Appetite for study

Quick, cheap and easy food for university students
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By Dr Tanya Lawlis, UC International Student Support Services and UC Student Welfare
Acknowledgements

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Photography by Dr Tanya Lawlis.
**INTRODUCTION**

Welcome to the first edition of the *Appetite for Study* recipe book. This cookbook is aimed to help the smooth transition of first year students to the University of Canberra by providing quick, cheap and easy meals and snacks for students to enjoy. The cookbook was developed in response to the success of the 2017 *Your Food Your Health* (ISSS) and *UC Belong* (UC Student Welfare) programs.

A nutritious and well-balanced diet is important to maintaining health and wellbeing. Research also shows that healthy eating is key to optimum academic performance. The recipes in this book are based around the Australian Dietary Guidelines\(^1\) and Australian Guide to Health Eating\(^2\) (opposite page). All food used in the recipes can be obtained from the food and grocery outlets and fresh food markets that are within walking distance of the University of Canberra.

**SHOPPING FOR CHEAP FOOD AND INGREDIENTS**

- Fresh fruit markets usually reduce the prices of their fresh fruits and vegetables on a Sunday afternoon
- Look for savings in supermarket catalogues
- Supermarkets often reduce prices of food products close to the use by date or best before date
- Combine your shopping with friends, buying in bulk can save you money
- Plan your weekly meals and snacks and only buy food that you need

**TIPS**

- Cook double and freeze the extra so you can defrost when you are busy with assignments and final exams
- Have healthy snacks in your cupboard
- Take your lunch and snacks to university, this will not only save you money but also remove the temptation to purchase unhealthy food
- Never go food shopping when hungry as you will buy things you don’t need
- Try and go to the shops once, this way you won’t want to buy excess food
- Use all your food, if you have leftovers use them as fillers in wraps, rice paper rolls or have for lunch the next day
- Buy only what you need
- See the tips throughout the cookbook

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Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

- Polenta
- Quinoa
- Penne
- Wheat flakes

Vegetables and legumes/beans

- Red kidney beans
- Red lentils
- Chickpeas

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- Mixed nuts
- Lentils
- Fettuccine

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

- Soy drink
- Milk

Use small amounts

- Alcohol

Only sometimes and in small amounts

- Processed meats

Figure 1 Image sourced from: National Health and Medical Research Council. Eat for Health, Australian Dietary Guidelines Summary. Canberra: National Health and Medical Research Council.
BREAKFAST

PORRIDGE

Oats are a good source of dietary fibre and nutrients. Made from oats, porridge keeps you fuller for longer so you don’t get hungry mid-tutorial. You can add different ingredients to suit your tastes and is a great breakfast on a cold Canberra morning.

SERVES 2  |  PREPARATION TIME 5 minutes  |  COOKING TIME 5-6 minutes

INGREDIENTS

1 cup rolled oats

1 1/2 — 2 cups milk or water

EQUIPMENT

Saucepan
Measuring cups
Spoons
Knife (for options)

STOVE

1  Place oats and milk or water into a saucepan.

2  Bring to the boil, reduce heat, cook for 5 minutes stirring regularly until oats are thick and creamy, serve.

MICROWAVE

1  Place oats and milk or water into a microwave-safe bowl.

2  Microwave on HIGH for 2 minutes stir and cook for a further 2 minutes.

3  Stir again, then stand for 2 minutes, serve.

OPTIONS

Honey and Banana  When cooked top porridge with a drizzle of honey and sliced banana and almonds

Apple and cinnamon  Add grated apple and cinnamon midway through Step 2

Berry porridge  Add 1/4 cup water and 1/4 cup apple juice in Step 1
Add 1/2 cup frozen berries midway through Step 2
A 750g packet of rolled or quick oats cost less than $2 and provides between 8–10 serves of porridge for 2 people.
POACHED EGGS

Serves 2  |  Preparation Time 5 minutes  |  Cooking Time 10 minutes

INGREDIENTS
1 tablespoon vinegar
2 eggs
2 slices of bread toasted (wholemeal)
1 cup spinach leaves
Red onion, sliced
Pepper (to taste)

EQUIPMENT
Small saucepan
Measuring cups
Small bowl or ramekin
Spatula or slotted spoon
Paper towel
Knife

INSTRUCTIONS
1 ¾ fill the saucepan with water, add vinegar and bring to the simmer (not boiling).
2 Crack the eggs individually into a small bowl or ramekin.
3 Create a whirlpool in the water, this helps the white wrap around the yolk, gently tip one egg into the water. Cook for 3-4 minutes.
4 Remove the egg with a slotted spoon and drain the water off the egg onto paper.
5 Place the spinach leaves onto the toast, add eggs and onion. Season to taste, serve.

NOTE
If you prefer a soft yolk remove the egg around 3 minutes, for a hard yolk leave the egg in longer.
BOILED EGGS

SERVES 2  |  PREPARATION TIME 5 minutes  |  COOKING TIME 5 minutes

INGREDIENTS
4 eggs
2 slices of bread toasted (wholemeal)
$\frac{1}{4}$ avocado (optional)

EQUIPMENT
Small saucepan
Spatula or slotted spoon
Paper towel

INSTRUCTIONS
1. Place the eggs into saucepan, fill saucepan with cool water to cover eggs, place on high heat and bring to the boil, reduce heat to medium and gently boil.
2. For a soft egg boil for around $1 \frac{1}{2}$ minutes, medium egg $2 \frac{1}{2}$ minutes and hard boiled egg $3-3 \frac{1}{2}$ minutes.
3. Use spatula/slotted spoon to remove egg and place egg into egg cup.
4. Cut toast into fingers, serve.
Optional spread avocado onto toast

Tip

EGGS
Eggs are an excellent source of protein.
Poached, boiled and scrambled eggs (with milk) are perfect for breakfast while an omelette or frittata are great for any meal of the day.
BREAKFAST YOGHURT CUPS

Yoghurt cups are very versatile, you can fill them with ingredients to meet your taste, they are quick to make and can be eaten on the go.

SERVES 2  |  PREPARATION TIME 5 minutes  |  COOKING TIME none

INGREDIENTS
2 cups reduced-fat or Greek yoghurt
1 cup fresh or canned fruit
1 cup granola or untoasted muesli

To serve
Extra fruit, such as blueberries, strawberries, pear, apple

INSTRUCTIONS
1 Line up 2 glasses
2 Spoon yoghurt, fruit and/or granola/muesli into each glass in layers until all ingredients are used
3 Top with granola/muesli or fresh fruit, serve

EQUIPMENT
Glasses
Tin opener (if using canned fruit)
Measuring cups
Chopping board
Spoons
Knife
BREAKFAST WRAP
SERVES 2 | PREPARATION TIME 5 minutes | COOKING TIME 10 minutes

INGREDIENTS
4 rashes short cut bacon
2 eggs
2 large lettuce leaves
handful grated cheese
4 cherry tomatoes
2 tortillas
BBQ or tomato sauce (to taste)

EQUIPMENT
Frypan
Cutting boards
Knives
Spatula

INSTRUCTIONS
1. Place frypan on medium heat and when hot add the bacon. Cook until brown on each side and remove.

2. Crack the eggs into a bowl and whisk with a fork. Wipe pan, add oil, pour egg mixture into the pan so it covers the bottom of the frypan. Cook until set. Remove and cut in half.

3. Place tortillas on a plate. Place ingredients in the middle of the tortilla leave around 3cm from the bottom. Add lettuce, half the egg and 2 rashes of bacon to each tortilla, then tomatoes and grated cheese. Top with small amount of sauce.

4. Fold the tortilla at the bottom, then fold each side in, serve.
UNI STUDENT NACHOS

The following meals can be eaten for lunch and dinner. Each recipe below serves four, you can place remaining portions into containers keep one in the fridge for the next day and put the others in the freezer for when you are busy doing assignments or studying for exams.

SERVES 4 | PREPARATION TIME 10 minutes | COOKING TIME 20 minutes

INGREDIENTS  
MINCE
1 brown onion, finely chopped
1/2 zucchini, grated or finely chopped
400g tin chopped tomatoes
500g beef mince
400g red kidney beans (salt reduced)
1 tablespoon olive oil
30g taco mix (salt reduced)
1 teaspoon mexican chilli mix
4 tortillas or mountain bread
Grated tasty cheese (low fat)

To serve
Sour cream, avocado, coriander, lettuce

EQUIPMENT
Saucepan or fry pan
Tin opener
Chopping boards
Knife/s
Mixing spoon
Grater
Measuring spoons

INSTRUCTIONS – FOR MINCE VERSION

1. Heat oil in a large frying pan over medium heat, add onion. Cook stirring for 1–2 minutes until softened and translucent.

2. Add mince and cook until browned (approximately 5 minutes), breaking up lumps.

3. Add zucchini, tin tomatoes, tin red kidney beans (washed), mexican chilli mix and taco mix and simmer for 10 minutes with the lid off, stirring occasionally or until sauce thickens.

4. Place tortillas under the grill or in a sandwich press until brown, break into pieces.

5. Preheat the grill. Place a serving of mince onto a plate and top with cheese, place under the grill until the cheese melts.

6. Place lettuce and tortilla pieces around the nacho mix, top with sour cream, sliced avocado and coriander, serve.
INGREDIENTS VEGETARIAN

Replace the brown onion, 500g beef mince, taco mix and 400g tin tomatoes with:

1 red onion
1 red capsicum
1 punnet cherry tomatoes, quartered

Follow steps 1, 3, 4 and 6 of the mince version.

Tip

The nacho mix can be used to create:

- burritos, tacos,
- wraps, jaffles and;
- combined with pasta,
- rice or couscous
BASIC BEEF STIR FRY

A stir fry is simple and quick to make. These recipes use vegetables that were found in the fridge. Traditionally a stir fry is cooked in a wok, but a frypan will suit. To give your stir fry taste use herbs, spices and sauces.

SERVES 4 | PREPARATION TIME 10 minutes | COOKING TIME 10 minutes

INGREDIENTS

Ramen noodles
(or any noodles in the pantry)
2 tablespoons vegetable oil
Vegetables,
(any you have in the fridge)
— 1 red onion, chopped
— 1 zucchini, sliced
— 1/2 red capsicum, cut into strips
— 1/2 yellow capsicum, cut into strips
— 1 broccolini, cut into 3–5cm pieces
— 1 clove garlic, crushed
400g rump steak (or any beef that is on special), cut into thin strips
1/4 cup sweet chilli sauce (salt reduced)

EQUIPMENT

Wok or frypan
Measuring cups
Chopping boards
Bowl
Knife/s
Large spoon

INSTRUCTIONS

1 Place the noodles in a bowl and cover with hot water.
2 Heat the oil in a hot wok or frypan. Stir fry the beef for 2–3 minutes until brown. Transfer to a plate.
3 Add the garlic and onions to the pan, stir fry for 1 minute. Add the capsicum, zucchini and broccolini, stir fry for 1–2 minutes.
4 Drain the noodles, add to the stir fry with cooked beef and sweet chilli sauce and stir fry for 1–2 minutes. Serve.

FOR VEGETARIAN OPTION

Replace the beef with around 200g tofu.

Tip

Want to serve with rice? Don’t add noodles and follow steps on how to cook rice on page 20.
BASIC VEGETABLE STIR FRY

SERVES 4 | PREPARATION TIME 10 minutes | COOKING TIME 10 minutes

INGREDIENTS
Thin rice noodles
2 tablespoons vegetable oil
Vegetables, (any you have in the fridge)
— 1 red onion, chopped
— 1 red capsicum, cut into strips
— 1 broccolini, cut into 3–5cm pieces
— 6 snow peas, chopped
— 1 clove garlic, crushed
— 1 bunch pak choy
— Sesame oil
— Oyster sauce

EQUIPMENT
Wok or frypan
Measuring cups
Chopping boards
Bowl
Knife/s
Large spoon

INSTRUCTIONS
1 Place the noodles in a bowl and cover with hot water.
2 Heat the oil in a hot wok or frypan. Add the garlic and onions to the pan, stir-fry for 1 minute. Add the capsicum and broccolini, stir fry for 2 minutes.
3 Drain the noodles, add to the stir fry with bok choy, snow peas, sesame oil and oyster sauce and stir fry for 1–2 minutes. Serve.
OMELETTE

Served with extra vegetables or salad, omelettes are a quick, easy and cheap meal to make. You don’t need to go out and buy special ingredients for the filling — use what you have in the fridge and pantry.

SERVES 1 | PREPARATION TIME 5 minutes | COOKING TIME 5 minutes

INGREDIENTS

2 eggs
2 tablespoons olive oil
1 tablespoon water
Pepper (to taste)

Filling
— 1/4 cup spinach leaves
— 4 button mushrooms, sliced
— 20g feta (reduced salt and fat)

EQUIPMENT

Small frypan
Bowl
Fork
Measuring cups
Knife
Chopping board/s

INSTRUCTIONS

1 Crack eggs into the bowl careful not to get any shell in the egg, add water and pepper.

2 Use the fork to lightly whisk the egg mixture until mixed.

3 Place frypan onto stove and heat on medium heat, when hot add 1/2 the oil.

4 Place mushrooms in the pan and cook until softened. Add spinach for 1 minute, remove from pan.

5 Wipe pan, add oil, pour egg mixture into the pan so it covers the bottom of the frypan. Cook for around 1–2 minutes or until underneath is set.

6 Add mushrooms, spinach and feta to one half, lift the other half over to enclose the fillings and cook until all egg is set.

7 Slide onto plate serve with spinach.

FILLING OPTIONS

1 cup finely chopped raw vegetables cooked until soft, 100g tofu cooked with ginger and clove of garlic

1/4 cup chopped ham (low salt, low fat), 1/2 chopped tomato, 40g shredded low fat cheese
GARDEN SALAD

SERVES 2 | PREPARATION TIME 5 minutes | COOKING TIME none

INGREDIENTS

1/2 cos lettuce, roughly cut
2 cups mixed lettuce/spinach leaves
1/2 punnet cherry tomatoes, cut in half
1/2 lebanese cucumber, sliced
1/4 red capsicum, cut in strips
2 slices of red cabbage
Balsamic vinegar

EQUIPMENT

Chopping board
Knife

INSTRUCTIONS

1 Place all ingredients into a bowl and mix.
2 Sprinkle with balsamic vinegar or salad dressing of choice. Serve.
VEGETABLE AND CHICKPEA CURRY

SERVES 4 | PREPARATION TIME 10 minutes | COOKING TIME 10 minutes

INGREDIENTS

Vegetables
— 1 brown onion
— 1/2 cup peas
— 1/2 cauliflower
— 1/2 butternut pumpkin
— 1/2 broccoli
2 tablespoons curry powder
3 tablespoons oil
400g tin chickpeas
400ml light coconut milk
1 tablespoon vegetable (or chicken) low salt stock powder
Coriander
1 1/4 cups rice (brown or white)

INSTRUCTIONS

1. Cook rice (see page 20)
2. Cut vegetables into medium to small cubes, dice onion. Break cauliflower and broccoli into florets.
3. Place frypan on medium heat, when hot add oil. Add onion and cook for 1 minute, then add vegetables. Cook until onion is brown.
4. Add drained chickpeas, light coconut milk and vegetable stock powder. Stir and cook until vegetables are soft.
5. Put cooked rice into a bowl, top with vegetable and chickpea curry, then add chopped coriander, serve.

EQUIPMENT

Small frypan
Knives
Measuring spoons
Spoon (to stir)
Can opener
Chopping board

NOTE

This recipe has been modified from healthyfoodforall.com.au/images/uploads/(C2)_Lean_Mean_Chicken_Curry.pdf
RICE

SERVES 4 | PREPARATION TIME 5 minutes | COOKING TIME 15–25 minutes

INGREDIENTS

1 cup rice (white or brown)
2 cups water
½ teaspoon salt

EQUIPMENT

Saucepan with lid or microwave-safe container
Strainer

MICROWAVE

1 Place rice into microwave-safe container.

2 Add water so it covers rice by 2cm.

3 Cover the container with 2 layers of cling wrap.

4 Cook on HIGH (800 watts) for 5 minutes and then cook on MEDIUM (500 watts) for 7 minutes. Set aside for 5 minutes. Fluff with fork and serve.

STOVE

1 Rinse the rice in the strainer.

2 Add water to the saucepan, add to heat and boil.

3 Add rice and salt to saucepan, simmer and add lid. Cook for around 15 minutes (white rice) and 25 minutes (brown rice). Rice is firm but tender when cooked.

4 When cooked, tilt pan to remove excess water. Place into bowls.
DESSERT-STYLE YOGHURT CUP

SERVES 2 | PREPARATION TIME 5 minutes | COOKING TIME none

INGREDIENTS
2 cups reduced-fat or Greek yoghurt
1 cup fresh or canned fruit
4 butter snap cookies, crushed

To serve
Berries, Flake chocolate

EQUIPMENT
Glasses
Tin opener (if using canned fruit)
Knife (to cut or crush cookies)
Measuring cups
Spoons

INSTRUCTIONS
1 Line up 2 glasses.
2 Place 3/4 of the crushed butter snap cookies on the bottom of the glasses.
3 Spoon yoghurt, then the fruit and another layer of yoghurt.
4 Top the remaining crushed butter snaps and flake or fresh fruit, serve.
MICROWAVE BROWNIE

SERVES 2  |  PREPARATION TIME  5 minutes  |  COOKING TIME  1 minute

INGREDIENTS

2 tablespoons water
40g butter or margarine, softened
1/4 teaspoon vanilla essence
2 tablespoons cocoa
1/3 cup plain flour
1/4 cup castor sugar
Pinch of salt

EQUIPMENT

Microwave
Mug, 1 1/2 – 2 cup capacity
Measuring cups
Measuring spoons
Mixing spoon
Kitchen scales

INSTRUCTIONS

1 Combine liquid ingredients in mug. Add dry ingredients and mix until well combined.

2 Microwave on HIGH (1100 watt microwave) for 60–75 seconds. 55–60 seconds will give melted centre, 75 seconds a cooked centre.

3 Serve with Greek yoghurt, cream or icecream.

NOTE

This recipe has been modified from taste.com.au/recipes/1-minute-microwave-chocolate-brownie-mug/4608b96a-a7a5-45a5-83b7-e723785c3f3e
**BANANA PARCELS**

SERVES 2 | PREPARATION TIME 5 minutes | COOKING TIME 5 minutes

**INGREDIENTS**

2 bananas, peeled and sliced in half lengthways
Pulp of 2 passionfruit, or tin of passionfruit
4 strawberries, sliced
1/4 cup blueberries
1/4 cup Greek or low-fat natural yoghurt

**EQUIPMENT**

Grill or oven
Aluminium foil
Bowl
Knife
Cutting board

**INSTRUCTIONS**

1. Pre-heat grill to 180°C.
2. Use 2 squares of aluminium foil and fold so they have double thickness.
3. Place banana in centre of the foil and sprinkle with 1/2 of passionfruit pulp. Turn edges of foil to create a banana parcel. Place under grill and cook for 5 minutes.
4. Smash blueberries and stir into yoghurt.
5. Open up the banana parcel, slice 1–2 strawberries on top of each parcel. Top with remaining passionfruit and yoghurt, serve.
FRESH FRUIT AND NUT MIX

Fresh fruits and nuts after a meal or as a snack are a good way to ensure you have your recommended fruit serves each day. After dinner they are a light complement to your nachos, curry or omelette. They are also a quick, easy and portable snack to have in-between classes.

INSTRUCTIONS

Place your favourite fruit and nuts in a bowl or container and serve.
RICE PAPER ROLLS - TOFU/CHICKEN AND VEGETABLE

The following recipe was included in our first cooking session for the Your Food Your Health program. As with many recipes in this cookbook you can add any combination of vegetables and protein sources depending on what you have available and your tastes.

SERVES 4 | PREPARATION TIME 15 minutes | COOKING TIME 15 minutes

INGREDIENTS

- 1 lebanese cucumber, peeled and finely cut into matchsticks
- 1 large carrot, peeled and very thinly sliced (julienned)
- 1/4 bunch mint
- 1/4 bunch coriander
- 1 cup bean sprouts
- 8 rice paper sheets
- 500g firm tofu, sliced into thin strips
- 2 tablespoon light soy sauce
- 1 tablespoon peanut oil
- 1 teaspoon sesame oil
- 1 red chilli, thinly sliced

EQUIPMENT

- Wok or frypan
- Chopping boards
- Knives
- Heat-proof bowl or baking pan
- Spatula
- Large plate

INSTRUCTIONS

1. On a medium heat add peanut oil, sesame oil and soy sauce to a wok or frypan. Add the sliced tofu, cook for 2 minutes on each side.

2. Fill a large heat proof bowl (or baking pan) with warm water. Soak 1 rice paper sheet in the water until softened. Carefully transfer rice paper sheet to a large plate.

3. Add 1–2 slices of tofu and small–medium amounts of other ingredients 3cm from the edge nearest you.

4. Fold the edge nearest to you over the filling, then fold in the sides and roll upwards to enclose the filling.

5. Place on serving dish and serve with soy or sweet chilli sauce, serve.

OPTIONS

Substitute tofu with cooked chicken, prawns or salmon
For some crunch, add noodles
Other vegetables include: tomato, celery sticks, cabbage (white and red)
Sauces: fish, soy, satay
HUMMUS AND VEGETABLE STICKS

This is a quick and easy snack and can be packed in a container for in-between classes, on a plate while studying at home or for when friends are around.

INSTRUCTIONS

1. Use store bought hummus, place a couple tablespoons in a bowl.
2. Cut up vegetables into sticks and serve.

This snack suits any vegetables — carrots, capsicum, snow peas, broccoli, celery.
CHICKEN SALAD WRAP

SERVES 2 | PREPARATION TIME 5 minutes | COOKING TIME none

INGREDIENTS

4 cos lettuce leaves, trimmed
1/2 carrot, grated
1/2 tomato, sliced
1/4 chicken breast, shredded
2 slices of red cabbage
2 tortillas
Sweet chilli sauce

EQUIPMENT

Knife
Cutting board

INSTRUCTIONS

1 Place tortilla on a plate.

2 Place ingredients in the middle of the tortilla leave around 3 cm from the bottom, starting with the cos lettuce, then, the carrot, tomato and chicken breast. Add some red cabbage and drizzle with sweet chilli sauce.

3 Fold the tortilla at the bottom, then fold each side to meet in the middle, serve.

Tip

WRAPS

Wraps are quick and easy to make. The fillings are endless – from loads of fresh vegetables to leftovers such as the nacho mix (shown opposite). They are great for packed lunches and to be eaten during that 1 hour lunch break between classes.
NACHO WRAP

SERVES 2 | PREPARATION TIME 5 minutes | COOKING TIME none

INGREDIENTS
Nacho meat mix (see page 10)
4 cos lettuce leaves, trimmed
10g shredded cheese (fat reduced)

EQUIPMENT
Knife
Cutting board

INSTRUCTIONS
1. Place tortilla on a plate.
2. Place ingredients in the middle of the tortilla leave around 3 cm from the bottom, starting with the cos lettuce. Then put the nacho meat mix.
3. Fold the tortilla at the bottom, then fold each side to meet in the middle. Top with cheese, serve.
INGREDIENTS AND EQUIPMENT

Porridge

Poached Eggs

Boiled Eggs

Yoghurt Cups
Breakfast and Dessert
Breakfast Wrap

Uni Student Nachos
Mince

Uni Student Nachos
Vegetarian

Basic Stir fry
Beef
Basic Stir fry
Vegetable

Omelette

Vegetable and Chickpea Curry

Microwave Brownie
Banana Parcels

Rice Paper Rolls

Wraps
## WEEKLY MEAL PLANNER

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