

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Milk							
Meat (oz)							
Vegetable							
Fruit							
Grain							
<b>Breakfast</b>							
Snack							
<b>Lunch</b>							
Snack							
<b>Dinner</b>							
Snack							
Water							
Exercise							