MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST: LUNCH:	BREAKFAST: LUNCH: DINNER: SNACKS:

MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
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BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST: LUNCH:	BREAKFAST: LUNCH: DINNER: SNACKS:

MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST: LUNCH:	BREAKFAST: LUNCH: DINNER: SNACKS:

MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
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MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
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BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
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BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
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MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
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BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
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MONDAY	TUESDAY
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DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
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BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
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BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST: LUNCH:	BREAKFAST: LUNCH: DINNER: SNACKS:

MONDAY	TUESDAY
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DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
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DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST:	BREAKFAST: LUNCH: DINNER: SNACKS:
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MONDAY	TUESDAY
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DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
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SNACKS:	SNACKS:
FRIDAY	SATURDAY
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BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
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BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
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MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
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DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
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DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	LUNCH: DINNER:
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DINNER:	DINNER:
DINNER: SNACKS:	DINNER: SNACKS:
DINNER: SNACKS: SUNDAY	DINNER: SNACKS:
DINNER: SNACKS: SUNDAY BREAKFAST:	DINNER: SNACKS:
DINNER: SNACKS: SUNDAY BREAKFAST: LUNCH:	DINNER: SNACKS:

MONDAY	TUESDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
WEDNESDAY	THURSDAY
BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:
DINNER:	DINNER:
SNACKS:	SNACKS:
FRIDAY	SATURDAY
FRIDAY BREAKFAST:	SATURDAY BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST:	BREAKFAST:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER:	BREAKFAST: LUNCH: DINNER:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST:	BREAKFAST: LUNCH: DINNER: SNACKS:
BREAKFAST: LUNCH: DINNER: SNACKS: SUNDAY BREAKFAST: LUNCH:	BREAKFAST: LUNCH: DINNER: SNACKS: