

|                  |             | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|-------------|--------|--------|---------|-----------|----------|--------|----------|
| <b>Breakfast</b> | Meat        |        |        |         |           |          |        |          |
|                  | Veg / Fruit |        |        |         |           |          |        |          |
|                  | Nut / Oil   |        |        |         |           |          |        |          |
| <b>Snack</b>     | Meat        |        |        |         |           |          |        |          |
|                  | Veg / Fruit |        |        |         |           |          |        |          |
|                  | Nut / Oil   |        |        |         |           |          |        |          |
| <b>Lunch</b>     | Meat        |        |        |         |           |          |        |          |
|                  | Veg / Fruit |        |        |         |           |          |        |          |
|                  | Nut / Oil   |        |        |         |           |          |        |          |
| <b>Snack</b>     | Meat        |        |        |         |           |          |        |          |
|                  | Veg / Fruit |        |        |         |           |          |        |          |
|                  | Nut / Oil   |        |        |         |           |          |        |          |
| <b>Dinner</b>    | Meat        |        |        |         |           |          |        |          |
|                  | Veg / Fruit |        |        |         |           |          |        |          |
|                  | Nut / Oil   |        |        |         |           |          |        |          |