|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Fruit**  **Veg**  **Starchy carbs**  **Protein**  **Dairy**  **Fats & oils** |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Evening snacks** |  |  |  |  |  |  |  |
| **Sugar-free Fluids** |  |  |  |  |  |  |  |
| **Any ‘Treat type foods’ ?** |  |  |  |  |  |  |  |