

DAY	MEAL/SNACK 1	MEAL/SNACK 2	MEAL/SNACK 3	MEAL/SNACK 4	MEAL/SNACK 5	TOT
MONDAY	SP	SP	SP	SP	SP	
TUESDAY	SP	SP	SP	SP	SP	
WEDNESDAY	SP	SP	SP	SP	SP	
THURSDAY	SP	SP	SP	SP	SP	
FRIDAY	SP	SP	SP	SP	SP	
SATURDAY	SP	SP	SP	SP	SP	
SUNDAY	SP	SP	SP	SP	SP	

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