrimp/prawns, either fresh or frozen

1lb (450g) ground (minced) beef

Rice, Pasta & Tinned Food

Gluten-free pasta of choice*

2 small tins of tuna

1 large bottle of marinara sauce or 2 tin diced tomatoes

1 additional tin diced tomatoes

Small pesto sauce*

600g (21oz) canned chickpeas

1 bag basmati rice*

Grains

1 box of quinoa*

1 loaf gluten-free bread (optional if you eat bread)

Bottled Foods & Oils

1 bottle of extra virgin olive oil*

Sesame oil (optional)*

Peanut oil (optional)*

Protein powder (optional)*

2oz (60g) pitted black olives (optional)*

Condiments, Herbs & Spices

Cumin powder

1 jar peanut butter (99%+ peanuts)*

Small bag unsweetened cocoa powder*

Small jar Dijon mustard (optional)*

1 small bottle of mayonnaise (optional)*

Taco seasoning (optional)

Dried oregano (optional)*

Chili powder (optional)*

1 jar of honey (optional)*

1 bottle of maple syrup (optional)*

Cinnamon powder (optional)*

Vanilla extract (optional)*

Dry coriander (optional)*

Potato starch (optional)*

Dry basil (optional)*

Hypothyroid Meal Plan Shopping List – Week 2 (save or print)

Remember this list is to serve 3-4 people. Please adjust to your requirements.

** = one-off purchase that you may already have purchased for Week 1*

Fruit & Vegetables

- 4 bananas
- Frozen strawberries or other berries
- 4-8 chillis (mix colours)
- 1 extra large bag of baby spinach (used for many recipes)
- 1 bunch spring onions (shallots)
- 2 red onions
- 2 yellow onion
- 6 zucchinis (courgette)
- 5 carrots
- 1 large cucumber
- 4 peppers (capsicum) any colour
- 1 whole garlic
- 4 large portobello (field mushrooms)
- 2 pieces of broccoli
- 4 radishes (optional)
- 2 ripe avocados (optional)

- Small bag frozen peas (optional)
- 1 bunch flat-leaf parsley (optional)
- 1 small packet baby rocket leaves (arugula) (optional)

Nuts & Seeds

- 1 bag of chia seeds*
- Bag of Brazil nuts*
- Bag of roasted almonds or cashews*
- Small bag of sesame seeds (optional)*

Dairy Foods

- 1 tub of plain Greek or lactose-free yogurt
- 1 block/bag cheddar or mozzarella cheese*
- 1 small packet ricotta cheese
- 1 small block of parmesan cheese (optional)*
- 1 tub cottage cheese (alternative for hummus)
- Milk or Almond milk (used for several recipes)
- 1 small pack of feta cheese or goat's cheese

Meat, Seafood, Eggs, Tofu

1lb (450g) ground (minced) chicken or beef or turkey

1lb (400g) ground beef

6 whole boneless chicken breasts

12 eggs

Small package extra firm tofu

Rice, Pasta & Tinned Food

1 bag basmati or brown rice*

2 small tins of tuna

3 tins diced tomatoes

1 small bottle of marinara sauce or extra 1 tin diced tomatoes

1 x 400g (13oz) canned chickpeas

2 x 400g/13oz caned cannellini beans

1 tin black beans or lentils

1 can light coconut cream

2 cans light coconut milk

1 small jar yellow curry paste*

3 cups chicken broth (stock)

1 tin of corn

2oz (60g) pitted black olives (optional)

Grains

1 box of quinoa*

1 big bag of corn tortilla chips

Rice-paper for rolls

1 loaf gluten-free bread (optional if you eat bread)

Bottled Foods & Oils

1 bottle of extra virgin olive oil*

1 bottle of soy sauce (reduced sodium and gluten-free is best)*

Small block butter

2oz (60g) pitted black olives (optional)*

Oyster sauce (optional)*

Sesame oil (optional)*

Peanut oil (optional)*

1 bottle white or red wine vinegar (optional)*

Condiments, Herbs & Spices

Cumin powder

1 jar peanut butter (99%+ peanuts)*

1 packet taco seasoning

1 jar of tahini (sesame seed paste) (optional)*

1 jar of honey (optional)*

1 bottle of maple syrup (optional)*

Cinnamon powder (optional)*

Vanilla extract (optional)*

Bay leaves (optional)

Hypothyroid Meal Plan - Recipes

The entire meal plan can be viewed here:

<https://www.dietvsdisease.org/meal-plan-for-hypothyroidism-and-weight-loss/>

Day #1 Monday



[Greek Yogurt Tuna Salad](#)

Greek yogurt is high protein and low sugar, while tuna is a rich source of iodine and healthy omega-3 fats.



[Healthy Chipotle Chicken Sweet Potato Skin](#)

Sweet potato is just one of my all time favourite foods.

Day #2 Tuesday



[Overnight Chocolate Chia Seed Pudding](#)

Chia seeds are a wonderful source of protein, fibre and magnesium. As the name implies, this should be made ahead of time in large batches.



[Shakshuka](#)

This Tunisian dish is a wonderful source of vegetables and eggs, a source of iodine. Plus rice is naturally gluten-free.

Day #3 Wednesday



[Mason Jar Salad](#)

So smart and so simple. Mason jar optional of course, but you need a jar of some type.



[Shrimp, Zucchini & Pesto Angel Hair Pasta](#)

You should choose gluten-free pasta for this recipe (doesn't need to be angel hair). Shrimp is a good source of iodine.

Day #4 Thursday



[Green Monster Smoothie](#)

Again, this requires a blender and is another way to make use of your chia seeds, but brush your teeth before work!



[Pumpkin Soup Recipe – Try This Trick](#)

I'm a big fan of soups, especially in winter. They tend to be lower-calorie than regular meals, rich in vegetables, and can keep you full for longer.

Day #5 Friday



[One Pot Cheesy Taco Skillet](#)

For some reason I like the idea of Mexican on Friday nights, and this creates a fun, communal feel that your family will enjoy.

Day #6 Saturday



[Formula Meals: Quinoa Salad](#)

Quinoa is a versatile grain that is naturally gluten-free and high protein. This recipe has many tasty alternatives depending on what vegetables and nuts you have leftover.

Day #7 Sunday



[California Sweetpotato Hash {Greek Style} with Feta and Eggs](#)

Because it's Sunday. And sweet potato is good at breakfast too.



[Quinoa Crusted Chicken Parmesan](#)

Delicious way to serve chicken (you can use regular milk if lactose is no problem for you), and you can make use of any leftover vegetables and cheese.

Day #8 Monday



[Fresh Spring Rolls \(Rice Paper Rolls\)](#)

Fresh spring rolls are a delicious way to get in two or more servings of your daily vegetables and they are a perfect meal idea for Meatless Monday.

Spring rolls are versatile and you can add just about any ingredient you would like!



[Easy Thai Chicken Curry](#)

Use frozen peas or swap for another vegetable.

Day #9 Tuesday



[Chocolate Peanut Butter Protein Smoothie](#)

If you have a blender then smoothies are a quick and delicious breakfast. I recommend almond milk over regular as it has far less calcium (for those taking thyroid hormone in the morning).

All-natural peanut butter (usually at least 95% peanuts) is the healthiest choice, but it's thick!



[Low Carb Zucchini Lasagna Recipe](#)

Swap tomato sauce for canned diced tomatoes. Consider adding in eggplant and mushrooms too, and gluten-free pasta sheets if you miss your pasta.

Day #10 Wednesday



[Coconut Breakfast Quinoa Recipe](#)

Make a big batch of this for leftovers, and swap nuts in for coconut flakes.

Coconut milk can also be swapped for any milk type.



[Tuna and Cannellini Bean Salad](#)

Easy and full-flavoured, this salad gets better the day after as the flavours develop.



[Chicken Broccoli Rice Skillet with Cheddar Cheese](#)

Chicken Broccoli Rice Skillet with Cheddar Cheese skips the canned cream soup and is ready in less than 30 minutes.

Day #11 Thursday



[Banana Peanut Butter Chia Seed Pudding](#)

Nutritious, delicious, keeps you feeling full.

A healthy chia seed pudding, with no added sugar or artificial sweeteners, that even Elvis would have enjoyed. Minus the bacon.



[Veggie Lasagna Stuffed Portobello Mushrooms](#)

Stuffed mushrooms are a delicious alternative to meat dishes.

Day #12 Friday



[Strawberry Banana Smoothie](#)

Uses coconut milk, and you can swap strawberries for another fruit or berry.



[Chicken Nachos](#)

Anything corn-based is gluten free, so that includes corn chips and corn tortillas. Start to add in some leftover vegetables you have.

Day #13 Saturday



[One-Pot Mexican Beef Skillet With Quinoa](#)

Can make use of several spices in place of taco seasoning if you have them.

Have with corn chips if you still have leftovers from Day 12.

Day #14 Sunday



Roasted Chilli Frittata

A Jamie Oliver recipe that blackens the chillies to calm the heat and releases their sweetness.

If you have other leftover vegetables, throw them in.



Bibimbap Nourishing Bowl

Bibimbap literally means “mixed rice” in Korean, and is a signature dish packed with veggies, a protein source and topped with a sunny side up egg.

Add in any other leftover vegetables or meat you have, and feel free to sub in white rice for brown.

DIET vs **DISEASE**
SCIENCE - BASED . INDEPENDENT .