

• The plan I build for clients supporting their thyroid — always with their doctor

A tired thyroid needs more than a diet. It needs a **food schedule.**

Your metabolism changed. Your plate should too.

When your thyroid slows, energy, weight, and mood all feel harder — and crash diets make it worse. Mayan Botanicals builds a gentle, whole-food schedule to support steady energy and metabolism, personalized *with* your doctor and timed around your care. No crash diets. No extreme cleanses. No guessing what's for dinner.

[See the Meal Plans →](#)

[Start My Intake](#)

↓ [Download the plan overview \(PDF\)](#)

[Root-Cause Approach](#)

[Real, Whole Foods](#)

[Jamaican Roots](#)

22

DAY STRUCTURE

4

DAILY MEAL RHYTHMS

44+

WHOLE-FOOD RECIPES

1

CLEAR DOORWAY

WHY THE OLD ADVICE STOPPED WORKING

It's not you. Your **metabolism changed.**

When your thyroid slows, the rules change — the foods and habits that used to work can leave you drained. Here's what shifted, and why a gentle *schedule* beats another diet.



Your Engine Runs Slower

A sluggish thyroid means the body processes energy more slowly, so the same habits can leave you drained. Steady, nourishing meals support your metabolism instead of fighting it.



Crash Diets Backfire

Very low-calorie diets can leave the body more tired and stalled. Balanced, regular meals with enough protein and whole foods give the body steadier fuel.



Food & Meds Timing

Some foods, coffee, and supplements affect how well thyroid medication absorbs. Your plan is built around the timing your doctor sets — so food supports your treatment, never competes with it.

What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



Daily Meal Rhythm

A simple flow of tonic, meals, and rest windows so your body always knows what's coming next.



Therapeutic Food Library

Swap-friendly, whole-food recipes chosen to support steady energy — timed around your care.



Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



Hydration & Tonics

Water rhythm plus traditional herbal tonics to support cleansing and curb false hunger.

One day, mapped for you

Here's a sample day from a Mayan thyroid-support plan — gentle, whole-food, built for steady energy. Your plan is personalized to your body, tastes, and your doctor's timing.

ON WAKING



On Waking

Water first — take your thyroid medication as your doctor directs

Why: many thyroid meds work best on an empty stomach; always follow your doctor's timing.

BREAKFAST



Breakfast

Eggs with sautéed greens and avocado, or Greek yogurt with berries and seeds

Why: protein and whole foods for steady morning energy.

MIDDAY



Midday

Grilled chicken or fish with quinoa and roasted vegetables

Why: balanced protein, fiber, and slow carbs to keep energy even.

AFTERNOON



Afternoon

A small handful of nuts and fruit, or hummus with veg

Why: a steady snack to head off the afternoon crash.

DINNER



Light & Early

Salmon or lentils with sweet potato and greens — kept lighter and earlier

Why: nourishing, whole-food, and gentle on digestion overnight.

THE METHOD

The 5-part rhythm

Every Mayan thyroid-support journey follows the same gentle arc — always with your care team.

1

Reset

Clear the crash-diet habits and start with steady, whole foods.

2

Rebuild

Build balanced, protein-forward plates that support your energy.

3

Rhythm

Lock in a daily meal schedule your body can rely on.

4

Steady

Keep energy even all day — and food timed around your meds.

5

Reinforce

Make it the way you eat for good — alongside your thyroid team.

CHOOSE YOUR PATH

Four ways to start

Every path includes a personalized thyroid-support meal plan built to steady your energy and metabolism, timed around your care. Choose the level of guidance that fits where you are right now.

ENTRY

Reset Plan

A clean, focused starting point to steady your energy and your plate.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

Signature Plan

The complete thyroid-support meal system — plan, library, and structured guidance.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

Support that walks it with you

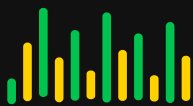
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

Ready to eat for **steady energy**?

Tell us where you are. We'll point you to the right plan and get your personalized schedule started.

First Name

Your first name

Email

you@email.com

Your Main Goal

Select one...

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

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[Reset Plan](#) [Signature Plan](#) [Concierge Plan](#) [VIP Transformation](#)

Live healthy, be healthy.

These meal plans are educational nutrition guidance and are not medical advice. They are not intended to diagnose, treat, cure, or prevent any thyroid condition or disease. Thyroid nutrition is individual — some foods, supplements, and meal timing can affect how thyroid medication works. Always take your thyroid medication exactly as prescribed, and talk to your doctor before changing your diet or starting any supplement, including iodine, kelp, or selenium, which can be harmful in excess. These plans are meant to work alongside your medical care, never to replace it. Individual results vary.

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