Meal	Time	Food	Amount	Preparation	Calories	Comments
Breakfast	8:00:00 AM					
Lunch						
Dinner						
Snack						
Exercise						
Meal	Time	Food	Amount	Preparation	Calories	Comments
Breakfast						
Lunch						
Dinner						
Snack						
Ondor						
Exercise						
Meal	Time	Food	Amount	Preparation	Calories	Comments
Drootstart						
Breakfast						
Lunch						
Dinner						
Snack						
Exercise						
Meal	Time	Food	Amount	Preparation	Calories	Comments
Breakfast						
Lunch						
Dinner						
Snack						
Exercise						
LAGIGIGG						
Meal	Time	Food	Amount	Preparation	Calories	Comments
Breakfast						
Lunch						
Dinner						
Snack						
J						
Exercise						
Meal	Time	Food	Amount	Preparation	Calories	Comments
Breakfast						
Breakrast Lunch						
Dinner						
Snack						
Silack						
Exercise						
Meal	Time	Food	Amount	Preparation	Calories	Comments
Breakfast						
NO. 15. 405						
Lunch						
Dinner Snack						
SHACK						
Exercise						