

Week 3:

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Smoothie	✓	Meal choice	✓	Dinner choice
Day 2	Smoothie	✓	Meal choice	✓	Dinner choice
Day 3	Breakfast choice	✓	Meal choice	✓	Smoothie
Day 4	Smoothie	✓	Meal choice	✓	Dinner choice
Day 5	Breakfast choice	✓	Meal choice	✓	Smoothie
Day 6	Smoothie	✓	FREE MEAL		Dinner choice
Day 7	Breakfast choice	✓	FREE MEAL		Smoothie

Week 4:

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Smoothie	✓	Meal choice	✓	Dinner choice
Day 2	Smoothie	✓	Meal choice	✓	Dinner choice
Day 3	Breakfast choice	✓	Meal choice	✓	Smoothie
Day 4	Smoothie	✓	Meal choice	✓	Dinner choice
Day 5	Smoothie	✓	Meal choice		FREE MEAL
Day 6	Smoothie	✓	Meal choice	✓	Dinner choice
Day 7	Breakfast choice	✓	Smoothie		FREE MEAL

Week 5:

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Smoothie	✓	Meal choice	✓	Dinner choice
Day 2	Smoothie	✓	Meal choice	✓	Dinner choice
Day 3	Breakfast choice	✓	Meal choice	✓	Smoothie
Day 4	Smoothie	✓	Meal choice	✓	Dinner choice
Day 5	Breakfast choice	✓	Meal choice	✓	Smoothie
Day 6	FREE MEAL		Meal choice	✓	Dinner choice
Day 7	Smoothie	✓	Meal choice		FREE MEAL