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