Week 1:

|  | Breakfast | Snack | Lunch | Dinner | Dessert |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

## Week 2:

|  | Breakfast | Snack | Lunch | Dinner | Dessert |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

