Weight Loss Woman Thyroid Diet Chart

WEIGHT LOSS WOMAN THYROID DIET CHART

Use the reference values below as a guide only. Always check the figures against current product information and your own practice protocols.

WEIGHT LOSS WOMAN THYROID DIET REFERENCE VALUES

Meal | Portion | Range / notes | Source and date checked

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

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Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Meal: _____ Portion: _____

Range / notes: _____ Source and date checked: _____

Approved by: _____ Date approved: _____ dd / mm / yyyy

RECORDING

Date | Time | Meal | Portion | Recorded by

Date: _____ dd / mm / yyyy Time: _____

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

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Date: dd / mm / yyyy

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Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Recorded by:

Notes