

Sample Menu Plan

Day 1	Day 2	Day 3
<u>Upon Rising</u>	<u>Upon Rising</u>	<u>Upon Rising</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>

<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<u>Snack (not after 8pm)</u>	<u>Snack (not after 8pm)</u>	<u>Snack (not after 8pm)</u>

Notes: