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