

|           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast |        |         |           |          |        |          |        |
| Snack 1   |        |         |           |          |        |          |        |
| Lunch     |        |         |           |          |        |          |        |
| Snack 2   |        |         |           |          |        |          |        |
| Dinner    |        |         |           |          |        |          |        |
| Snack 3   |        |         |           |          |        |          |        |