

<b>Week no</b>	<b>Day</b>	<b>BREAKFAST - Foods/Drink</b>	<b>LUNCH - Foods/Drink</b>	<b>DINNER - Foods/Drink</b>	<b>SNACKS - Foods/Drink</b>	<b>Alcohol</b>	<b>Tobacco</b>
		ie: Cereal/Toast /Smoothie	ie: Sandwich/Salad /Pasta	ie: Pasta/Pizza/Meat&Veg Ready Meal/Salad	ie: Biscuits/Fruit /Cereal Bar/Nuts/Cake	What & no of glasses ie: Beer/wine	Type & number per day
1	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						
2	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						
3	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						
4	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						