lean lumpstart	BREAKFAST	LUNCH	DINNER
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
0 -			
lean jumpstart	BREAKFAST	LUNCH	DINNER
lean Jumpstart  SUNDAY	BREAKFAST	LUNCH	DINNER
lean lumpstart	BREAKFAST	LUNCH	DINNER
SUNDAY	BREAKFAST	LUNCH	DINNER
SUNDAY  MONDAY		LUNCH	DINNER
SUNDAY  MONDAY  TUESDAY		LUNCH	DINNER
SUNDAY  MONDAY  TUESDAY  WEDNESDAY		LUNCH	DINNER