Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑	Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑	Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑	Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑	Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑	Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑	Water ❑❑❑❑ ❑❑❑❑ Fruit ❑❑❑ Veg ❑❑❑❑ Multivitamin ❑