BREAKFAST	CARBS	PROTEIN	FAT	SUGAR
	TOTAL C	ALS		
SNACK	CARBS	PROTEIN	FAT	SUGAR
	TOTAL CALS			
	CARBS	PROTEIN	FAT	SUGAR
LUNCH				
	8			
	TOTAL C	ALS		
SNACK	CARBS	PROTEIN	FAT	SUGAR
SNACK				
	TOTAL C	ALS		
DINNER	CARBS	PROTEIN	FAT	SUGAR
	TOTAL C	ALS		1
	1			
SNACK	CARBS	PROTEIN	FAT	SUGAR
SNACK	CARBS	PROTEIN	FAT	SUGAR
SNACK	CARBS	PROTEIN	FAT	SUGAR
SNACK	CARBS		FAT	SUGAR
SNACK			FAT	SUGAR
SNACK			FAT	SUGAR