|       | Breakfast | Lunch | Dinner | Snack | Snack | Sugar |
|-------|-----------|-------|--------|-------|-------|-------|
| Mon   |           |       |        |       |       |       |
| Tue   |           |       |        |       |       |       |
| Wed   |           |       |        |       |       |       |
| Thurs |           |       |        |       |       |       |
| Fri   |           |       |        |       |       |       |
| Sat   |           |       |        |       |       |       |
| Sun   |           |       |        |       |       |       |