



MONDAY: / /			SNACKS:
Breakfast:	LUNCH:	DINNER:	
TUESDAY: /			
Breakfast:	LVNCH:	. DINNER: .	
WEDNESDAY:	1 1		
BREAKFAST:	LVNCH:	DINNER:	
THURSDAY: /	/ /]
Breakfast:	LVNCH:	DINNER:	
FRIDAY: /	/		
BREAKFAST:	LVNCH:	DINNER:	
SATURDAY/SUN	DAY: / / + /	1	
BREAKFAST:	LUNCH:	. DINNER: .	