

Day 1 – green day

Day 2 – yellow day

Day 3 – blue day

Day 4 – red day

Breakfast
Snack
Lunch
Dinner
Snack

Breakfast
Snack
Lunch
Dinner
Snack

Breakfast
Snack
Lunch
Dinner
Snack

Breakfast
Snack
Lunch
Dinner
Snack