

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STARCHES <input type="checkbox"/> <input type="checkbox"/>	STARCHES <input type="checkbox"/> <input type="checkbox"/>	STARCHES <input type="checkbox"/> <input type="checkbox"/>	STARCHES <input type="checkbox"/> <input type="checkbox"/>	STARCHES <input type="checkbox"/> <input type="checkbox"/>	STARCHES <input type="checkbox"/> <input type="checkbox"/>	STARCHES <input type="checkbox"/> <input type="checkbox"/>
VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FRUIT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SKIM MILK <input type="checkbox"/>	SKIM MILK <input type="checkbox"/>	SKIM MILK <input type="checkbox"/>	SKIM MILK <input type="checkbox"/>	SKIM MILK <input type="checkbox"/>	SKIM MILK <input type="checkbox"/>	SKIM MILK <input type="checkbox"/>
SALAD DRESSING <input type="checkbox"/>	SALAD DRESSING <input type="checkbox"/>	SALAD DRESSING <input type="checkbox"/>	SALAD DRESSING <input type="checkbox"/>	SALAD DRESSING <input type="checkbox"/>	SALAD DRESSING <input type="checkbox"/>	SALAD DRESSING <input type="checkbox"/>
FAT-1 TBSP <input type="checkbox"/>	FAT-1 TBSP <input type="checkbox"/>	FAT-1 TBSP <input type="checkbox"/>	FAT-1 TBSP <input type="checkbox"/>	FAT-1 TBSP <input type="checkbox"/>	FAT-1 TBSP <input type="checkbox"/>	FAT-1 TBSP <input type="checkbox"/>
VITAMIN <input type="checkbox"/>	VITAMIN <input type="checkbox"/>	VITAMIN <input type="checkbox"/>	VITAMIN <input type="checkbox"/>	VITAMIN <input type="checkbox"/>	VITAMIN <input type="checkbox"/>	VITAMIN <input type="checkbox"/>
WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATER <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE