

				Nutrition	Water
Sunday			Breakfast		
			Lunch		
			Dinner		
			Snacks		
Monday			Breakfast		
			Lunch		
			Dinner		
			Snacks		
Tuesday			Breakfast		
			Lunch		
			Dinner		
			Snacks		
Wednesday			Breakfast		
			Lunch		
			Dinner		
			Snacks		
Thursday			Breakfast		
			Lunch		
			Dinner		
			Snacks		
Friday			Breakfast		
			Lunch		
			Dinner		
			Snacks		
Saturday			Breakfast		
			Lunch		
			Dinner		
			Snacks		