

# MEHN Daily Food Diary

## WEEK

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*Tuesday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

*Thursday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

*Saturday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

*Monday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

*Wednesday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

*Friday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

*Sunday*

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner