

		Food	Calories	Fat	Protein	Carb	Fiber	NC
Monday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							
Tuesday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							
Wednesday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							
Thursday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							
Friday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							
Saturday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							
Sunday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
	Total							