

<b>Week 1</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
<b>Week 2</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
<b>Week 3</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
<b>Week 4</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			