| | Breakfast | Morning Snack | Lunch | Evening Snack | Dinner | Evening Snack |
|-----------|-----------|---------------|-------|---------------|--------|---------------|
| | | | | | | |
| Sunday | | | | | | |
| | | | | | | |
| Monday | | | | | | |
| | | | | | | |
| Tuesday | | | | | | |
| | | | | | | |
| Wednesday | | | | | | |
| | | | | | | |
| Thursday | | | | | | |
| | | | | | | |
| Friday | | | | | | |
| | | | | | | |
| Saturday | | | | | | |