

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>  CALORIES=	<b>BREAKFAST</b>  CALORIES=	<b>BREAKFAST</b>  CALORIES=	<b>BREAKFAST</b>  CALORIES=	<b>BREAKFAST</b>  CALORIES=	<b>BREAKFAST</b>  CALORIES=	<b>BREAKFAST</b>  CALORIES=
<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=
<b>LUNCH</b>  CALORIES=	<b>LUNCH</b>  CALORIES=	<b>LUNCH</b>  CALORIES=	<b>LUNCH</b>  CALORIES=	<b>LUNCH</b>  CALORIES=	<b>LUNCH</b>  CALORIES=	<b>LUNCH</b>  CALORIES=
<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=
<b>DINNER</b>  CALORIES=	<b>DINNER</b>  CALORIES=	<b>DINNER</b>  CALORIES=	<b>DINNER</b>  CALORIES=	<b>DINNER</b>  CALORIES=	<b>DINNER</b>  CALORIES=	<b>DINNER</b>  CALORIES=
<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=	<b>SNACK</b>  CALORIES=
<b>WATER:</b> 1 2 3 4 5 6 7 8	<b>WATER:</b> 1 2 3 4 5 6 7 8	<b>WATER:</b> 1 2 3 4 5 6 7 8	<b>WATER:</b> 1 2 3 4 5 6 7 8	<b>WATER:</b> 1 2 3 4 5 6 7 8	<b>WATER:</b> 1 2 3 4 5 6 7 8	<b>WATER:</b> 1 2 3 4 5 6 7 8