

| Days | Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 | Meal 6 |
|------|--------|--------|--------|--------|--------|--------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |

