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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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