

Example

Breakfast 2 slices white bread toasted with spread Tea with semi-skimmed milk	Lunch Baked potato with tuna and side salad Low fat/low sugar fruit yoghurt	Dinner Homemade chili con carne with boiled rice Tinned fruit in fruit juice with sugar free jelly	Snacks Mid morning: 1 digestive biscuit Mid afternoon: apple
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Monday

Breakfast	Lunch	Dinner	Snacks
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Tuesday

Breakfast	Lunch	Dinner	Snacks
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Wednesday

Breakfast	Lunch	Dinner	Snacks
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Thursday

Breakfast	Lunch	Dinner	Snacks
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Friday

Breakfast	Lunch	Dinner	Snacks
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Saturday

Breakfast	Lunch	Dinner	Snacks
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Sunday

Breakfast	Lunch	Dinner	Snacks
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