

EAT ANYTHING

| Day | No. of meals | Eating Styles | Did this style suit me (yes or no)? |
|-------|--------------|--|-------------------------------------|
| Mon | 3 | Breakfast, lunch, dinner | |
| Tues | 1 | Breakfast | |
| Weds | 2 | Lunch, dinner | |
| Thurs | 5 | Breakfast, snack, lunch, snack, dinner | |
| Fri | 1 | Dinner | |
| Sat | 4 | Breakfast, lunch, snack, dinner | |
| Sun | 2 | Breakfast, dinner | |