	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	
BREAKFAST								
TOTAL								
CALORIES								
LUNCH								
TOTAL								
CALORIES								
DINNER								
TOTAL								
CALORIES								
SNACKS								
TOTAL								
CALORIES								
DAILY CALORIE								
TOTAL								
IOIAL								
		WEEK'S TOTAL CALORIES CONSUMED:						