



MONDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER
TUESDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER
WEDNESDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER
THURSDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER
FRIDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER
SATURDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER
SUNDAY	DAIRY	PROTEIN	FATS	GRAINS	FRUITS AND VEGGIES	WATER