

WEEK 1

Rising

Breakfast

Snacks

Lunch

Snacks

Dinner

Drinks

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 2

Rising

Breakfast

Snacks

Lunch

Snacks

Tea

Drinks

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

*WEEK 3*

Rising

Breakfast

Snacks

Lunch

Snacks

Dinner

Drinks

*MONDAY*

*TUESDAY*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*

*SUNDAY*

*WEEK 4*

Rising

Breakfast

Snacks

Lunch

Snacks

Dinner

Drinks

*MONDAY*

*TUESDAY*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*

*SUNDAY*