Sample Diet Chart

Breakfast

Diet A
Diet B
Diet C
Diet D

Lunch

Diet E
Diet F
Diet G
Diet H
Diet I
Diet J
Diet K
Diet L
Diet M
Diet N
Diet O
Diet P

Dinner

Diet Q
Diet R
Diet S
Diet T
Diet U
Diet V
Diet W
Diet X
Diet Y
Diet Z

Milk(s)

Milk A
Milk B

Fruit(s)

Fruit A
Fruit B
Fruit C
Fruit D
Fruit E
Fruit F

Dried Fruit(s)

Dried Fruit A
Dried Fruit B
Dried Fruit C

Prohibited Items

Item A
Item B
Item C
Item D
Item E
Item F
Item G
Item H

General Instructions

- General instruction A
- General instruction B
- General instruction C
- General instruction D