Weekly Diet Journal				
	Breakfast	Lunch	Dinner	Snack
Sunday				Time of snack
	Breakfast	Lunch	Dinner	Snack
Monday				Time of snack
	Breakfast	Lunch	Dinner	Snack
Tuesday				Time of snack
	Breakfast	Lunch	Dinner	Snack
Wednesday				Time of snack
	Breakfast	Lunch	Dinner	Snack
Thursday				Time of snack
	Breakfast	Lunch	Dinner	Snack
Friday				Time of snack
Breakfast		Lunch	Dinner	Snack
Saturday				Time of snack