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| --- | --- | --- | --- | --- | --- |
|  | **What kind Food** | **Time** | **Where** | **Activity** | **Quantity** |
| Break Fast |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Tea Break (or) Snacks |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| Fruits |  |  |  |  |  |
| Juices |  |  |  |  |  |
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