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| **Zeit** |  **Mo** | **Di** | **Mi**  | **Do** | **Fr** | **Sa** | **So** |
| morgensFrühstück |  |  |  |  |  |  |  |
| Zwischen-mahlzeit |  |  |  |  |  |  |  |
| Mittag-essen |  |  |  |  |  |  |  |
| Zwischen-mahlzeit |  |  |  |  |  |  |  |
| Abend-essen |  |  |  |  |  |  |  |
| Später Snack |  |  |  |  |  |  |  |