

# January 2024 *Meal Planner*

| Sunday | Monday              | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------|---------|-----------|----------|--------|----------|
|        | 1<br>New Year's Day | 2       | 3         | 4        | 5      | 6        |
| 7      | 8                   | 9       | 10        | 11       | 12     | 13       |
| 14     | 15<br>M L King Day  | 16      | 17        | 18       | 19     | 20       |
| 21     | 22                  | 23      | 24        | 25       | 26     | 27       |
| 28     | 29                  | 30      | 31        |          |        |          |

# February 2024 *Meal Planner*

| <i>Sunday</i> | <i>Monday</i>                | <i>Tuesday</i> | <i>Wednesday</i>             | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|------------------------------|----------------|------------------------------|-----------------|---------------|-----------------|
|               |                              |                |                              | 1               | 2             | 3               |
| 4             | 5                            | 6              | 7                            | 8               | 9             | 10              |
| 11            | 12                           | 13             | 14<br><i>Valentine's Day</i> | 15              | 16            | 17              |
| 18            | 19<br><i>Presidents' Day</i> | 20             | 21                           | 22              | 23            | 24              |
| 25            | 26                           | 27             | 28                           | 29              |               |                 |

# March 2024 Meal Planner

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

# April 2024 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      |           |          |        |          |
|        |        |         |           |          |        |          |

# May 2024 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       |
| Mother's Day |              |         |           |          |        |          |
|              |              |         |           |          |        |          |
| 19           | 20           | 21      | 22        | 23       | 24     | 25       |
|              |              |         |           |          |        |          |
| 26           | 27           | 28      | 29        | 30       | 31     |          |
|              | Memorial Day |         |           |          |        |          |
|              |              |         |           |          |        |          |

# June 2024 Meal Planner

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

# July 2024 Meal Planner

| Sunday | Monday | Tuesday | Wednesday | Thursday              | Friday | Saturday |
|--------|--------|---------|-----------|-----------------------|--------|----------|
|        | 1      | 2       | 3         | 4<br>Independence Day | 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        |                       |        |          |

# August 2024 *Meal Planner*



| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
|               |               |                |                  | 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 2024 *Meal Planner*

| <i>Sunday</i> | <i>Monday</i>  | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|----------------|----------------|------------------|-----------------|---------------|-----------------|
| 1             | 2<br>Labor Day | 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             |                |                  |                 |               |                 |

# October 2024 *Meal Planner*

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

# November 2024 *Meal Planner*

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

# December 2024 *Meal Planner*

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| 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<br>Christmas  | 26              | 27            | 28              |
| 29            | 30            | 31             |                  |                 |               |                 |