

## Meal Planner December 30, 2024 - January 5, 2025

|           | Monday<br>Dec 30 | Tuesday<br>Dec 31 | Wednesday<br>Jan 01 | Thursday<br>Jan 02 | Friday<br>Jan 03 | Saturday<br>Jan 04 | Sunday<br>Jan 05 |
|-----------|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|
| Breakfast |                  |                   |                     |                    |                  |                    |                  |
| Lunch     |                  |                   |                     |                    |                  |                    |                  |
| Dinner    |                  |                   |                     |                    |                  |                    |                  |