#### January 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10 	11 	12 	13 	 14 
15 ML King Day	16 	17 	  	  	20	  
	  	24	25 	26	 27 	28 
29	30	31				

# February 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
5	0	/	0	9	10	11
		·				
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
		President's Day		0	•	0
				·		
26	27	28				

## March 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
5	Ŭ	/	0	2	10	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
20	-/	20	29	30	31	

# April 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1
2	3	1		6	7	8
2	3	4	5	0	/ Good Friday	0
					Good Filday	
9	10	11	12	13	14	15
Easter						
16	17	18	19	20	21	22
10	1/	10	19	20	21	22
23	24	25	26	27	28	29

#### May 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Mothers Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

#### June 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
4	5	0	/		9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Father's Day						
	26		28			
25	20	27	20	29	30	
		·				

### July 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
2	3	4	5	6	7	8
2	5	4 Independence Day	5	0	/	0
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	,		,			
23	24	25	26	27	28	29

### August 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
				· ·		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# September 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8	
3	4	5	6	7	8	9
	Labor Day					
10	11	12	13	14	15	16
			Ū.	•	Ū.	
17	18	19	20	21	22	23
24	25	26	27	28	29	
24	23	20	2/	20	29	30

## October 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
				·		
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				

## November 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			0			
5	6	7	8	9	10	11
						Veterans Day
12	13	14	15	16	17	18
	0	·	0		,	
19	20	21	22	23	24	25
				Thanksgiving		
26		28				
20	27	20	29	30		

## December 2023 Meal Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4	5	6	7	8	9
5	4	5	0	/	Ŭ	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
24	23 Christmas	20	2/	20	29	30