

EXAMPLE:

 Protein

 Starch

 Veggie

BREAKFAST

Time: 6:00 am



SNACK

Time: 9:00 am

Protein/**Fruit**/Veggie

LUNCH

Time: 12:00 pm



SNACK

Time: 3:00 pm

Protein/**Fat**

DINNER

Time: 6:00 pm



SNACK

Time: 9:00 pm

Protein/**Veggie**