

	Protein	Carbohydrates	Fats	Vegetables/Fruit
MONDAY				
Breakfast				
Lunch				
Dinner				
Snack				
TUESDAY				
Breakfast				
Lunch				
Dinner				
Snack				
WEDNESDAY				
Breakfast				
Lunch				
Dinner				
Snack				
THURSDAY				
Breakfast				
Lunch				
Dinner				
Snack				
FRIDAY				
Breakfast				
Lunch				
Dinner				
Snack				
SATURDAY				
Breakfast				
Lunch				
Dinner				
Snack				
SUNDAY				
Breakfast				
Lunch				
Dinner				
Snack				