

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------|---|------------------------|------------------------|------------------------|---|---|
| 1 <i>Dinner #1</i> | 2 <i>Breakfast #1</i> <i>Dinner #4</i> | 3 <i>Lunch #1</i> | 4 <i>Dinner #6</i> | 5 <i>Lunch #2</i> | 6 <i>Lunch #4</i> <i>Dinner out!</i> | 7 <i>Leftovers</i> |
| 8 <i>Dinner #2</i> | 9 <i>Breakfast #2</i> <i>Dinner #5</i> | 10 <i>Dinner #7</i> | 11 <i>Lunch #3</i> | 12 <i>Dinner #8</i> | 13 <i>Dinner out!</i> | 14 <i>Breakfast #3</i> <i>Leftovers</i> |
| 15 <i>Dinner #3</i> | 16 <i>Breakfast #1</i> <i>Dinner #4</i> | 17 <i>Lunch #1</i> | 18 <i>Dinner #6</i> | 19 <i>Lunch #2</i> | 20 <i>Lunch #4</i> <i>Dinner out!</i> | 21 <i>Leftovers</i> |
| 22 <i>Dinner #1</i> | 23 <i>Breakfast #3</i> <i>Dinner #5</i> | 24 <i>Dinner #7</i> | 25 <i>Lunch #3</i> | 26 <i>Dinner #8</i> | 27 <i>Dinner out!</i> | 28 <i>Breakfast #2</i> <i>Leftovers</i> |
| 29 <i>Dinner #2</i> | 30 <i>Dinner #3</i> <i>Clean out freezer</i> <i>for cooking day!</i> | 31 <i>Dinner #2</i> | | | | |

NOTES

