SUN	SAT	FRI	THURS	WED	TUES	MON		
							BREAKFAST	ME
							LUNCH	MEAL PLANNER
							DINNER	Ħ

SUN	SAT	FRI	THURS	WED	TUES	MON		
							BREAKFAST	MEA
							LUNCH	MEAL PLANNER
							DINNER	Ä

SUN	SAT	FRI	THURS	WED	TUES	MON		
							BREAKFAST	ME
							LUNCH	MEAL PLANNER
							DINNER	Ħ

SUN	SAT	FRI	THURS	WED	TUES	MON		
							BREAKFAST	MEA
							LUNCH	MEAL PLANNER
							DINNER	Ä