

SUNDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
MONDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
TUESDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
WEDNESDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
THURSDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
FRIDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
SATURDAY	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER