	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast Lunch Dinner Snack Exercise	8:00:00 AM					
1/5/2010	Meal	Time	Food	Beverage	Place	Calories	Comments
TUESDAY	Meai	Time	1 000	Develage	riace	Calonics	Comments
	Breakfast Lunch Dinner Snack Exercise						
4/6/2040	Maal	Time a	Face	Daviese	Diseas	Calarias	Commonto
WEDNESDAY	Meal Breakfast Lunch Dinner Snack Exercise	Time	Food	Beverage	Place	Calories	Comments
THURSDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast Lunch Dinner Snack Exercise						
1/8/2010	Meal	Time	Food	Beverage	Place	Calories	Comments
FRIDAY	Breakfast Lunch Dinner Snack Exercise						
1/9/2010	Meal	Time	Food	Beverage	Place	Calories	Comments
SATURDAY	Breakfast Lunch Dinner Snack Exercise						
	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast Lunch Dinner Snack Exercise						