Overflow: a dish wider than its column runs past the edge, over the kcal beside it.

Time	Dish	kcal
07:30	Wholemeal-sourdough-with-almond-butter	420
10:00	Greek yoghurt, walnuts	210
12:30	Cauliflower-and-broccoli-gratin-with-hazelnuts	540
16:00	Apple, oat biscuits	180
19:30	Pan-fried-mackerel-with-buckwheat	610
21:00	Camomile infusion	0
	Total	1960

- Drink 1.5–2 litres of water over the day, between the meals rather than with them.
- Swap any dish for another of ≈ the same energy.
- Weigh the portions dry, not cooked.

Break: the same dish is cut after its last glyph that fits, and carries on the next line.

Time	Dish	kcal
07:30	Wholemeal-sourdough-with-almon d-butter	420
10:00	Greek yoghurt, walnuts	210
12:30	Cauliflower-and-broccoli-gratin-wit h-hazelnuts	540
16:00	Apple, oat biscuits	180
19:30	Pan-fried-mackerel-with-buckwheat	610
21:00	Camomile infusion	0
	Total	1960

- Drink 1.5–2 litres of water over the day, between the meals rather than with them.
- Swap any dish for another of ≈ the same energy.
- Weigh the portions dry, not cooked.

Shrink: each row keeps its 17 points, and a dish too wide is set smaller until it fits.

Time	Dish	kcal
07:30	Wholemeal-sourdough-with-almond-butter	420
10:00	Greek yoghurt, walnuts	210
12:30	Cauliflower-and-broccoli-gratin-with-hazelnuts	540
16:00	Apple, oat biscuits	180
19:30	Pan-fried-mackerel-with-buckwheat	610
21:00	Camomile infusion	0
	Total	1960

- Drink 1.5–2 litres of water over the day, between the meals rather than with them.
- Swap any dish for another of ≈ the same energy.
- Weigh the portions dry, not cooked.