

Nom:	JOUR 1 (semaine)	JOUR 2 (semaine)	JOUR 3 (week-end)
<b><u>PETIT-DEJEUNER</u></b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b><u>COLLATION MATIN</u></b> (facultatif)	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b><u>REPAS DE MIDI</u></b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b><u>COLLATION APRES-MIDI</u></b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b><u>REPAS DU SOIR</u></b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b><u>COLLATION SOIR</u></b> (facultative)	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>