

# menu-planner-all-months-2025-2026

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
01-Apr-2025	Tue	Apr 2025	No meal planned	Roti2, Dall Makni, Oats, TestD, TestG	Roti2	Roti2
02-Apr-2025	Wed	Apr 2025	Roti2, Dall Makni	Roti2	Roti2, Dall Makni	Roti2, Dall Makni, Oats
03-Apr-2025	Thu	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Apr-2025	Fri	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Apr-2025	Sat	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Apr-2025	Sun	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
07-Apr-2025	Mon	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Apr-2025	Tue	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Apr-2025	Wed	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Apr-2025	Thu	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Apr-2025	Fri	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Apr-2025	Sat	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Apr-2025	Sun	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Apr-2025	Mon	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Apr-2025	Tue	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Apr-2025	Wed	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Apr-2025	Thu	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Apr-2025	Fri	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Apr-2025	Sat	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Apr-2025	Sun	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Apr-2025	Mon	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Apr-2025	Tue	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Apr-2025	Wed	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
24-Apr-2025	Thu	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Apr-2025	Fri	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Apr-2025	Sat	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Apr-2025	Sun	Apr 2025	Roti2, Dall Makni	No meal planned	No meal planned	No meal planned
28-Apr-2025	Mon	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Apr-2025	Tue	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Apr-2025	Wed	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-May-2025	Thu	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-May-2025	Fri	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-May-2025	Sat	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-May-2025	Sun	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-May-2025	Mon	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-May-2025	Tue	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
07-May-2025	Wed	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-May-2025	Thu	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-May-2025	Fri	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-May-2025	Sat	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-May-2025	Sun	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-May-2025	Mon	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-May-2025	Tue	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-May-2025	Wed	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-May-2025	Thu	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-May-2025	Fri	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-May-2025	Sat	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-May-2025	Sun	May	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
		2025	planned			
19-May-2025	Mon	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-May-2025	Tue	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-May-2025	Wed	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-May-2025	Thu	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-May-2025	Fri	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-May-2025	Sat	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-May-2025	Sun	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-May-2025	Mon	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-May-2025	Tue	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-May-2025	Wed	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-May-2025	Thu	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-May-2025	Fri	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
31-May-2025	Sat	May 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Jun-2025	Sun	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-Jun-2025	Mon	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-Jun-2025	Tue	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Jun-2025	Wed	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Jun-2025	Thu	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Jun-2025	Fri	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
07-Jun-2025	Sat	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Jun-2025	Sun	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Jun-2025	Mon	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Jun-2025	Tue	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Jun-2025	Wed	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
12-Jun-2025	Thu	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Jun-2025	Fri	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Jun-2025	Sat	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Jun-2025	Sun	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Jun-2025	Mon	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Jun-2025	Tue	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Jun-2025	Wed	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Jun-2025	Thu	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Jun-2025	Fri	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Jun-2025	Sat	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Jun-2025	Sun	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Jun-2025	Mon	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Jun-2025	Tue	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Jun-2025	Wed	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Jun-2025	Thu	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Jun-2025	Fri	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Jun-2025	Sat	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Jun-2025	Sun	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Jun-2025	Mon	Jun 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Jul-2025	Tue	Jul 2025	No meal planned	Roti2	Roti2, Dall Makni, Oats	No meal planned
02-Jul-2025	Wed	Jul 2025	Dall Makni	Dall Makni, Oats	No meal planned	No meal planned
03-Jul-2025	Thu	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Jul-2025	Fri	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Jul-2025	Sat	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Jul-2025	Sun	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
07-Jul-2025	Mon	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Jul-2025	Tue	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Jul-2025	Wed	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Jul-2025	Thu	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Jul-2025	Fri	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Jul-2025	Sat	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Jul-2025	Sun	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Jul-2025	Mon	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Jul-2025	Tue	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Jul-2025	Wed	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Jul-2025	Thu	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Jul-2025	Fri	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Jul-2025	Sat	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Jul-2025	Sun	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Jul-2025	Mon	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Jul-2025	Tue	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Jul-2025	Wed	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Jul-2025	Thu	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Jul-2025	Fri	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Jul-2025	Sat	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Jul-2025	Sun	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Jul-2025	Mon	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Jul-2025	Tue	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Jul-2025	Wed	Jul 2025	No meal planned	No meal planned	No meal planned	No meal planned
31-Jul-2025	Thu	Jul 2025	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
01-Aug-2025	Fri	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-Aug-2025	Sat	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-Aug-2025	Sun	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Aug-2025	Mon	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Aug-2025	Tue	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Aug-2025	Wed	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
07-Aug-2025	Thu	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Aug-2025	Fri	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Aug-2025	Sat	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Aug-2025	Sun	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Aug-2025	Mon	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Aug-2025	Tue	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Aug-2025	Wed	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Aug-2025	Thu	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Aug-2025	Fri	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Aug-2025	Sat	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Aug-2025	Sun	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Aug-2025	Mon	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Aug-2025	Tue	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Aug-2025	Wed	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Aug-2025	Thu	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Aug-2025	Fri	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Aug-2025	Sat	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Aug-2025	Sun	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
25-Aug-2025	Mon	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Aug-2025	Tue	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Aug-2025	Wed	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Aug-2025	Thu	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Aug-2025	Fri	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Aug-2025	Sat	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
31-Aug-2025	Sun	Aug 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Sep-2025	Mon	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-Sep-2025	Tue	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-Sep-2025	Wed	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Sep-2025	Thu	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Sep-2025	Fri	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Sep-2025	Sat	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
07-Sep-2025	Sun	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Sep-2025	Mon	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Sep-2025	Tue	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Sep-2025	Wed	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Sep-2025	Thu	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Sep-2025	Fri	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Sep-2025	Sat	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Sep-2025	Sun	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Sep-2025	Mon	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Sep-2025	Tue	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Sep-2025	Wed	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Sep-2025	Thu	Sep 2025	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
19-Sep-2025	Fri	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Sep-2025	Sat	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Sep-2025	Sun	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Sep-2025	Mon	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Sep-2025	Tue	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Sep-2025	Wed	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Sep-2025	Thu	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Sep-2025	Fri	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Sep-2025	Sat	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Sep-2025	Sun	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Sep-2025	Mon	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Sep-2025	Tue	Sep 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Oct-2025	Wed	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-Oct-2025	Thu	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-Oct-2025	Fri	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Oct-2025	Sat	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Oct-2025	Sun	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Oct-2025	Mon	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
07-Oct-2025	Tue	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Oct-2025	Wed	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Oct-2025	Thu	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Oct-2025	Fri	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Oct-2025	Sat	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Oct-2025	Sun	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned



Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
13-Oct-2025	Mon	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Oct-2025	Tue	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Oct-2025	Wed	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Oct-2025	Thu	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Oct-2025	Fri	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Oct-2025	Sat	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Oct-2025	Sun	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Oct-2025	Mon	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Oct-2025	Tue	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Oct-2025	Wed	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Oct-2025	Thu	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Oct-2025	Fri	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Oct-2025	Sat	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Oct-2025	Sun	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Oct-2025	Mon	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Oct-2025	Tue	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Oct-2025	Wed	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Oct-2025	Thu	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
31-Oct-2025	Fri	Oct 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Nov-2025	Sat	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-Nov-2025	Sun	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-Nov-2025	Mon	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Nov-2025	Tue	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Nov-2025	Wed	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Nov-2025	Thu	Nov 2025	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
07-Nov-2025	Fri	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Nov-2025	Sat	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Nov-2025	Sun	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Nov-2025	Mon	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Nov-2025	Tue	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Nov-2025	Wed	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Nov-2025	Thu	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Nov-2025	Fri	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Nov-2025	Sat	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Nov-2025	Sun	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Nov-2025	Mon	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Nov-2025	Tue	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Nov-2025	Wed	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Nov-2025	Thu	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Nov-2025	Fri	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Nov-2025	Sat	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Nov-2025	Sun	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Nov-2025	Mon	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Nov-2025	Tue	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
26-Nov-2025	Wed	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Nov-2025	Thu	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Nov-2025	Fri	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Nov-2025	Sat	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Nov-2025	Sun	Nov 2025	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
01-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
02-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
03-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
04-Dec-2025	Thu	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
05-Dec-2025	Fri	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
06-Dec-2025	Sat	Dec 2025	No meal planned	No meal planned	No meal planned	Dall Makni, Oats
07-Dec-2025	Sun	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
08-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
09-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
10-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
11-Dec-2025	Thu	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
12-Dec-2025	Fri	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
13-Dec-2025	Sat	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
14-Dec-2025	Sun	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
15-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
16-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
17-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
18-Dec-2025	Thu	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
19-Dec-2025	Fri	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Dec-2025	Sat	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Dec-2025	Sun	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Dec-2025	Thu	Dec 2025	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
26-Dec-2025	Fri	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Dec-2025	Sat	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Dec-2025	Sun	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
31-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
02-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
03-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
04-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
05-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
06-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
07-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
08-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
09-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
10-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
11-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
12-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
13-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
14-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
15-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
16-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
17-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
18-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
19-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
20-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
21-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
22-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
23-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
24-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
25-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
26-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
27-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
28-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
29-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
30-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
31-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
01-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
02-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
03-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
04-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
05-Feb-2026	Thu	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
06-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
07-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
08-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
09-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
10-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
11-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
12-Feb-2026	Thu	Feb 2026	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
13-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
14-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
15-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
16-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
17-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
18-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
19-Feb-2026	Thu	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
20-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
21-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
22-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
23-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
24-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
25-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
26-Feb-2026	Thu	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
27-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
28-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
01-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
02-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
03-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
04-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
05-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
06-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
07-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
08-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
09-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
10-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
11-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
12-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
13-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
14-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
15-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
16-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
17-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
18-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
19-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
20-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
21-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
22-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
23-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
24-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
25-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
26-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
27-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
28-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
29-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
30-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
31-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned