

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 7-9am	Breakfast 7-9am	Breakfast 7-9am	Breakfast 7-9am	Breakfast 7-9am	Breakfast 7-9am	Breakfast 7-9am
Midmorning Snack	Midmorning Snack	Midmorning Snack	Midmorning Snack	Midmorning Snack	Midmorning Snack	Midmorning Snack
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Snack 4pm	Snack 4pm	Snack 4pm	Snack 4pm	Snack 4pm	Snack 4pm	Snack 4pm
Dinner (eat by 7pm)	Dinner (eat by 7pm)	Dinner (eat by 7pm)	Dinner (eat by 7pm)	Dinner (eat by 7pm)	Dinner (eat by 7pm)	Dinner (eat by 7pm)